

Lesson: Understanding concepts of dribbling part 2
Age U4-U6

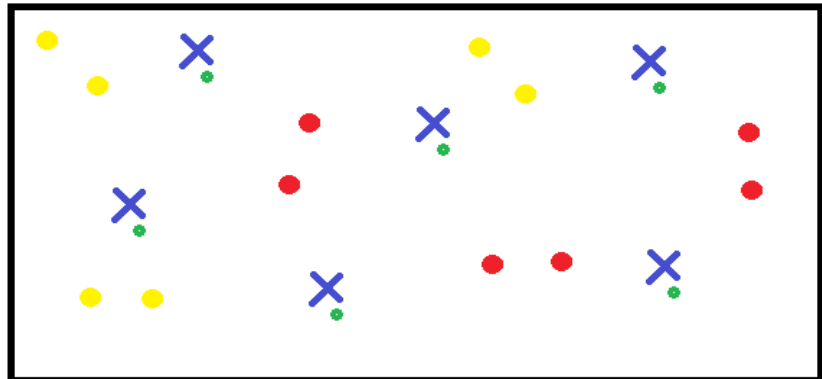
Activity: Dribbling with a purpose/having a direction

Set-up: Create a 15yd by 30yd grid and place gates of two cones 1 yard apart all over the grid with enough space between to designate a gate as its own. All players have a ball

Directions: Players will dribble around the grid looking for a gate to dribble through, if two players approach a gate at the same time one will step on the ball and wait for the other to pass and then go through. 3 rounds 15 seconds

Emphasis: Sharp touches
Laces are straight
Sides for Sideways

Cue Words: Pop the touch
Straight is Lace
Sides go sideways



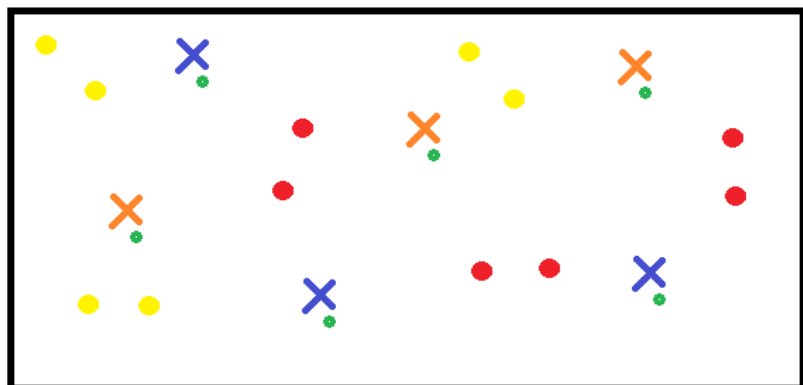
Activity: Dribbling with a purpose/changing directions

Set-up: Create a 15yd by 30yd grid and place gates of two cones 1 yard apart all over the grid with enough space between to designate a gate as its own. Divide the group into two teams with pennys. All players have a ball

Directions: Players will dribble around looking for a gate to dribble through. If they come to a gate with their own team they can both pass through, if they come to a gate with an opponent they must change directions and go to a different gate. 3 rounds 15 seconds

Emphasis: Sharp touches
Laces are Straight
Sides for Sideways

Cue Words: Pop the touch
Straight is Lace
Sides go sideways



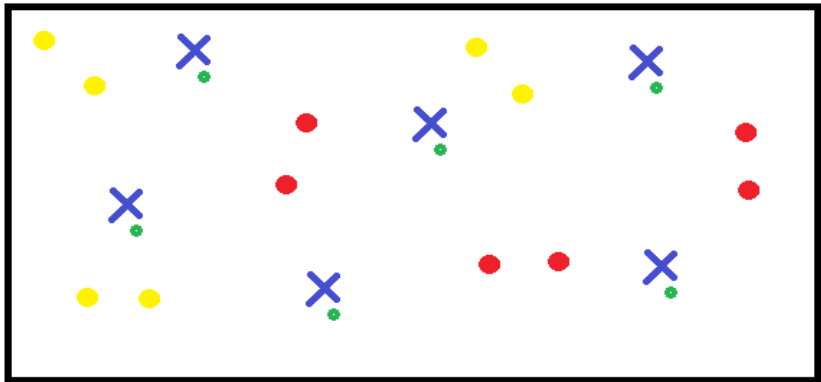
Activity: Dribbling with a purpose/ concept of an active defender

Set-up: Create a 15yd by 30yd grid and place gates of two cones 1 yard apart all over the grid with enough space between to designate a gate as its own. All players have a ball

Directions: Players will dribble around the grid looking for a gate to dribble through. Two assistants, or players without a ball will go around and block gates by standing in them. Players that come to a blocked gate must change directions and go to a different gate. Gate blockers can move around attempting to block players from gates they are attempting to go through. They may not target a specific player.

Emphasis: Sharp touches
Laces are straight
Sides for Sideways

Cue Words: Pop the touch
Straight is Lace
Sides go sideways



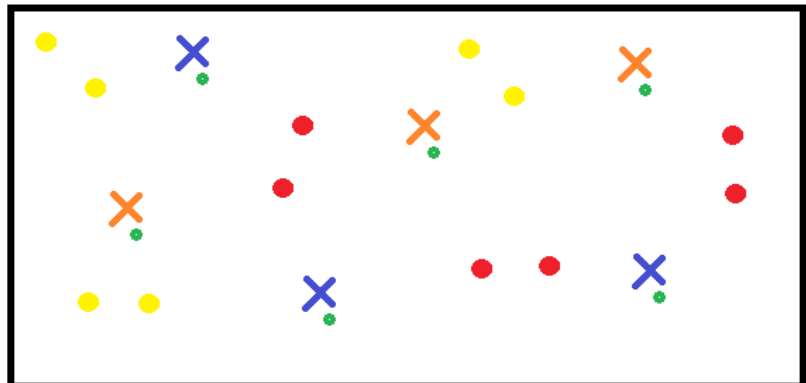
Activity: 4v4 focusing on concepts of dribbling with a purpose

Set-up: Create a 20x35 Grid with goals on both ends. Divide players into teams of 4.

Directions: Allow players to play regular soccer while coaching emphasis points described below

Emphasis: Sharp touches
Laces are Straight
Sides for Sideways

Cue Words: Pop the touch
Straight is Lace
Sides go sideways



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