



U6 Kinder week 5

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

U6 Kinder - Dribbling

Activity 1 - 3 strikes out (10 mins)

Organization

In a 15x20 grid. All players are dribbling a soccer ball and will try to tag other players by kicking their ball at them. Once a player is tagged for the first time, he/she must place one hand behind their back. The second time they are tagged they must place their other hand on their head, if they are tagged a third time they are struck out and must perform: Toe Taps, Pendulum, 4 surfaces with each foot or another soccer related task to rejoin the game.

Rounds/Coaching Points

1. Coaches are the only taggers. Can we get away from the taggers. head up and find space
2. Select 2-3 players to be taggers. Can we use different surfaces of our feet to get away from the taggers quicker?



Activity 2 - 1v1 (10 mins)

Organization

In a 15x20 grid the coach makes two teams of 3-5 players each. Teams are lined up either side of the coach. When the coach serves in the ball, the first player from each line will enter the field of play. To score a point a player must dribble or pass the ball into the net.

Rounds/Coaching points

1. 1v1 Be aggressive and direct to the goal.
2. Can we get our head up and find the goal?



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.

