

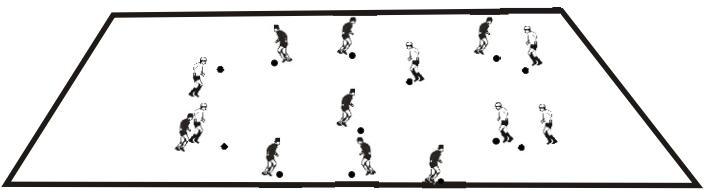
Date _____ Time _____ Field _____ Age Group U6-U8

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

Primary Objective: Dribbling 1

Secondary Objective:

15 Activity 1



25x25 Grid

All players with a ball

Objective

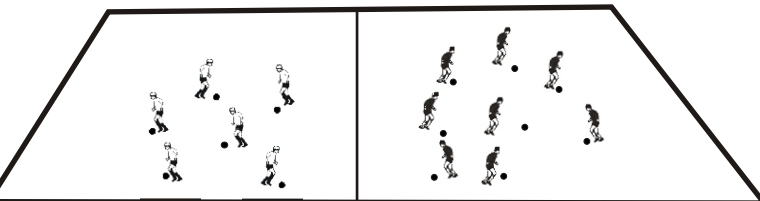
Each player with a ball will dribble inside the grid, and will execute the following coach's instruction:

- 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



25x25 Grid

All players with a ball

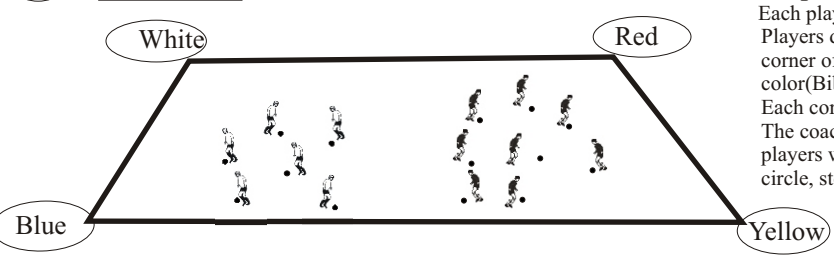
Each player with a ball. There are 2 groups of players, each group dribbling the ball in its own grid. When the coach raises his hand, each group will guide the ball to the other half of the grid.

- 1) One hand = Dribble the ball across
- 2) Both hands up = Stop the ball, and run to the other grid without the ball
- 3) Left foot Up = Dribble with the left foot only
- 4) Right foot Up = Dribble with the right foot only

Key Factors

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

15 Activity 3



25x25 Grid

All players with a ball

Each player with a ball. Players dribble around the grid. At each corner of the grid there is a circle with a color (Bibs, or other colored items). Each corner will have a different color. The coach will call a color and all the players will dribble the ball inside the circle, stop it and sit.

The first 3 players inside the circle get 3 point.

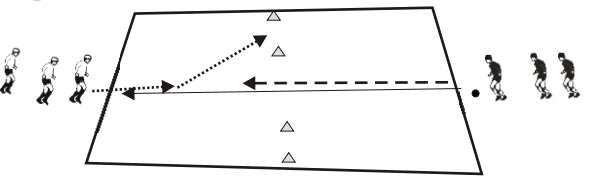
Who can score more points

in 15 minutes?

Key Factors

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

15 Activity 4



1v1

Set up a 15x15 grid.

If you have an assistant or a parent helper you can set up 2 grids.

In the middle of the grid on each side make a goal 1 m wide.

At the end of the grid on each side there are 2 group of players.

Play starts with a player (Defender) passing the ball to the other player (attacker) this player after receiving the ball will try to dribble it across one of the small goals.

If this player is successful, it scores one goal.

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