

Week 2: Dribbling and Coordination

April 9, 2011

Cutters Community Soccer U-6 Coed

Coordinator: Michele Kelmer, michelekelmer@gmail.com

Coaching Points

- ☛ We want each child to have as many touches on the ball as possible.
- ☛ At this age, players do not want to share the ball, so we will take advantage of that point ☺
- ☛ Ask players to **keep their heads up while dribbling** so they do not run into each other.
- ☛ Also, they will learn to use different surfaces of the foot to dribble.

9:30 - 9:37 a.m.

Warm Up: Coordination Activities

Ball taps, pendulums,
Ball stretching

Age group trainers and parent coaches will
run the warm up activity.

Please help players find their teams
and start participating as soon as they
arrive at the fields.

9:38-9:45 p.m. – take 5-minute water break after Activity 1

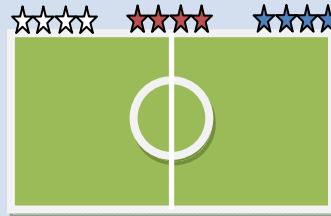
Activity 1: Off to the Zoo

Have players line up on the sideline
with their team.
You can start without the ball.

Players move across the field
imitating an animal called out by the
age group trainers.

Try a variety of animals, which will
change the motion from crawling to
standing to flying to swimming.
(snakes, lions, rabbits, etc.)

When players understand the
concept, have them try to make the
motions with their soccer balls.



- Players practice dribbling.
- Keep head up – don't run into other players ☺
- Helps with coordination

Coaches: Please help keep your team
involved in the activities. Use
encouraging words and make sure
they are having fun!

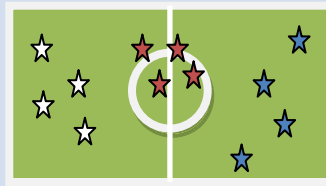
9:45 – 9:52 a.m.

Activity 2: Body Part Dribbling

Have players randomly arranged on
the field. Players should dribble their
balls around the area without
touching other players.

While they are moving, call out a
body part (elbow, foot, knee,
stomach, etc.). The players must
immediately stop the balls with that
body part.

Once all players stop their balls
correctly, start again. Call out
different parts to surprise them and
get them giggling ☺

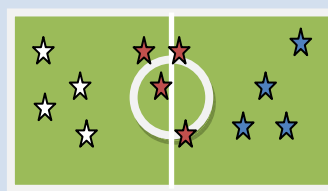


- Players practice dribbling.
- Keep head up – don't run into other players ☺
- Helps with coordination

9:53 – 10 a.m.

Activity 3: Red Light. Green Light. (modified)

Players dribble around the field.
When coach calls out "Red Light" the
players stop dribbling by placing the
sole of their foot on top of their ball.



Other instructions:

- Green light = go
- Yellow light = go slow
- U-turn
- Indy car = go fast

Game time: 10 -10:30 a.m. – At the end of the practice portion, have players dribble to the field/goal that has the bandana with their team's color. This help with direction will get the players to their field for the game!

Game

Play your scheduled game.

DO NOT place all players on the field
at once, please use subs.

Players at this age get hot/tired
easily, but recover quickly. So using
substitutes gives them time to get a
drink and recharge.

Play to regular goals.

Use substitutes.

- Use this time to ask trainers
questions about game tactics or
substitution management, if
needed.
- If the ball goes out of bounds on
the sideline, use a kick-in.
- If the ball goes over the end line,
use a goal kick or corner kick,
whichever is appropriate.

Players' Homework: Practice your dribbling moves this week. Be prepared to show your coaches your favorite move next week during warm up!