

Lesson: Understanding the concept of dribbling
Age: U4-U6

Activity: Chaos box (Dribbling in a confined space)

Set-up: Create a grid 15yds x 15yds. Place 6-8 players in the box. Give each player a ball and have them wear a penny.

Directions: Each player will use their feet with no other restrictions to dribble the ball in the box without touching another player, another players ball or leaving the grid. 4 rounds of 15 seconds.

Emphasis: Use only your feet

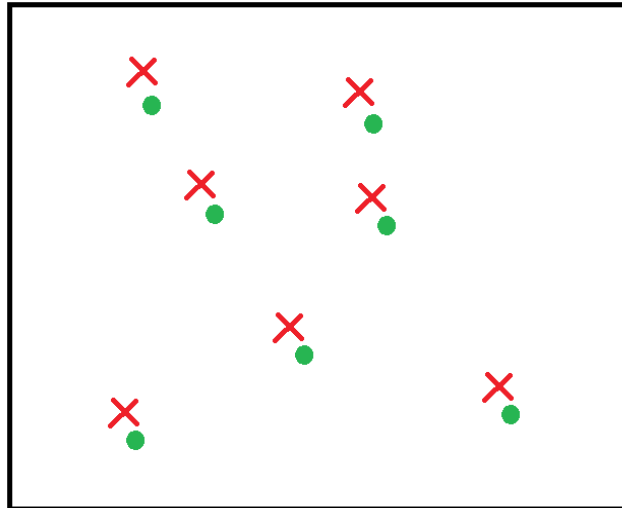
Make small touches

Make quick touches

Cue Words: Small touches

No hands

Quick touches



Activity: Stomp and stop (learning that the sole of the foot is a surface to use)

Set-up: Create a grid 15yds x 15yds. Place 6-8 players in the box. Give each player a ball and have them wear a penny.

Directions: Each player will use their feet with no other restrictions to dribble the ball in the box without touching another player, another players ball or leaving the grid. Coach will occasionally yell 'Stop!' and players will stop the ball by stepping on it with the sole of the foot. Have them continue dribbling once all players have the ball stopped. 4 rounds of 15 seconds

Emphasis: Use only your feet

Make small touches

Make quick touches

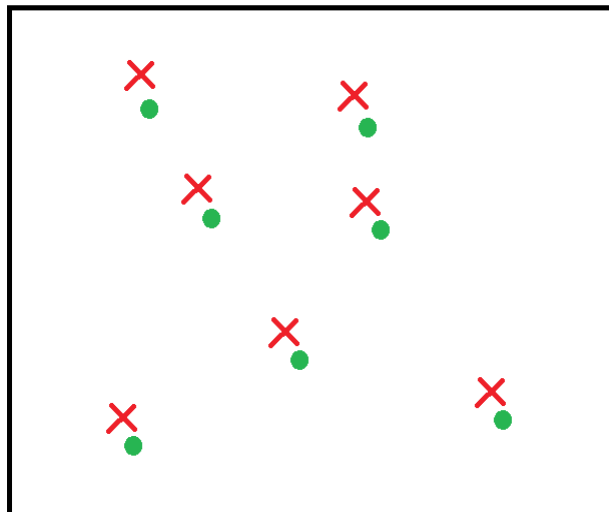
Stop completely with foot on the ball

Cue Words: Small touches

No hands

Quick touches

Stomp!



Activity: Stomp and Stop 2 (using a touch with purpose)

Set-up: Create a grid 15yds x 15yds. Place 6-8 players in the box. Give each player a ball and have them wear a penny.

Directions: Each player will use their feet with no other restrictions to dribble the ball in the box without touching another player, another players ball or leaving the grid. Players will step on the ball when they come close to another player or close to the edge of the grid to avoid making contact. Once the ball stops they can continue dribbling. 4 rounds of 15 seconds

Emphasis: Use only your feet

Make small touches

Make quick touches

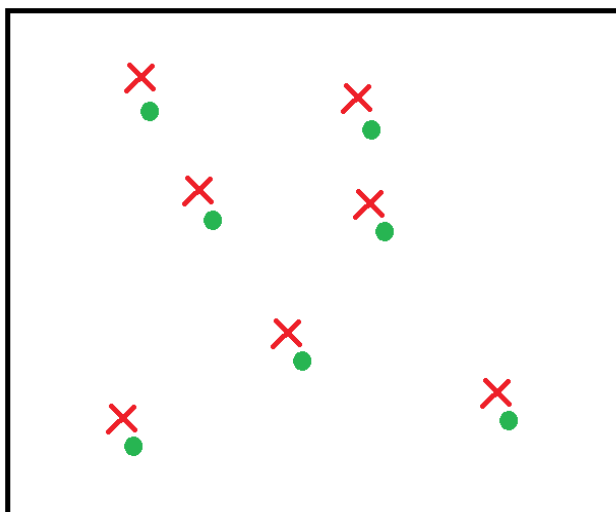
Stop completely with the foot on the ball

Cue Words: Small touches

No hands

Quick touches

Stomp!



Activity: 4v4 play (With a coaching focus)

Set-up: Create a grid 20ydx35ydyds x 15yds. Make teams of 4 players using different colored pennys.

Directions: Let the players play for 5 minutes. Switch out teams or take a short break between 5 minute sessions.

Emphasis: Use only your feet

Make small touches

Make quick touches

Cue Words: Small touches

No hands

Quick touches

Stomp!

Do not attempt to over coach the game session. Focus on what was emphasized and the cue words.