



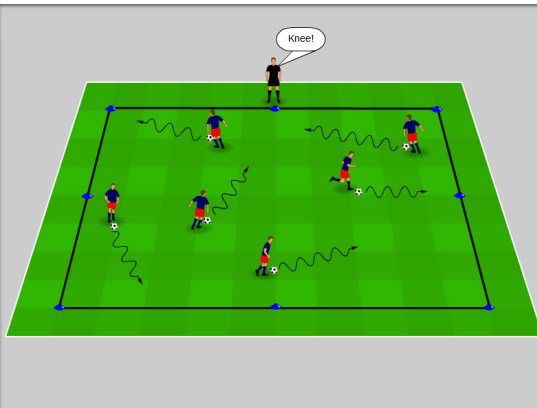
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Time: 18h 00m
Duration: 00:30 min
Age/Level: U5 - U10

Session Dribbling
Objective:

U7/8 Week 2

Body Parts



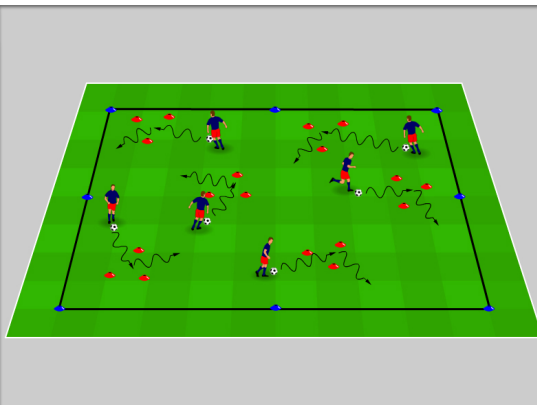
Description:

On your signal, the players will dribble their ball around the area. Once you shout out a part of the body (e.g. Knee) the kids have to stop dribbling with their foot and put that part of their body on the ball. When you call "carry on dribbling" the kids will do just that and await the next body part. Try using parts of the body which may be difficult for them to balance on e.g. their knee, elbows, head, back.

Coaching Points:

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

Triangle Challenge



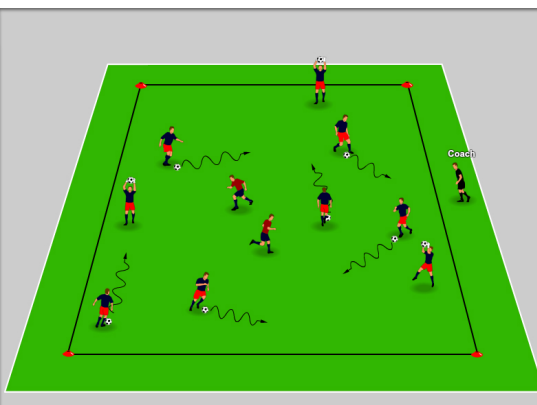
Description:

In a 20X20 grid, set up a number of triangles. Players dribble into a triangle and perform 3 toe taps before exiting through a different side of the triangle. Give the players 60 seconds to see how many triangles they can through. Run it again to see if they can get through more. Add a few extra seconds each time.

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