

Lesson: Dribbling concepts Understanding parts of the foot  
Age:U6

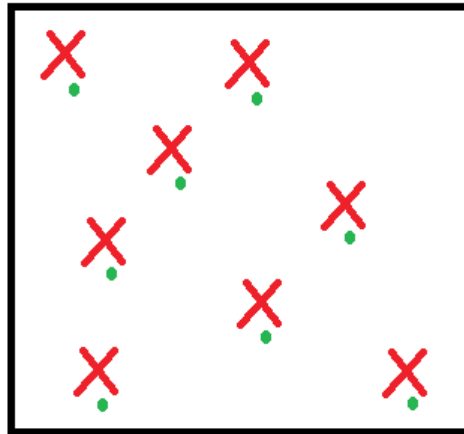
**Activity:** Outside, inside touches

**Set-up:** In a 15yd x 15yd grid have up to eight players each with a ball at their feet.

**Directions:** Demonstrate using the inside of the left and right feet to move the ball different directions. Then let the players dribble using only the inside and outsides of their feet. Do two sets of 15 seconds for both inside and outside touches.

**Emphasis:** Sharp touches

**Cue Words:** Pop pop pop



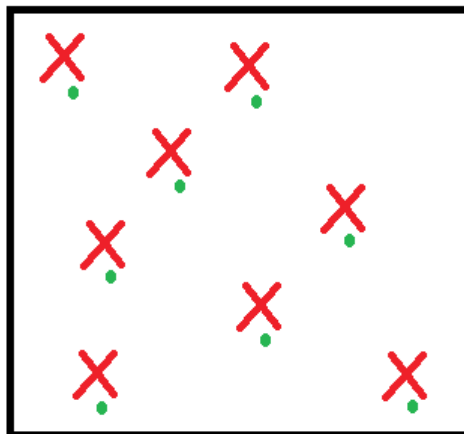
**Activity:** Outside, inside touches incorporating the sole.

**Set-up:** Follow the previous structure.

**Directions:** This time dribbling with both feet and inside and outside touches, the coach will yell Stop! Players will step on the ball with the sole of their foot look up and then roll the ball in a direction and continue dribbling. Do this 3 sets of 15 seconds

**Emphasis:** Sharp Touches  
Look up when you step

**Cue Words:** Pop Pop Pop  
Eyes up when you step



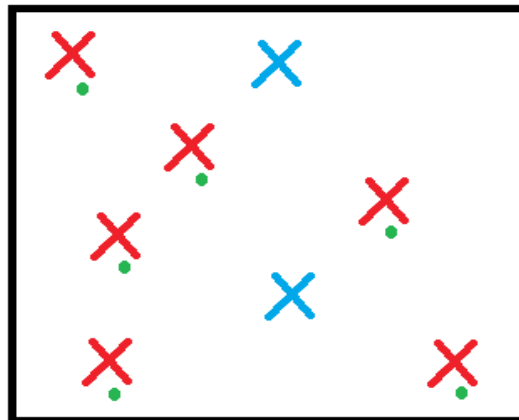
**Activity:** Coach Keep Away

**Set-up:** Keep the same set up as before. This time the coaches will be a part

**Directions:** Players will dribble around using the inside and outside of their feet to dribble away from the coaches. If a coach gets to close a player can avoid getting tagged by stepping on the ball and rolling it away from the coach. The coach then has to go to a different player. If a coach gets a ball the player has to step on the ball with each foot and count to 3. 3 rounds of 15 seconds each.

**Emphasis:** Sharp Touches

**Cue Words:** Pop Pop Pop  
Eyes up when you step



**Activity:** Simple play 4v4

**Set-up:** Set up a field or use an existing age appropriate field, divide the teams into groups of 4 players

**Directions:** Let them play, put emphasis only on inside outside touches and using the sole to escape.

**Emphasis:** Sharp Touches

**Cue Words:** Pop Pop Pop  
Eyes up when you step

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