



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

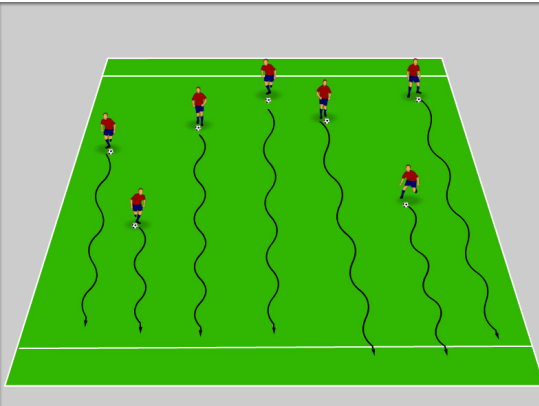
**Date:** 4/Jul/2016  
**Time:** 06h 00m

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

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

## U4/5 Week 6

### Red light, Green Light



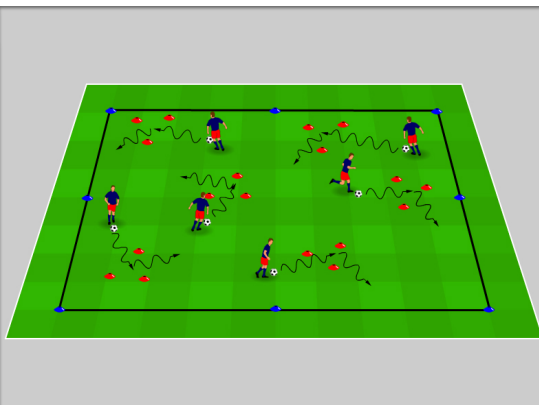
#### Description:

In a 15x20 yard grid, each player with a soccer ball. The players dribble their ball from end of the grid to the other. When the coach calls out "RED LIGHT," all players must stop their ball as fast as they can. If the coach calls out "GREEN LIGHT," all players must dribble their ball again. If the coach calls out "YELLOW LIGHT," slow like a turtle.

#### Coaching Points:

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

### Triangle Challenge



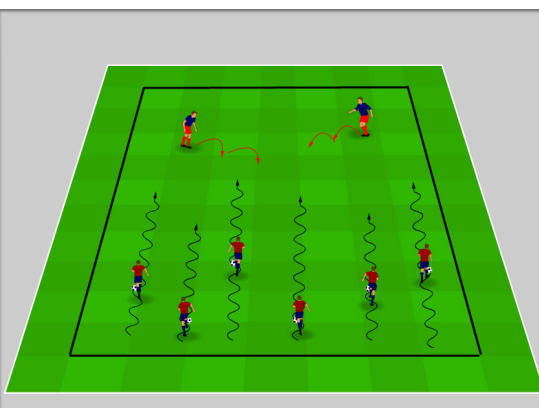
#### Description:

In a 20x20 grid, set up a number of triangles. Players dribble into a triangle and perform 3 toe taps before exiting through a different side of the triangle. Give the players 60 seconds to see how many triangles they can through. Run it again to see if they can get through more. Add a few extra seconds each time.

#### Coaching Points:

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

### Cat in the Hat



#### Description:

Set up a 40x20 grid. All except 2 players line up at one end of the grid. The other 2 are Thing 1 and Thing 2 and stand in the middle. On the coach's signal, the players with the balls try to dribble their ball to the other end of the grid. The "Things" must hop around the grid trying to tag the dribblers. If a "Thing" tags a player, they become a "Thing" as well.

Make the grid smaller if no one is being tagged. Play 2-4 rounds before resetting so players are dribbling as much as possible.

#### Coaching Points:

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