



**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

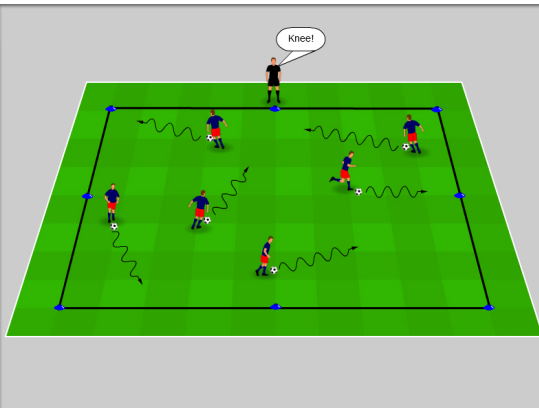
**Date:** 30/May/2016  
**Time:** 18h 00m

**Duration:** 00:30 min  
**Age/Level:** U5 - U7

**Session:** Dribbling  
**Objective:**

## U4/5 Week 10

### Body Parts



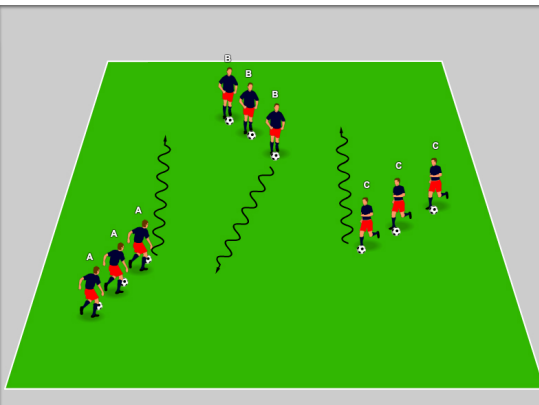
#### Description:

On your signal, the players will dribble their ball around the area. Once you shout out a part of the body (e.g. Knee) the kids have to stop dribbling with their foot and put that part of their body on the ball. When you call "carry on dribbling" the kids will do just that and await the next body part. Try using parts of the body which may be difficult for them to balance on e.g. their knee, elbows, head, back.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction

### Follow the Leader



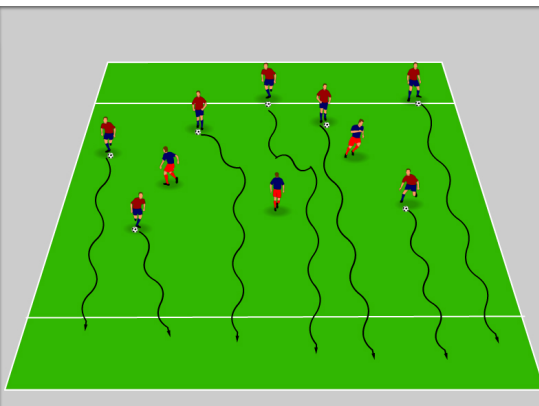
#### Description:

Set up a large grid for players to dribble within, 20 x 20 yards. Players in teams of 3 or 4, each player with a ball. Players dribble in a line with their 3-4 players, following the first player in line. Head of each line can change speeds and directions to increase difficulty for rest of line. Switch the players at the head of the line every 60-90 seconds.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction

### Sharks and Minnows



#### Description:

Set up a 40x20 grid. All except 2 players (Minnows) line up at one end of the grid. The other 2 (Sharks) stand in the middle. On the coach's signal, the Minnows try to dribble their ball to the other end of the grid. If one of the Sharks takes a ball from a Minnow, then the Minnow becomes a Shark too.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Don't kick and chase
5. Change direction