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

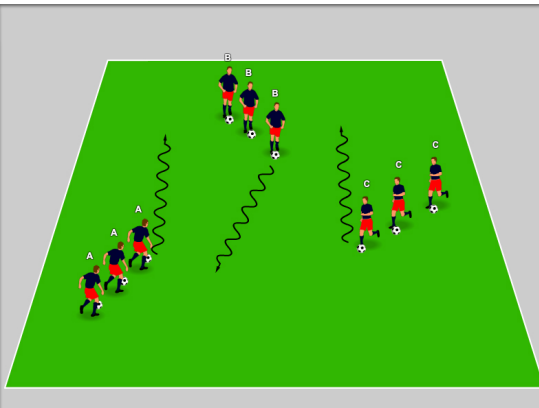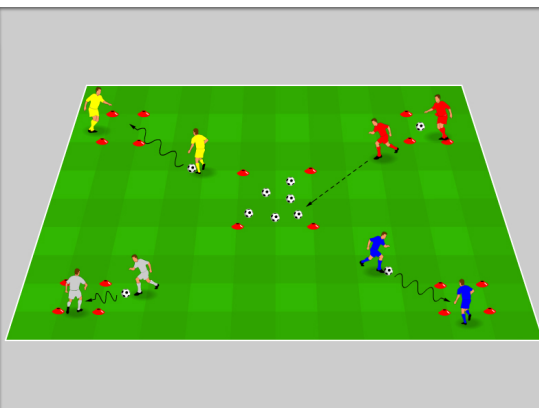| **Date:**	30/May/2016	**Duration:**	00:30 min		**Session**	Dribbling
Time:	18h 00m	**Age/Level:**	U5 - U7		**Objective:**	

U6 Week 4

Follow the Leader

Description:

Set up a large grid for players to dribble within, 20 x 20 yards. Players in teams of 3 or 4, each player with a ball. Players dribble in a line with their 3-4 players, following the first player in line. Head of each line can change speeds and directions to increase difficulty for rest of line. Switch the players at the head of the line every 60-90 seconds.

Coaching Points:

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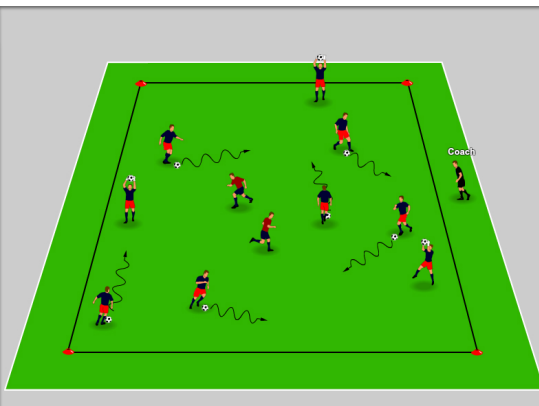4. Don't kick and chase
5. Change direction

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