



U6 Kinder week 6

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Activity 1 3 Surfaces (10 mins)

Organization

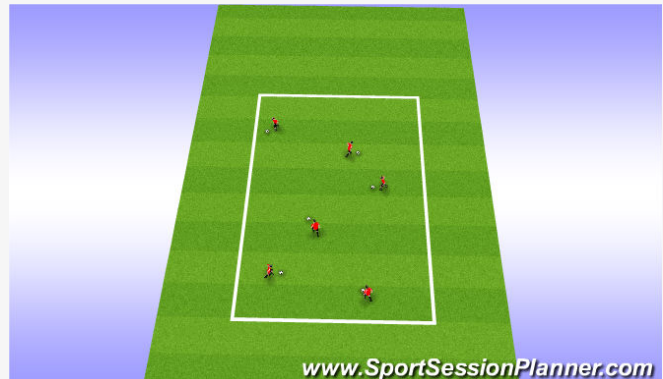
In a 15x20 grid each player has a ball. Have the players try to use 3 surfaces of their foot in 1 fluid motion in this order: Inside, Outside, Laces. After a player stops their ball with the bottom (sole of the shoe), have them transfer the ball from the right to left foot. When the players display proficiency, challenge them to do it faster and in a smaller space.

Rounds/Coaching Points

Round 1: Work with just the right foot

Round 2: Work with just the left foot

Round 3-4: Use both feet



Activity 2 Freeze Tag (10 mins)

Organization

In a 15x20 grid all players are dribbling a soccer ball. The freeze monsters attempt to tag other players with their hands. When a player is tagged, they become frozen and must stand holding the soccer ball above their head. The activity ends when all players are frozen. To unfreeze a player, any dribbler can pass the soccer ball between the frozen player's legs.

Coaching Points

1. Wheres the Tagger? Head's up stay away
2. Can we turn quick - once we turn accelerate away from them
3. When we pass through our friends legs, can we have a pass that doesnt goto far through? weight and Accuracy.



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.

