



U6 Ball Mastery

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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

Description

Warm Up - Body Parts

Organization

20 x 20 square

Each player has a ball

Game: Players must dribble around the inside of the square - when a coach call's out a part of the body, the player will put that part on top of the ball!

E.g. Hand, foot, back, belly, as many as you can think off!

Progression - Simon says!!



Technial Ball Mastery (15 mins)

Organization -

20 x 20 square

Each player has a ball.

Game: Red light, Green light

Coaches walk around the square and shout red light, yellow light or green light

Red light = kids must stop and put their foot on the ball

Yellow light = Kids dribble slow

Green light = Kids dribble fast

Coaches command the frequency of the change.

Coaching Points

1. Can we use various surfaces - inside, outside, laces and sole
2. Can we get our head up and see where we are going - look for space!

Progression - Colours mean different surfaces of the feet
e.g. Red = sole of the foot



4v4 (25 mins)

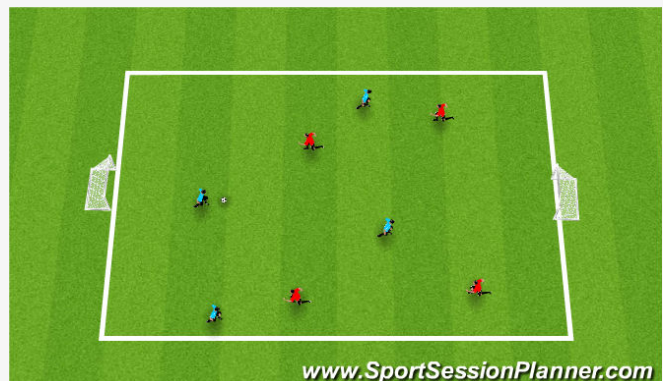
Organization

20 x 20 square

4v4 Players max(extra players can rest and rotate)No Gks

Coaching Points

1. Can we spread out - not bunch?
2. Can we keep the ball under close control? and see where we are going?



Coaches questions

Q1. What are the four surfaces we used today?

A1. Inside, Outside, Laces and Sole

Q2. What should we do during the games?

A2. Spread out, keep close control of the ball and Look for Space

