



U6 Kinder Week 4

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

U6 Kinder week 4 - Dribbling

Activity 1 - Superhero Speedway (10 mins)

Organization

15 x 20 grid, create a 5 yard endzone at each of the playing field. All players will choose their favourite super hero and start the activity by dribbling the ball around inside an endzone when the coach shouts "Super Hero to the Rescue" players must dribble their soccer ball to the other end of the grid as quickly as possible.

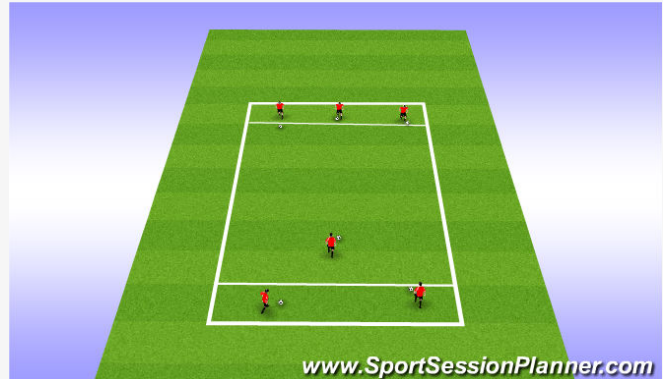
Rounds/Coaching Points

Round 1: Superheroes dribble across the speedway on the coaches command - Can we get our head up and find space to attack?

Round 2: Players see how many times they can cross the speedway in 90 seconds! While doing this can we keep our soccer ball under control?

Round 3: Players race across the speedway by dribbling using an inside/outside pattern - Can we keep our head up as we take a couple of touches of the ball?

Round 4: Players must race across the speedway using an inside/outside/laces/sole pattern



Activity 2 - Hulk Smash! (10 mins)

Organization

15 x 20 grid, Select 2-3 players to be Hulks! All other players are dribbling inside the grid and are trying to avoid the Hulks. The Hulks are angry and attempt to kick the dribblers soccer balls out of the playing area. If a player's ball leaves the playing area, they should perform a skill task before re-entering the grid. e.g. 5 toe-taps or pendulums. If all players soccer balls are out of the playing area at the same time, then the Hulks win!

Rounds/Coaching Points

Round 1: Coaches are the Hulks - Head up find the hulks, can we escape from them? change direction using different surfaces of our feet.

Rounds 2-4: Select 2-3 Players to be the Hulks -When we turn away can we get away from them fast?



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.

