

Lesson: Dribbling to a point
Age: U6

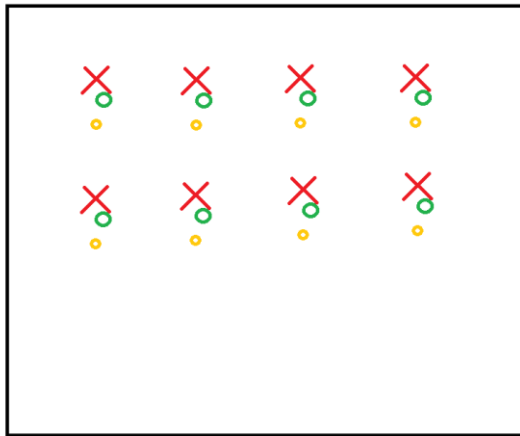
Activity: Inside/outside touches warmup

Set-Up: Every player has a ball standing at a cone.

Directions: Each player will on the coaches direction tap the ball back and forth using the inside and outside of their right foot staying with the cone in front of them. Do this for 15 seconds and then switch to the left foot. Do this with both feet twice.

Emphasis: Sharp touches
Body moves as ball moves

Cue Words: Pop Pop Pop
Move that body



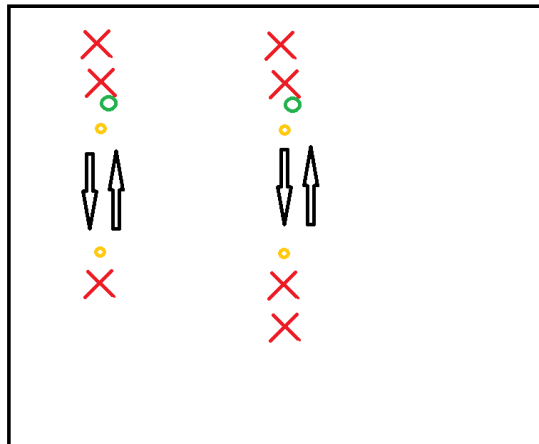
Activity: Inside/outside touches with direction and point

Set-Up: Put two cones 3 yards apart. Place as many sets of cones as you have groups of 3 or 4

Directions: Players will divide up in a group of 3 or 4 between the two cones. One ball per group. The player with the ball will dribble using only their right foot using the inside and outside of the foot to the other cone. They will give the ball to the next player and they will dribble using the inside and outside of the foot back to the other cone. Rinse repeat for 30 seconds to a minute.

Emphasis: Sharp touches
Body moves as ball moves

Cue Words: Pop Pop Pop
Move that body



Activity: Inside/outside touches with direction and point (awareness of other players on the field)

Set-Up: In a 15yd x 15 yd grid place more cones than there are players randomly spread out. All players have a ball

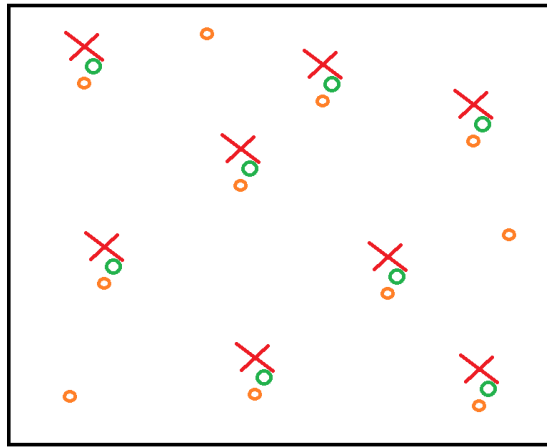
Directions: Players will all start with a ball on a cone. When the coach says Go! Players will dribble to a different cone. First come first serve, if a cone is filled when a player gets there they will need to dribble to a different cone. If needed give a count down and assist with finding new cones.

Emphasis: Sharp touches

Body moves as ball moves

Cue Words: Pop Pop Pop

Move that body



Activity: 4v4 with emphasis on the touches

Set-Up:

Directions:

Emphasis: Sharp touches

Body moves as ball moves

Cue Words: Pop Pop Pop

Move that body