



U6 Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Moderate

Michael Caine, derry, United States of America
Individual-Adult Member

Description

U6 Dribbling

Through The Gates

Organization

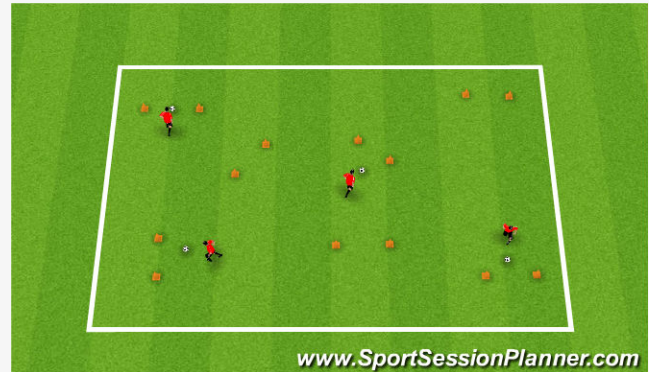
20x20 square with several small gates spread around, inside the square

Each player has a ball at their feet

Players dribble inside the square and attempt to go through, as many gates as possible.

Coaching Points

1. Players looking for the open gate? heads up
2. Close control when dribbling
3. Using different feet? and surfaces?



Sharks and Minnows

Organization

20x20 square

Each player will have a ball at their feet

Players will try and dribble from one side of the square to the other
Coaches will be sharks to start with and try and win the soccer ball.

Coaching Points

1. Are players looking up?
2. Players moving the ball quick under control
3. Are players using different surfaces of their feet?

Progressions

Left foot only

Right foot only



SSG 4 goal game

Organization

20 x 20 square with a goal on each line

Split teams into two teams of 4

Teams score a goal by scoring in any goal

Coaching Points

Are players looking for the goals? Head up?

Close Control

Progressions

2 Goals designated goals

