



U6 PRACTICE SESSION - DRIBBLING

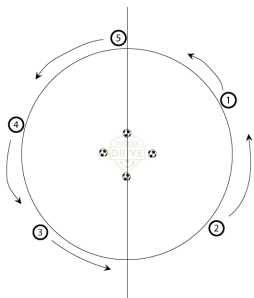
AGE LEVEL: U6 TIME: 75 MINUTES

MUSICAL SOCCER BALLS

TIME 10 minutes

SETUP

It is important to add some fun soccer drills into your routine, especially drills for the younger kids. Here is a soccer drill that keeps things fun but also works on reaction, agility, quickness, and speed. This animation uses 6 players but you can use anywhere from 3 or more. Place the soccer balls in the middle of the circle and make sure you have one less soccer ball than you have players. The players start on the outside of the circle and they are not allowed to go into the circle until the whistle blows. On the whistle, the players can sprint to the soccer balls. Because there is one less soccer ball, one player will be left without a ball. The player without the ball is then removed from the game. Every round you will need to remove one soccer ball.

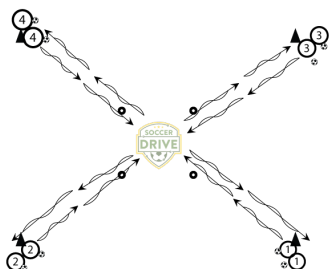


TO TAPS IN BOX

TIME 10 minutes

SETUP

In this soccer drill there are four lines, typically with two players each, and each player is required to have a ball. On the whistle the first player from each line will dribble the ball into the box, tap the top of the ball with their feet ten times, and then dribble back to their cone. Once they get back to their line the other player dribbles their ball into the box, does ten toe taps, and dribbles back to the cone. The drill is continuous so keep the players moving until the second whistle. Players should always maintain good ball control and work on quick toe taps as they it becomes easier.

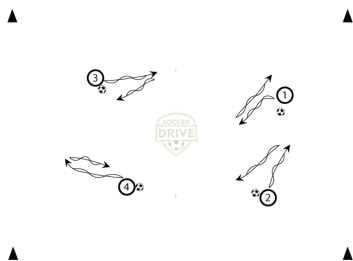


CHANGING DIRECTION

TIME 10 minutes

SETUP

This drill focuses on dribbling in tight spaces and quickly changing directions. Setup 4 cones about 15 yards apart. Each player will dribble around the space avoiding the other players. Every 8-10 seconds the coach needs to blow his/her whistle and the players will change direction and accelerate for 2 touches. Players need to keep their heads up and maintain control of the ball and avoid other players.

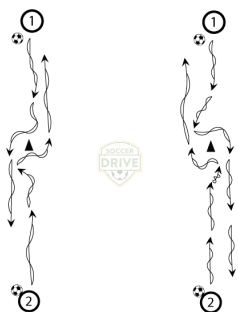


WATCH OUT FOR YOUR PARTNER

TIME 10 minutes

SETUP

This is a simple dribbling soccer drill. You need at least 4 players, 4 soccer balls, and 2 cones. Players will stand opposite of each other with cones in the middle. They will each have a ball. Once the whistle blows players will dribble up to the cone and decide which way around the cone they want to go. This is important for quick decision making as they can not go the same way as the person opposite of them or they will bump into each other. Make sure players are dribbling with their heads up and staying alert!





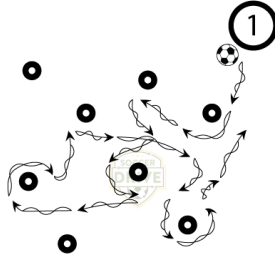
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DISC DRIBBLING

TIME 15 minutes

SETUP

This is a soccer dribbling drill that players can do by themselves. This drill focuses on ball control and only one player, one ball, and some discs are needed. To set up spread the discs out in a random way in close proximity to each other. In repetitions lasting 30 seconds, have the player dribble the ball in and out of the discs. Try to not touch any of the discs. Make sure to stay in control the entire time and switch directions often.



BRITISH BULLDOG

TIME 15 minutes

SETUP

This is a legendary game in soccer known as "British Bulldog". It is a simple game in which the players with the soccer balls try to dribble through the "danger zone" without having their ball kicked away or stolen by the "bulldogs". This game is great to incorporate into practice sessions that focus on dribbling drills and ball skills. It allows the players to work on ball control and having to control the ball under pressure and at different speeds. It also requires players to have an awareness as to where the "bulldogs" are and maintain ball control with their head up.

PROGRESSIONS

- » Start without any soccer balls and simply make it a game of tag.
- » Next add soccer balls and make the "bulldogs" crawl using bear crawls to move throughout the "danger zone".
- » Then have the "bulldogs" play on two feet and be as aggressive as they can within the "danger zone".

