

# Week 7: Creative Dribbling

Saturday, October 22

Cutters Community Soccer U-6 Coed

Coordinator: Michele Kelmer

E-mail: michelekelmer@gmail.com

## 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.

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: I can do something with the ball, can you?

**Purpose:** To practice coordination skills with the ball. Also, let's players participate creatively by offering and demonstrating ideas to their peers and the coaches.

**Coach starts:** I can do something with the ball, can you?

Then ask players, Who can show everyone something you can do with a ball?  
A player demonstrates, everyone tries the skill, then a new player demos. Repeat several times before moving on to Activity 1.

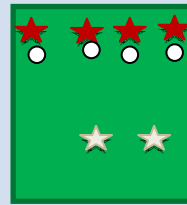
The trainers will run the initial practice activities by combining teams on several fields.

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: Sharks & Minnows (modified)

- Parent coaches are the "Sharks"
- Players (minnows) start on one sideline
- On the trainer's signal, players try to dribble to the other sideline without having their ball kicked away by the sharks (parents – be nice and let the kids have some success here).
- If a player's ball gets knocked away, he/she must do 5 jumping jacks, donkey kicks, "I'm a Star" jumps or ball touches or similar task before reentering the game. (Add variety to the tasks for fun.)



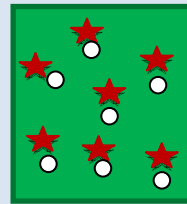
Red Stars = players  
White stars = sharks/coaches ☺

- Players practice moving with their heads up, avoiding the Sharks (opponents).
- Players will change direction, move quickly and deceptively.
- Keep head up – don't run into other players ☺

9:50 – 10 a.m.

### Activity 3: Everybody's It!

- All players dribble on half of the field (use entire field if space is too crowded).
- Everyone tries to tag other players while maintaining control of the ball.
- One point is awarded for each tag.
- Rounds should last one to two minutes.
- Try to beat personal best each round ☺



White dots = soccer balls

- Practice dribbling, changing direction, keeping head up, deception, 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.

Happy Memorial Day weekend!

Enjoy the Splash Pad after your game!

**Players' Homework:** Ask players to practice their skills over the winter months with siblings and friends ☺

Our last U-6 session is Friday night, Oct. 28. On that night, the players will just play a regular game (no practice first) and receive their participation medals.