



U6 Kinder week 3 - Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Activity 1 - Cross the Ocean (10 mins)

Organization

15 x 20 grid, players are placed opposite to each other. On the coaches command the players must try and dribble across the ocean to the beach. They must go as fast as they can, keeping the ball under control, they should stop once they reach the other side.

Rounds/Coaching Points

1. Players can only use one foot.
2. Players can back and forth as many times as possible in 45 seconds.
3. Players can only dribble across the ocean, using inside/outside foot pattern



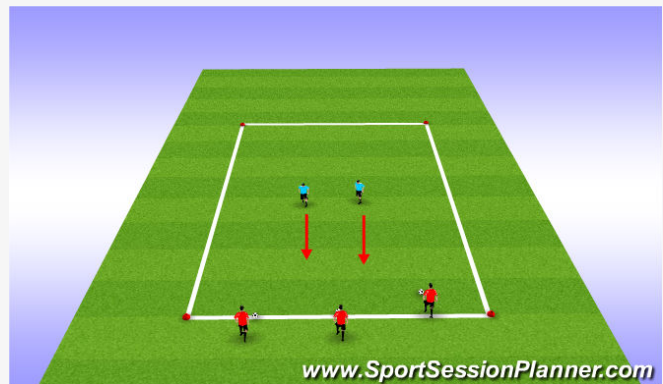
Activity 2 Sharks and Minnows (10 mins)

Organization

15 x 20 grid, select 1 or 2 players to be sharks, sharks will start in the middle of the grid. The rest of the players will start at one end of the grid. Sharks shout "fishy, fishy cross my ocean" the players will dribble across to the other end of the grid. If the sharks steal the ball and dribble out of the grid then they too become a Shark.

Coaching Points

1. Can we find the open space and attack - head up?
2. Can we avoid the sharks - use different surfaces to move the ball away from them?



Game (20 mins)

Organization

15 x 20 grid 3v3 No Goalkeepers.

Out of Bounds - Side Line

If the ball goes out of bounds on the side line - call RED LIGHT, place the ball on the side line and call YELLOW LIGHT which means the player can pass or dribble the ball back into the game.

Out of Bounds - End Line

If the ball goes out of bounds on the endline call RED LIGHT (send the opposing team to the middle of the field)

Kicking team places ball 1-2 yards in front of their goal and kick it to a teammate.

