



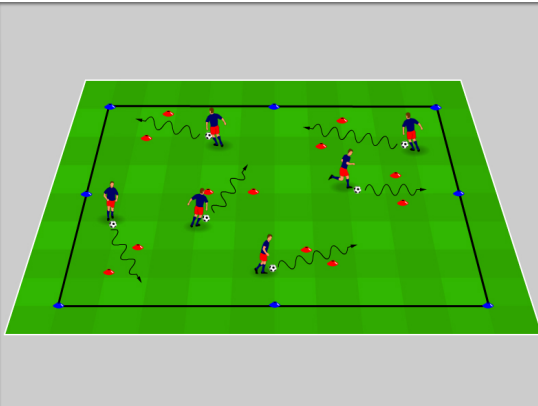
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Time: 18h 00m
Duration: 00:30 min
Age/Level: U5 - U7

Session: Dribbling
Objective:

U4/5 Week 9

Dribble Gates



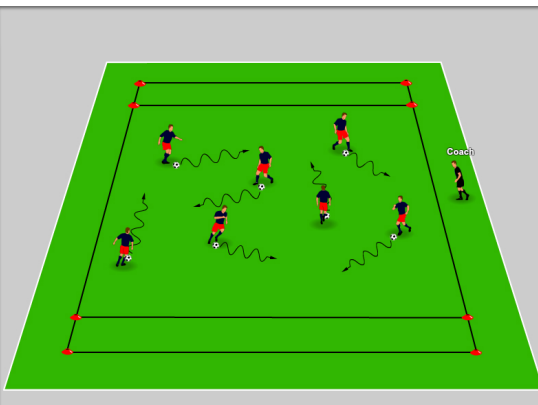
Description:

Set up a number of gates spread out around the working area. Each player has a ball and on the coaches command they dribble through as many gates as possible in a minute or two. Repeat a few times challenging the players to get through more gates than the last time.

Coaching Points:

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

Explore the Jungle



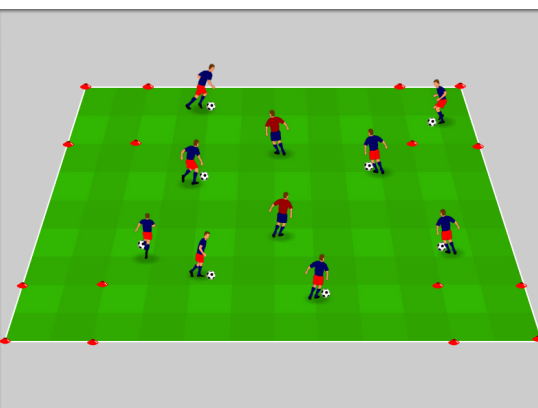
Description:

In a 20Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Players dribble around (explore) the whole area (jungle). When the coach (Tiger) says "Here comes the tiger", players must dribble to one of the end zones (village) as quickly as possible and stop the ball. As the tiger, the coach will chase the players around until they are in the village. You can use a player(s) as the tiger(s) as well.

Coaching Points:

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

Scrats Acorn hunt



Description:

In a 15Wx20L yard grid, 2 goals at each end, at least 2 players are selected to be Scrats. The rest of the players dribble their soccer ball (acorn) anywhere in the grid and avoid the Scrats. The Scrats will try to steal their acorn and hide them in any of the 4 goals. The Scrats get a point for every goal they score. The dribblers can steal their ball back. If a goal is scored, the dribbler retrieves the ball (acorn) and plays.

Coaching Points:

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