

Lesson: Dribbling 1v1 concept
Age: U6

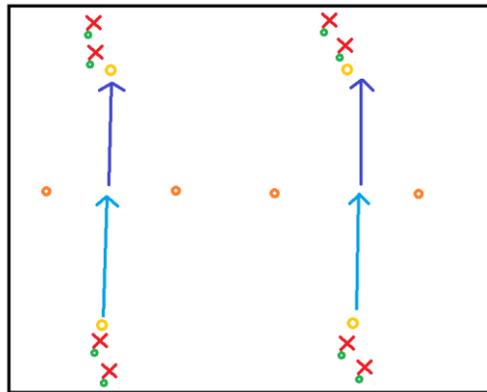
Activity: Change of speed dribbling

Set-up: Place two cones 6 yds apart. Halfway between the two cones place a gate 2 yds apart. Players will be on the cones 6 yds apart. Create as many as need to have no more than 4 at each setup.

Directions: Players will dribble slowly to the gate, when they get to the gate they will dribble quickly to the end of the line. The next alternate player will then dribble back slowly to the gate and then quickly to the end of the line.

Emphasis: Change of speed
Small sharp touches

Cue Words: Explode!



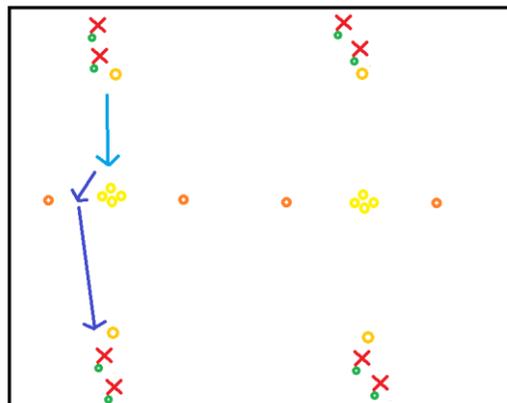
Activity: Dribbling around a point

Set-up: Place two cones 6 yds apart. Between the cones place 4 cones in a diamond a couple inches apart. Place a cone on each side of the diamond 1 yd away. Players will be on the cones 6 yds apart. Create as many as need to have no more than 4 at each setup.

Directions: Player will dribble towards the first cone, change direction to dribble around the center cones and then dribble to the end of the opposite line. The alternate next player will then start going the opposite direction and dribble around the center cones.

Emphasis: In slow out fast
Dribble right at the cones

Cue Words: Explode!

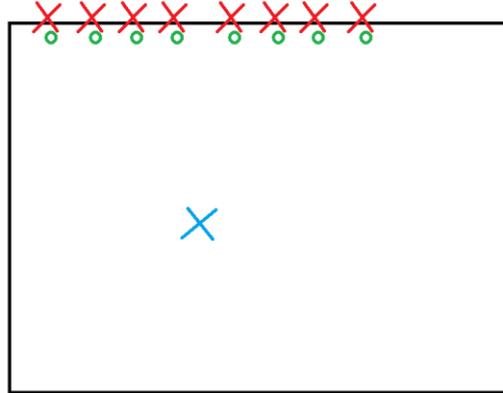


Activity: Sharks and Minnows

Set-up: In a 15yd by 15 yd grid have all the players stand on one line with a ball. The Coach will be in the middle of the grid without a ball.

Directions: The players will attempt to dribble to the other side of the grid without their ball being touched by the coach. If their ball is touched they become a shark. Repeat until all players are sharks. Feel free to play this a few times.

Emphasis: In slow out fast



Cue Words: Explode!

Activity: 4v4 soccer with emphasis on change of speed dribbling

Set-up:

Directions:

Emphasis:

Cue Words: