

Lesson: Dribbling with awareness  
Age: U4-U6

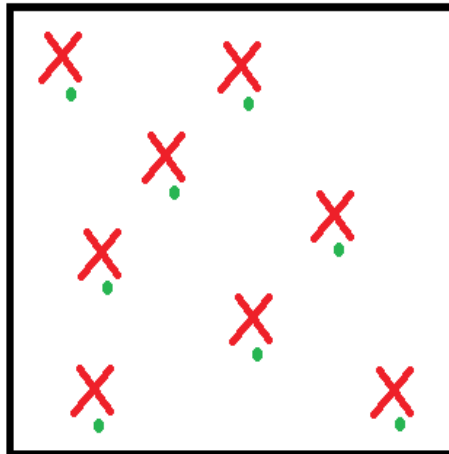
**Activity:** Dribbling Keep Away\Dribbling with awareness

**Set-up:** Create a 15yd by 15yd grid. Every players has a ball. 6-8 players in the grid.

**Directions:** Players will dribble around the box attempting to continue moving but avoid being within arms reach of any other players. Coaches can mix in to provide extra arms. 15 second 3 times

**Emphasis:** Eyes out  
Sharp Touches

**Cue Words:** Eyes out  
Sharp Touches



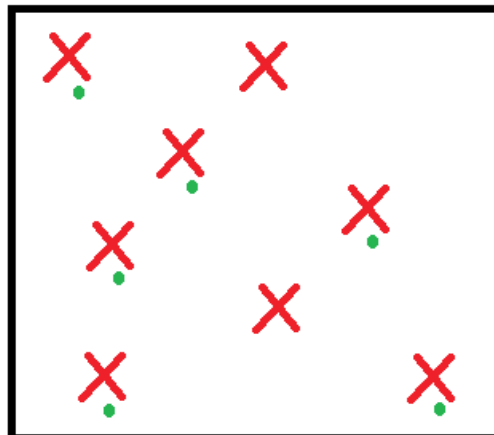
**Activity:** Dribbling Tag\Dribbling with awareness and active opponent

**Set-up:** Create a 15yd by 15yd grid. 8 players in the grid, 6 players with a ball 2 without.

**Directions:** Players with the ball will try to avoid getting their ball touched by the foot of the players without a ball. If a players ball is touched by a taggers foot the tagger takes the ball and the new tagger goes after another players ball. You can't take the ball from who took it from you.

**Emphasis:** Sharp touches  
Eyes out

**Cue Words:** Sharp Touches  
Eyes out



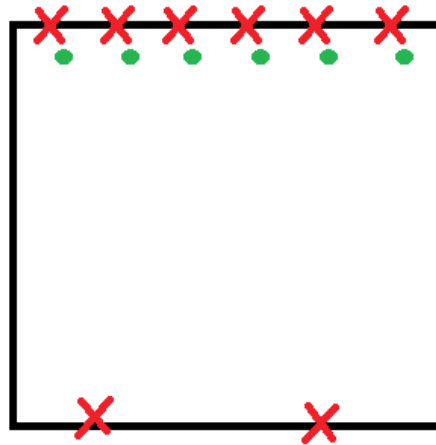
**Activity:** Shark and Minnows

**Set-up:** Create a 15yd by 15yd grid. 6 players with a ball 2 players without.

**Directions:** Players with a ball will spread out on a single line of the grid. The players without a ball will start on the opposite line of the grid. The coach will say go and the players with the ball will attempt to reach the opposite side of the grid without their ball being touched. If their ball is touched by a “shark” the player then becomes a shark and the shark becomes a minnow.

**Emphasis:** Sharp touches  
Eyes out

**Cue Words:** Sharp Touches  
Eyes out



**Activity:** 4v4 play with emphasis

**Set-up:** Create a 20yd x 35yd playing field. Divide players into teams of 4.

**Directions:** Let them play

**Emphasis:** Sharp Touches  
Eyes Out

**Cue Words:** Sharp touches  
Eyes out

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