



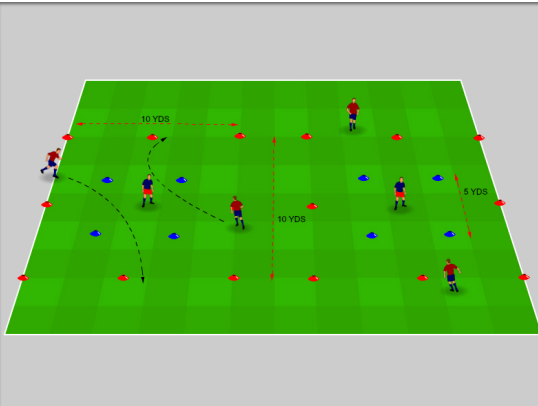
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Dribbling
Objective:

U6 Week 6

Catch me if you can, no ball



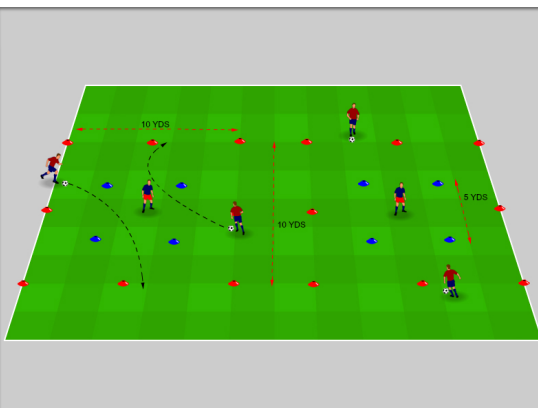
Description:

Set up a couple of 10X10 grids with a 5X5 square in the middle of each. Place one player in the small square as the "catcher". The catcher must stay in the small square and tag players as they try to run through the square. Outside players try to make it to a different side of the square but must travel into the square in order to do so. Award 1 point each time a player makes it through the square. If the catcher tags a player, they switch roles right away.

Coaching Points:

1. See the Opponents/Open space
2. Change of Direction & Speed
3. Use tricks/feints and skill the beat defenders
4. Sell the feints

Catch me if you can, with a ball



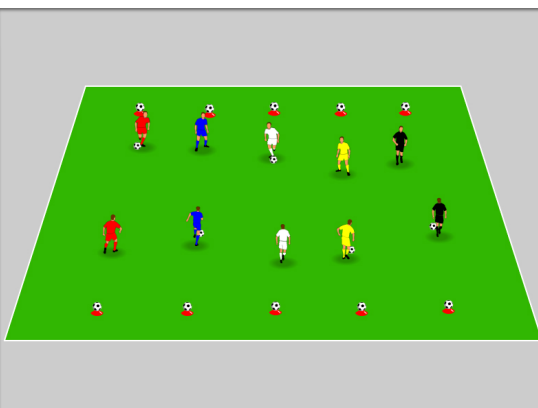
Description:

Set up a couple of 10X10 grids with a 5X5 square in the middle of each. Place one player in the small square as the "catcher". The catcher must stay in the small square and take a players ball as they try to dribble through the square. Outside players try to make it to a different side of the square but must travel into the square in order to do so. Award 1 point each time a player makes it through the square. If the catcher takes a players ball, they switch roles right away.

Coaching Points:

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

1V1 Attacking games



Description:

Set up a number of 1V1 fields 20 yards apart. Players play 1v1, trying to knock their opponents ball off of the cone. Switch match ups every couple of minutes.

Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed