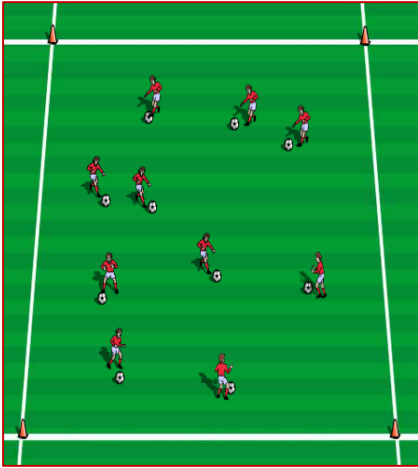


U6/U7 Ball Manipulation and Dribbling.



Warm Up: Hospital Tag. 10 Minutes



SET UP: 20x20 Yard Area.

Every player has a ball. There are 1-2 catchers. They must tag players in the area. The first time you are tagged you have to put one arm behind your back. The second time you're tagged you put both arms behind you back. The third time and you have to wait for the doctor (the coach) who gives the player a new life.

PROGRESSION:

1. The doctor is busy so you must heal yourself. This is done by doing 10 foundations with the ball.
2. Same as above but with toe taps.

COACHING POINTS:

- Keep your head up to see the catchers.
- Dribble your ball into free space keeping clear of each other and the catchers.
- Keep the ball close or you'll lose it.

Activity 1: Follow the Leader. 15 Minutes



SET UP: 20x20 Yard Area.

Put players into pairs with one ball per pair. The player with the ball follows their partner around the area. Player without the ball should try and vary their speed and direction to lose their partner. The player without the ball starts at walking pace. Allow players to run when comfortable with the game. Play for 1 minute then swap roles.

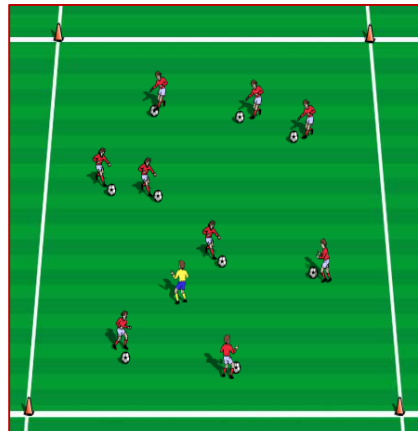
PROGRESSION:

1. Limit players to what part of the foot they can use when dribbling. E.G. Bottom of foot/inside/outside/laces only etc.
2. The player without the ball can now run, trying to lose their partner.
3. Both players have a ball. Play tag in pairs. Once tagged, you are frozen for 5 seconds whilst and then you are on.

COACHING POINTS:

- Head up, see where you are going and where your partner is.
- Keep the ball close using small touches using laces.
- When speeding up, use larger touches using laces.

Activity 2: King/Queen of the Ring. 15 Minutes



SET UP: 20x20 Yard Area.

The reds must protect their ball as the yellow player looks to kick it out. If a ball is kicked out, the player who lost their ball retrieves it, performs 10 toe taps and then is allowed back in the game. The winner is the person whose ball was kicked out the least amount of times. Play several rounds if time allows.

PROGRESSION:

1. Once a player loses their ball, they then act as a support player. Players can pass to this player who looks after the ball until they can give it back.
2. Once your ball is kicked out you join the catcher. Last person in is declared King/Queen.

COACHING POINTS:

- Protect your ball by putting your body between yourself and the catcher.
- Try to get away using moves and different surfaces to dribble with.

Finish with a game: Have a supply of balls at the side to keep the game flowing. Start introducing the easiest rules of the game. Do not play corners. Play 3v3 or 4v4.