



U6 Dribbling Session

Category: Technical: Ball Control
Difficulty: Beginner

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

3-5 year olds. Topic: Dribbling

Warmup

Dribbling Maze

Fun dribbling game that gives players freedom to dribble in different directions. The cones and other players makes everyone think about which way they will dribble and when to change direction.

Organization:

Every player with a ball. Set up cones randomly around the field.

How to Play:

It is a soccer maze! Explain the game in a fun way describing a maze.

Players dribble in any direction trying to avoid the cones and other players. Each time someone's ball or foot touches a cone, have them do something fun to rejoin the game (touch the sky, jumping jack, toe taps, ball on head).

Coaching Points:

Dribble with head up

Keep ball close to feet

Variations:

Dribbling game | Running game | Add sharks (defenders) | Races



Fun Game

Cross the Ocean

Dribbling game that is similar to "Fishy Fishy Cross My Ocean" with the difference being this is a non-stop game from one beach to the other (endline to endline).

Organization:

Every player has a ball. Set up 2 beaches (endlines).

How to Play:

Describe the game to the kids in an imaginative way!

Players dribble across the ocean. The objective is to get to as many beaches as possible. Each time a player gets to a beach that is one goal.

Coaching Points:

Keep control of ball when dribbling fast (at speed)

Try to be the fastest fishy!

Variations:

With ball | Without ball | Add sharks

