



U6 Ball Familiarity

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Description

U6 Ball Familiarity

Freeze Game

Organization

20 x 20 square

Each player has a ball at their feet.

when coach says play, players must start dribbling the ball inside the area.

when coach says freeze players must try and stop the ball and stand still.

Coaching Points

Players looking for space? head up

Players using both feet?

Progressions

1. Sole only

2. Left foot only

3. Right only

4. Inside/outside only



Tippy Tappy

Organization

20 x 20 square

Each player has a ball at their feet

When coach says play - all players must try and touch the ball as many times as possible in 1 minute.

Coaching Points

Are players looking for space?

Are players moving the ball?

Progressions

1. Inside only

2. laces only

3. inside/outside

4. Left foot or right foot only



SSG

Organization

20 x 20 with 4 corner areas approx. 5x5 yards

split players into two teams

Teams score a point by dribbling the ball into a square and stopping the ball.

Coaching Points

Players looking for space? Head up?

Using different surfaces of their feet

Using both feet.

Progressions

1. Take away squares and add goals

