



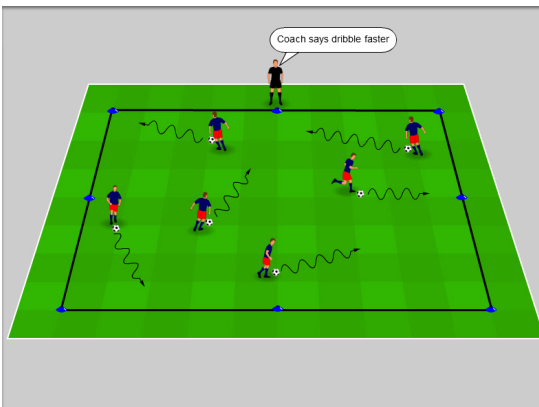
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Dribbling
Objective:

U6 Week 2

Coach Says



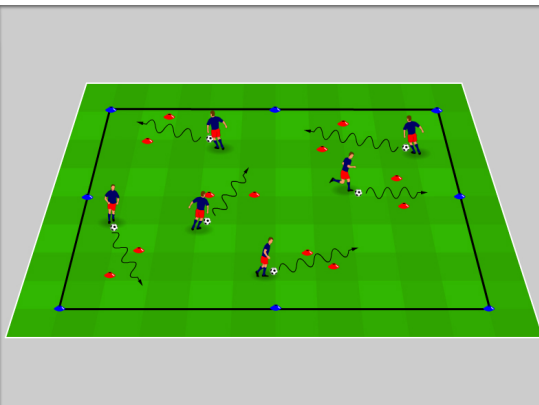
Description:

The game is similar to 'Simon says' but instead involves soccer related activities. Every time you say "coach says..." the players must perform that task given. However, if you do not say "coach says" at the beginning of the sentence the players must stay still or carry on the previous task. If a player performs the task without you saying 'coach says' then the player must do 3 toe taps. Examples- Dribble faster, dribble slower, stop, go, change balls with another player ect.

Coaching Points:

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

Dribble Gates



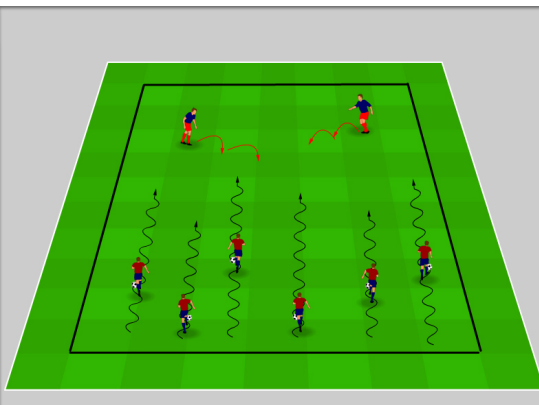
Description:

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

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 hope 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