



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

Date: 30/May/2016

Duration: 00:30 min

Session Dribbling

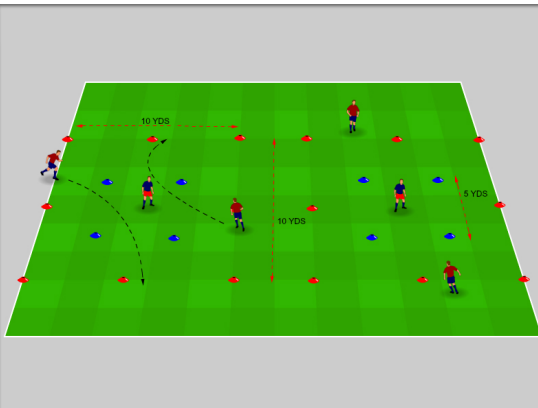
Time: 18h 00m

Age/Level: U5 - U7

Objective:

U6 Week 9

Catch me if you can, no ball



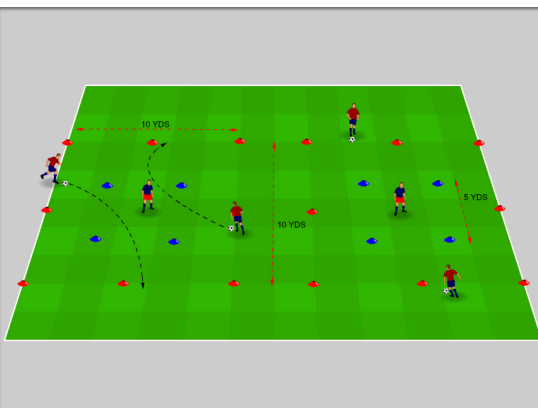
Description:

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



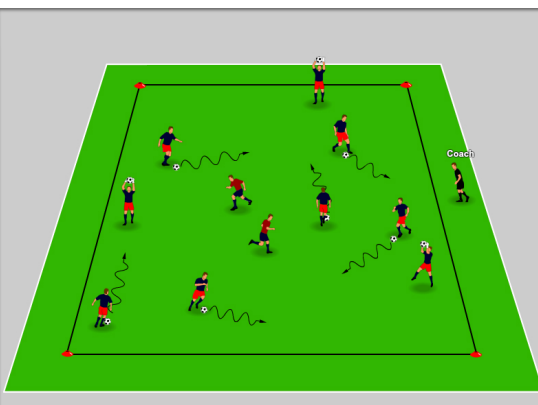
Description:

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

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