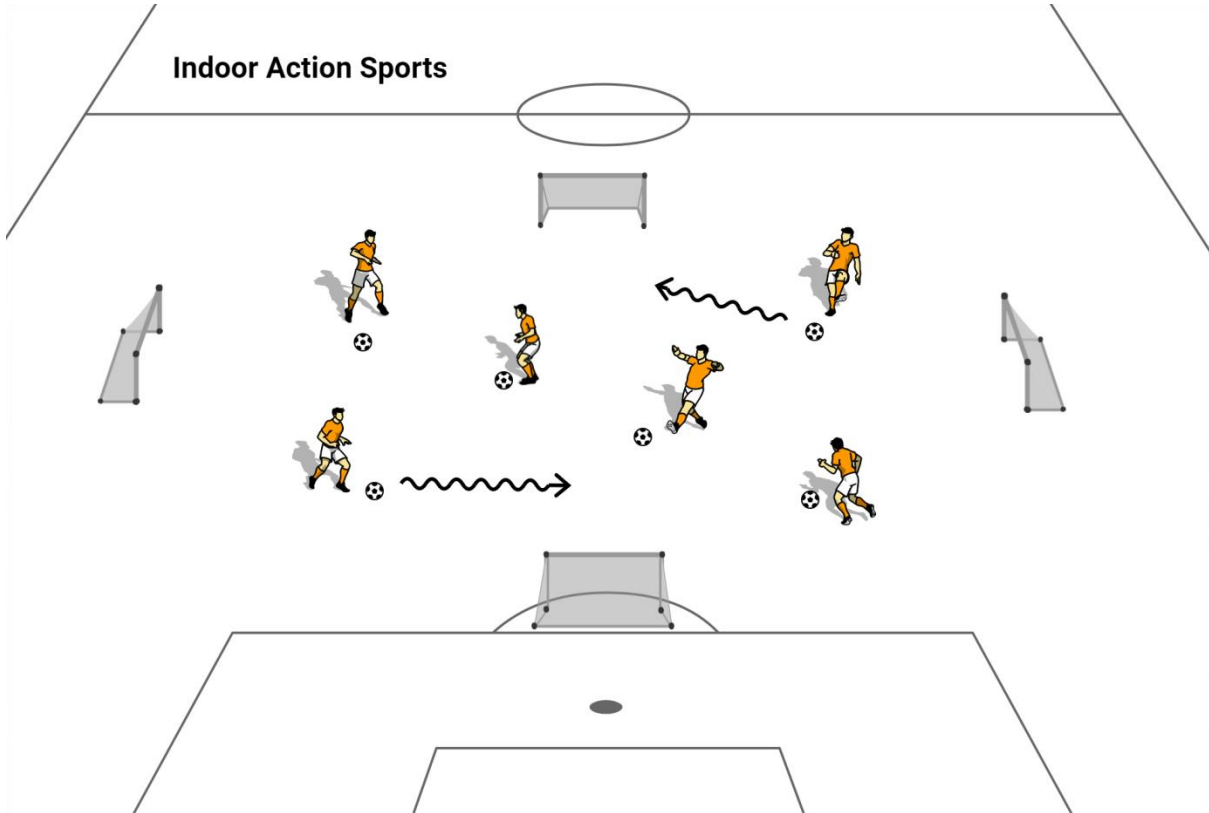


# IAS U6 JUNIOR ACADEMY SESSION

3/20/18

Objective: To Improve Dribbling



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IAS U6 Junior Academy: 3/20/18

Objective: Improve Dribbling

US Soccer Play-Practice-Play Philosophy

Progressions within each game / activity

Play Phase:

- Free Play 4v4 Continuous Free Play (adjust to numbers)

Practice Phase:

- Simon Says
- Highway
- Freeze Monsters
- Foxes & Bunnies

Play Phase:

- Mad House

Offense - Your team has the ball. Try to keep it.

Defense - The other team has the ball. Your team needs to try to get it back.

In this practice session, players will learn different ways to dribble and ways to get around / avoid defenders.