



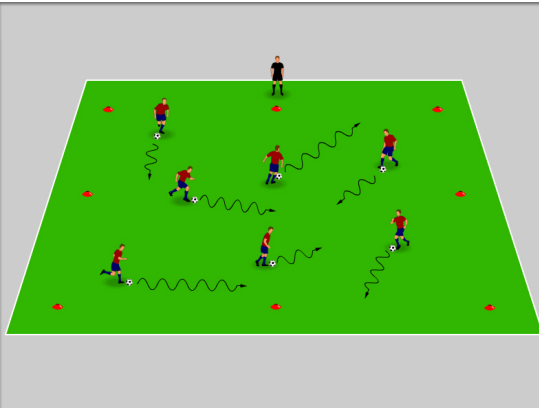
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

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

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

## U6 Week 7

### Pirate Ship



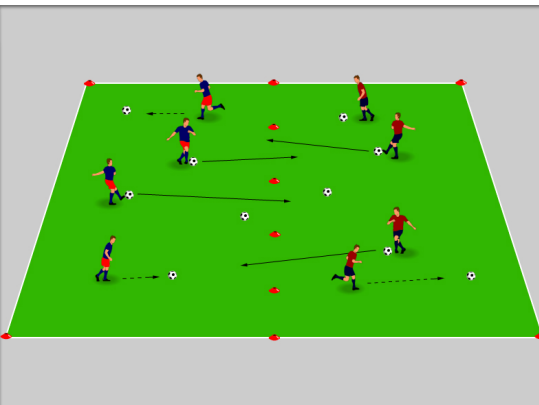
#### Description:

Players dribble around in a 20X20 area (Pirate Ship) and perform different moves on the coaches command. "Scrub the deck" = inside taps. "Captains Coming" = 1 foot on the ball, salute the captain and shout "ay, ay Captain." "Man overboard" = Players dribble to the edge of the ship to look (hand on fore head). "Fire the cannons" = Players dribble to edge of ship and strike their ball at "another Ship"

#### Coaching Points:

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

### Clean your Room



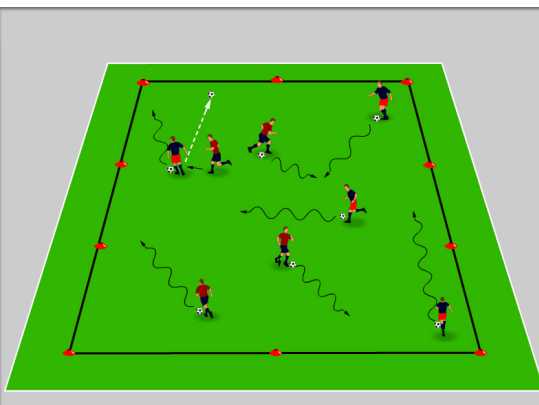
#### Description:

The players are split into two teams. Each team stands either side of the marked out line. Tell players that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins. When you shout GO! the players have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again strike it back. After one minute stop the players and see who has the least balls in their area and therefore the tidiest room!

#### Coaching Points:

1. Eye on the ball
2. Follow through
3. Use inside of foot or laces

### Demolition Derby



#### Description:

In a 15Wx20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

#### Coaching Points:

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