



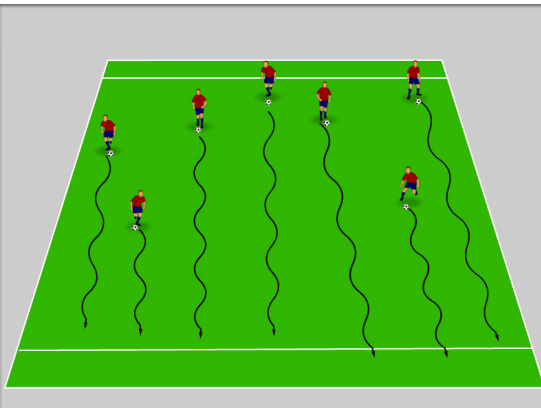
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session: Dribbling
Objective:

U6 Week 5

Red light, Green Light



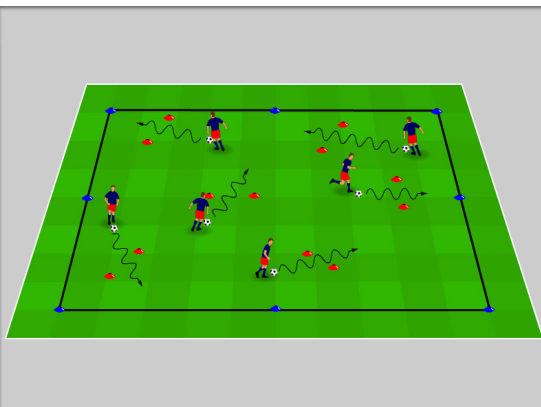
Description:

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

Dribble Gates



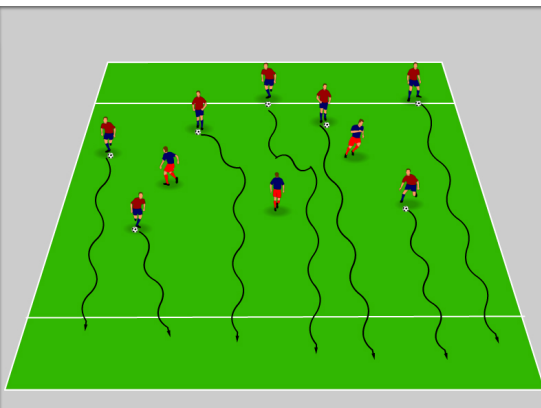
Description:

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

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