

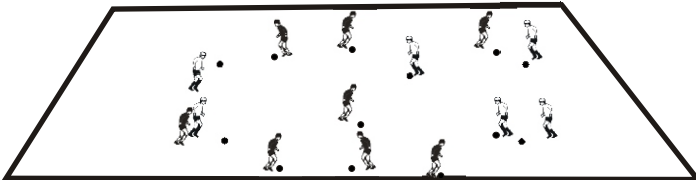
Date _____ Time _____ Field _____ Age Group U6-U8

Players: _____ Duration _____ Equipment _____ Bibs ✓ _____ Balls ✓ _____ Water Bottles ✓ _____ Pumps ✓ _____

Primary Objective: Dribbling 3

Secondary Objective:

15 Activity 1



25x25 Grid

All players with a ball

Objective

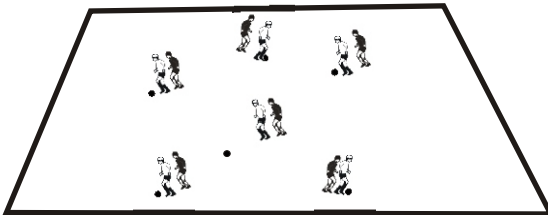
Each player with a ball will dribble inside the grid, and will execute the following coach's instruction:

- 1) Dribble with both feet
- 2) Right foot only
- 3) Left foot
- 4) stop the ball with sole
- 5) Turns

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up

15 Activity 2



30x30 Grid

Pairs

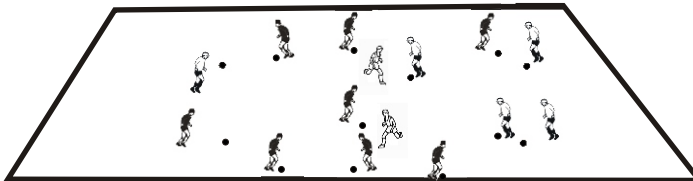
Each Pair with a ball. One player dribbles the ball around the grid.

The other player will follow and at the coach's signal will try to win the ball, while the player in possession will shield the ball from the defender. Switch roles

Key Factors

- 1) Keep the ball away from defender
- 2) Put body between opponent and ball
- 3) Arm out

15 Activity 3



30x30 Grid

All players with a ball

Each player with a ball.

Players dribble around the grid Keeping possession of the ball, while two players without the ball will try to kick their balls out of the grid.

If they succeed the player without the ball is out of the game

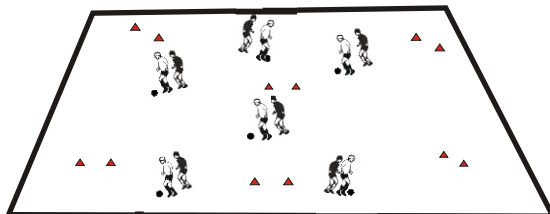
Who is the fastest player to kick all the balls out of bounce?

Change roles

Key Factors

- 1) Keep the ball close to you
- 2) Small Touches
- 3) keep heads up

15 Activity 4



1v1

Set up a 30x30 grid. In pairs

Each player will try to score on any goals while the other will defend.

Change roles

Which team scores more goals in X number of minutes or tries?

Key Factors

- 1) Keep the ball close to you
- 2) Change direction
- 3) Change speed

20 Mini or Maxi Game
3v3 across the line

on a 25x30

A goal is valid by dribbling the ball across the line