



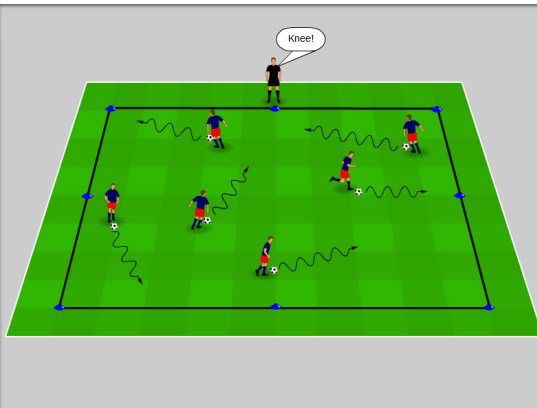
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

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

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

## U6 Week 10

### Body Parts



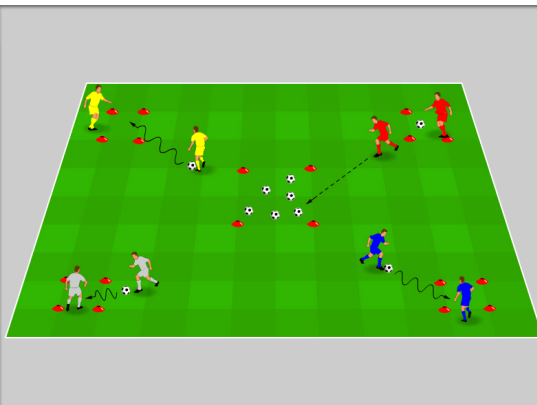
#### Description:

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

### Rob the Bank



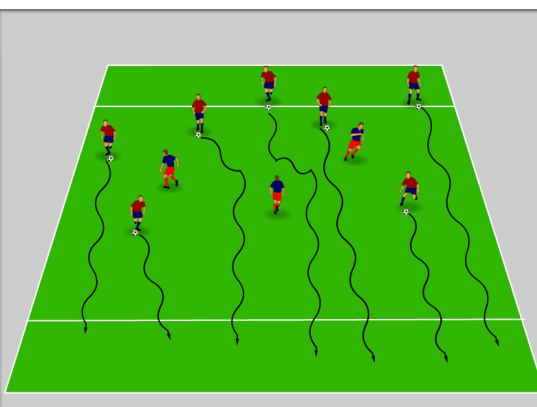
#### Description:

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

### 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