

Week 7: More Dribbling

Saturday, June 4

Cutters Community Soccer U-6 Coed

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Coaching Points

- We want each child to have as many touches on the ball as possible.
- Ask players to **keep their heads up while dribbling** so they do not run into each other.
- Emphasize change in speed and change in direction.
- Keep the ball close in tight spaces.

9:30 - 9:40 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Warm Up: Cross Over

Purpose: To practice coordination skills with the ball. Helps players keep their heads up while dribbling. Encourage them to avoid other players.

1. Players line up around center circle (a larger area can be used if needed, just mark with cones).
 2. Players dribble in the same direction around the circle/area.
 3. Call out the color of two teams. Those players should attempt to cross to the other side of the area without touching another player.
 4. Switch which teams you call. You can call all colors, once the players have been successful a few times.
- Coaching points: keep head up, keep the ball close.

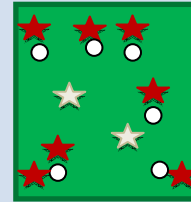
The trainers will run the initial practice activities by combining teams on several fields.

Parent coaches should mingle, participate, keep kids on task, help those who need it and/or demonstrate when necessary.

9:40 – 9:50 a.m

Activity 2: Freeze Tag

- This is a TAG game.
 - Parent coaches will be “it” – Mr. or Ms. Freeze 😊
 - Players dribble around the entire field.
 - When players are tagged, they hold their ball over their head and spread their legs apart. Another player must pass a ball between their legs to unfreeze them.
 - Coaches – give the players a chance to be tagged and to free other players, but do not overdo the tagging 😊
- See demo online at
<http://community.soccerinteractive.com/profiles/blogs/soccer-interactive-video-2>.



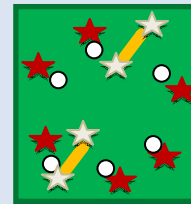
Red Stars = players
White stars = coaches 😊

- Players practice moving with their heads up, looking for the parents who are “it”
- Players will change direction, move quickly and deceptively.
- Keep head up – don’t run into other players, stay away from coaches 😊

9:50 – 10 a.m.

Activity 3: Moveable Goal

- All players dribble on the field
- Parent coaches are in pairs holding a pool noodle, they jog around the field as a moving goal
- Players, each with a ball, try to dribble and score on the moving goal
- One point is awarded for each goal scored.
- Try to beat personal best each round 😊



Orange lines = pool noodles
White dots = soccer balls

- Practice dribbling, changing direction, keeping head up, scoring goals, etc.

10 -10:30 a.m. – take a short water break before starting 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.

Players’ Homework: Ask players to practice their skills over the summer with siblings and friends 😊

On Monday, June 6 we will have a make-up soccer night. On that night, the players will just play a regular game (no practice first).