



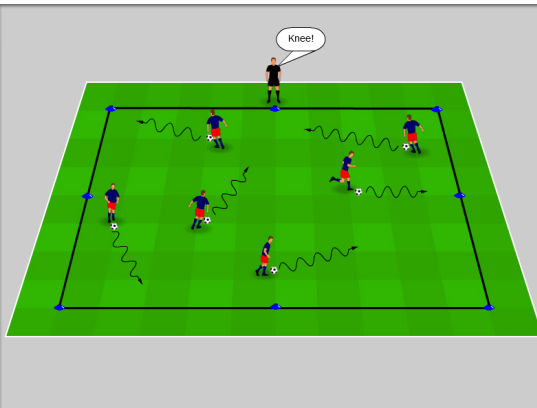
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

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

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

## U6 Week 3

### Body Parts



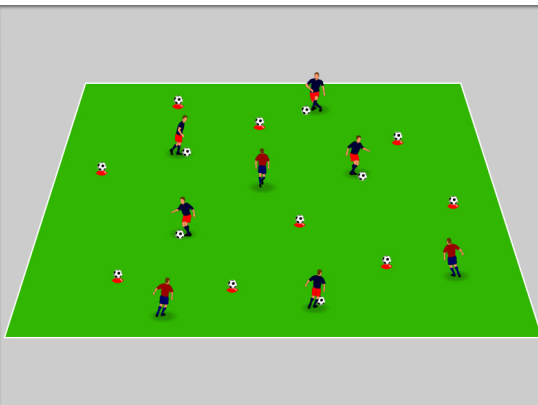
#### Description:

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

### Bulldozers and Builders



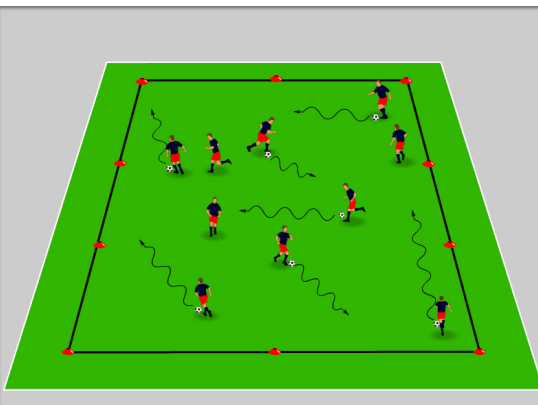
#### Description:

Set up a 30X30 grid with a number of balls on cones (buildings). Have more than half of the players with a ball (Bulldozers) dribble around trying to knock down buildings. The players without a ball (builders) try to put the balls back on the cones. You can also use parents as Builders. Change up the bulldozers and builders every minute or 2.

#### Coaching Points:

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

### Take a Ball



#### Description:

Set up a 20X20 grid. 8 players with a ball and 4 without. The idea is very simple. Players with a ball dribble and the players without a try to get one. If a player steals a ball, he will dribble and the player that lost the ball must take one from someone else.

#### Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Shield the ball
5. Change direction