

U6 Rec Dribbling 2

This session is another one for the youngest players intended to give them lots of fun and lots of touches doing soccer movements in the area they love best: dribbling. Like almost all games for small children, they can be done with little or no coaching pressures. It's fine to demonstrate in games like the first one or make small suggestions, but the activities provide the repetitions and can build skill by themselves.

Warmup: I Can Do This, Can You?

Each player has a ball, as does the coach. Arrange so you can see each other.

Coach starts by doing some activity with or without the ball, saying "I can do this, can you?" It can be a somersault, hopping on one foot, passing the ball from hand to hand around the body, doing a stepup, etc. Everyone else tries to do it. Give lots of encouragement. Then a player takes a turn. Each player gets to think of something she can do. Be creative. Concentrate on everything from balance and agility to motions with the ball.

Coaching points: U6 children are learning balance, agility and manipulation of the ball. Let the choices challenge them. They should think of things that are fun challenges. If not, you offer them in your turns.

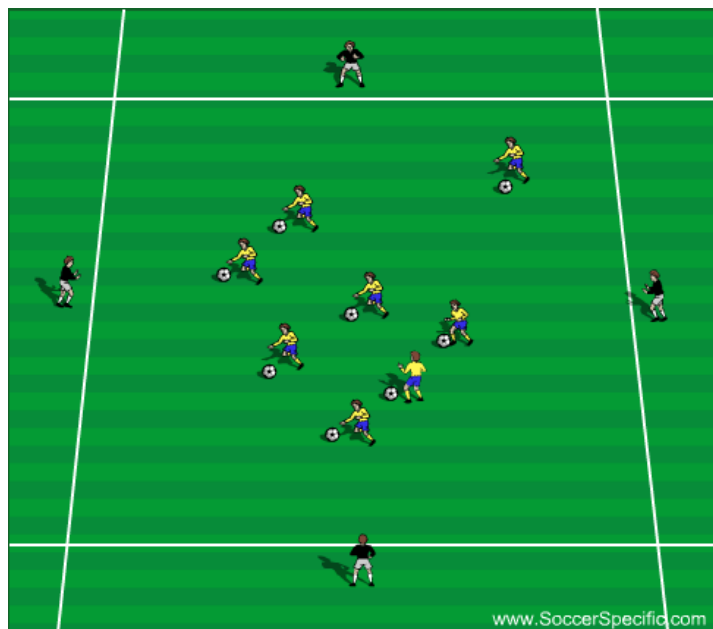


Flock of Geese

Each player has a ball. Coaches and/or parents set up at four directions (or 3 if that's all you have).

Whenever an adult holds up an arm, all try to dribble to that person as fast as they can. Players get a point for stopping their ball on the line in front of the adult with an arm still up. When that arm goes down, another adult's arm goes up. Players must see and react, dribbling toward that adult, and so on. Let some succeed, keep players looking and moving.

Coaching points: Let the activity coach itself. Players will try pushing the ball far or keeping the ball close, depending on what they need to do next (go fast or change direction). They should begin to learn to turn the ball on the inside of their foot, but it's fine to turn it with any surface.

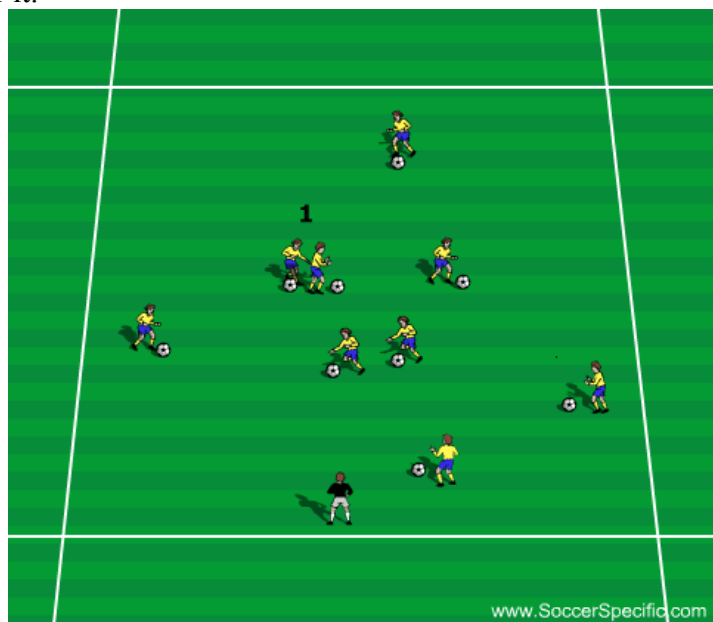


Everybody's It

Each player has a ball in a space about 20x20 for 8 players. Adjust to proper pressure.

Players dribble around in the space trying to tag other players while keeping their ball. For each tag of another player, the tagger gets a point. If player gets too far from her ball for a tag, coach can push abandoned ball a small distance and remind player to get ball or just remind player to get ball.

Coaching points: Players should try to look and dribble, changing direction and speed in response to the players around them. This can be a good challenge for the youngest players, and there should be a little wildness as they "go for it."



Monster Tag

Begin by asking, "Who wants to be the Monster?" You should have takers! The Monster does not have a ball. All others have a ball. Ask the Monster how a monster walks. The Monster then has to walk that way (no running)!

All other players flee the Monster, but cannot leave their ball or leave the grid. If the Monster tags one of them, he becomes a Monster as well, and must leave his ball and walk the same way, looking to help tag other unsuspecting humans. Play until only one remains. That person is the next Monster in a new game.

Coaching points: Engage imagination. Can also ask what a monster says, or what sounds it makes. Players change direction and speed. Many of them may test themselves to see if they can let the monster get near, then zoom off. They'll use dribbling to do it. Monsters are scary, so look out.

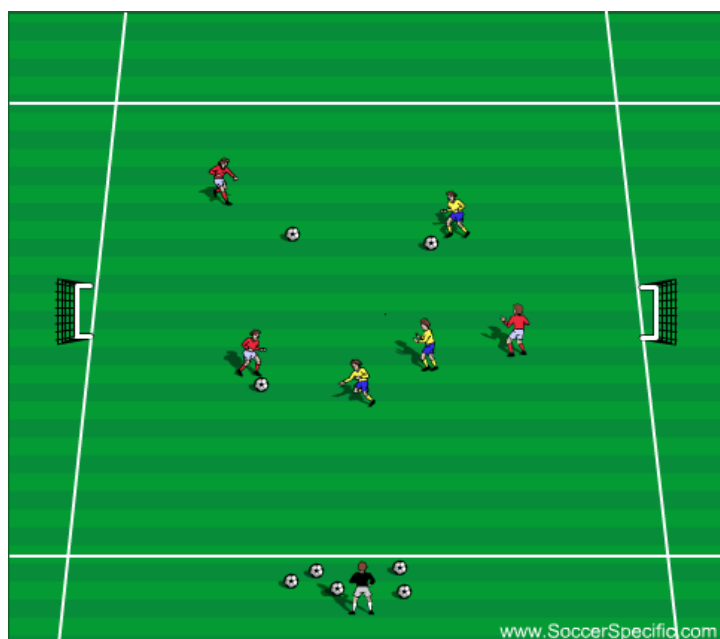


Balls Galore

Use a regular U6 field, playing 3 a side or 4 a side. Coach has the balls on one touchline.

Coach keeps 2 to 3 balls in play at any given time. If a ball goes in the goal or off the field, he rolls one in.

Coaching points: Players try all the skills of the game with lower pressure. They will mostly dribble but may pass some and will shoot some. Coach should distribute balls so all players touch and work with the ball.



3v3 or 4v4

Use a regular U6 field to play 3 a side.

Coach should let the game teach as much as possible. He will sometimes have to help guide players with a few words or a demonstration.

Coaching points: Very young players will dribble and will crowd around the ball. Their ability to concentrate doesn't go far beyond controlling the ball, so let them work on dribbling and the occasional attempt to pass and shoot. Don't try to force ideas of the game on them that their mentalities are not ready for. The high pressure of players crowded around is part of the learning environment.

