



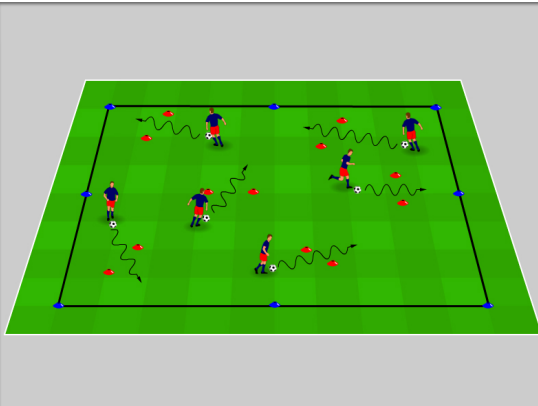
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

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

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

## U6 Week 8

### Dribble Gates



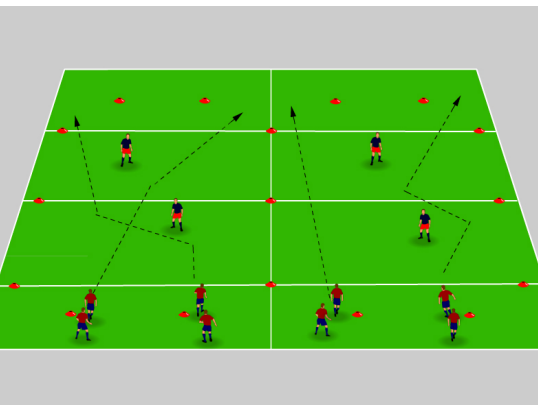
#### Description:

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

### Jail Break without a Ball



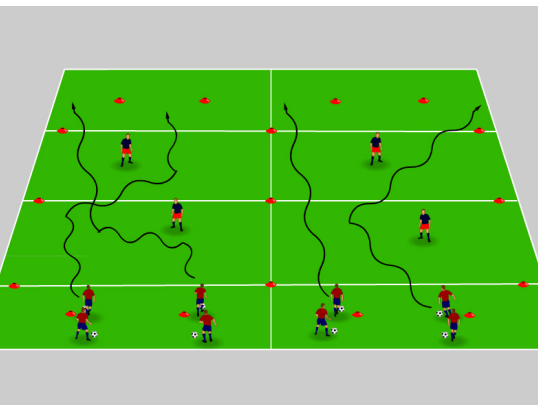
#### Description:

Set up (2) 15 X 10 yard grids with 1 defender in each. Defenders must stay in their grids. 2 players go at the same time trying to run through both grids being tagged. Players must use tricks and feints to beat the defenders. If an attacker gets tagged, they change places with the defender.

#### 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

### Jail Break with a Ball



#### Description:

Set up (2) 15 X 10 yard grids with 1 defender in each. Defenders must stay in their grids. 2 players go at the same time trying to dribble through both grids without losing their balls. Players must use tricks and feints to beat the defenders. If an attacker loses their ball, they change places with the defender.

#### Coaching Points:

1. See the ball/Opponents/Open space
2. Attack opponents straight-on
3. Change of Direction & Speed
4. Use tricks/feints and skill the beat defenders
5. Sell the feints