

Lesson: 1v1 Dribbling
Age: U6

Activity: 1v1 Dribbling, turning away from pressure

Set-up: Create a diamond 8yds by 8 yds with a cone in the center. Players will divide evenly on the outside cones. No more than two to a cone. First player at each cone will have a ball.

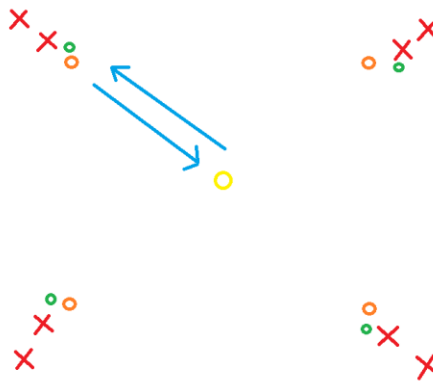
Directions: Players will dribble directly to the center cone. Right before they get to the cone, they will use the inside, outside of sole of the foot to change directions back to the line they came from and give the ball to the next player in line. If a player is alone on a cone, they will match with another player on a different cone and go when they go. Repeat this multiple times. You can pick specific feet to use when turning or choose a specific move if you would like too.

Emphasis: Sharp Turns

Quickly get away from the cone

Cue Words: Sharp turn

ESCAPE!



Activity: 1v1 Dribbling alternate angles

Set-up: Create a diamond 8yds by 8yds. Create a diamond 8yds by 8 yds with a cone in the center. Players will divide evenly on the outside cones. No more than two to a cone. Give two players on opposite outside cones a ball.

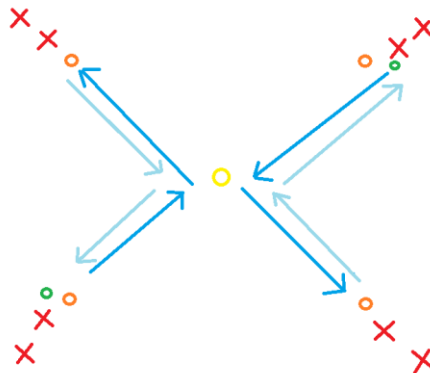
Directions: Player with the ball will dribble to the center cone. Using the inside, outside or sole of the foot they will change directions and dribble quickly to the next player to the right(counter clockwise). Give the ball to the next player in that line and they will perform the same going to the left (clockwise) returning to the original line and trade with the next player there. Specify which part of the foot to use if you would like to. Repeat multiple times.

Emphasis: Sharp touches

Quickly get away from the cone

Cue Words: Sharp Touch

ESCAPE!



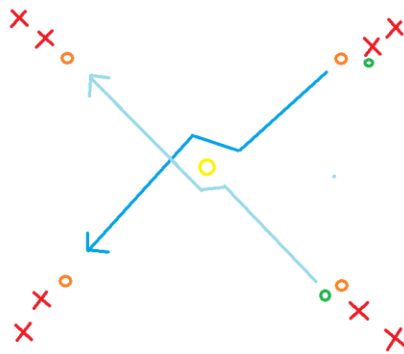
Activity: 1v1 Dribbling, Attacking the space behind

Set-up: Create a diamond 8yds by 8 yds with a cone in the center. Players will divide evenly on the outside cones. No more than two to a cone. Players at adjacent outside cones will have a ball.

Directions: A player with a ball will dribble directly at the cone in the middle. They will use the inside outside or sole to dribble the ball to the right or left of the cone and then drive to the opposite cone giving the ball to the next player. The player with the other ball will then do the same thing. Repeat back the opposite direction alternating which line goes. You can specify which part of the foot to use when making the move if you would like to.

Emphasis: Sharp small touch
Explode after the move

Cue Words: Sharp Touch
Escape!



Activity: 4v4 Play 

Set-up:

Directions:

Emphasis:

Cue Words: