



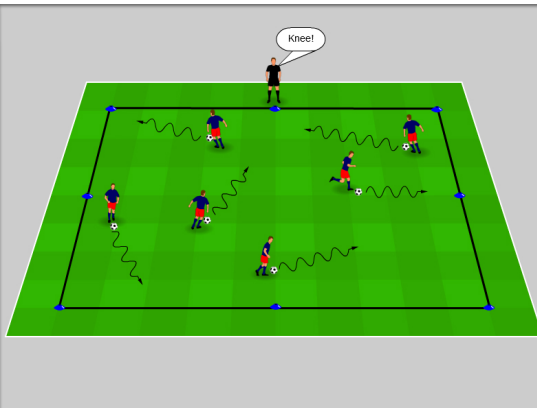
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 20/Jun/2016
Time: 06h 00m
Duration: 00:30 min
Age/Level: U5 - U7

Session: Dribbling
Objective:

U4/5 Week 4

Body Parts



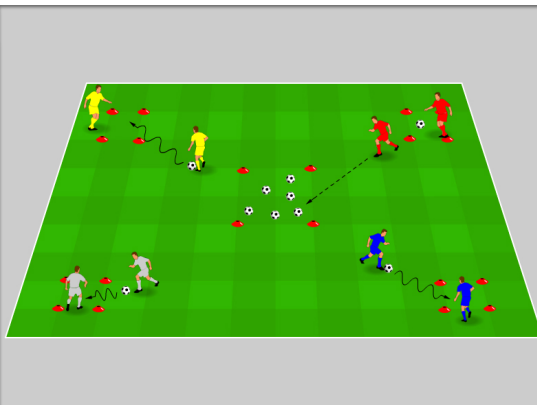
Description:

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

Rob the Bank



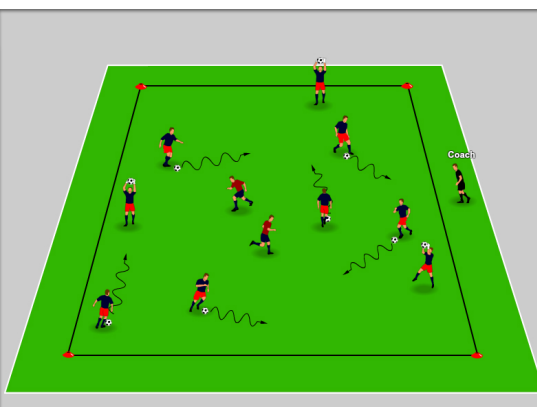
Description:

The four separate teams from each corner will compete to get the most soccer balls back to their homes. Tell them that they are the Robbers and they bags of money (which will be the balls). On your command one person from each corner will run toward the center, collect a soccer ball and dribble it back to their starting point. Once all of the soccer balls have been collected from the center, players can take balls from each others corners. Count up the amount of balls after a couple of minutes and award a point to the team with the most.

Coaching Points:

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

Mud Monster



Description:

2 or 3 players are the mud monster and the other players have soccer balls at their feet and dribble around the area. On 'go' the mud monster will try and tag the player with soccer balls. Once a player has been tagged they pick-up their soccer ball and hold it above their head. The player who has been tagged will then shout 'help, I'm stuck in the mud'. To rescue a player, another player must play their ball between the players legs to free them.

Coaching Points:

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