



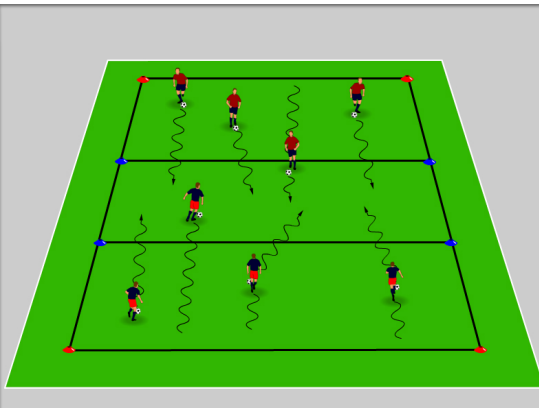
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Time: 06h 00m
Duration: 00:30 min
Age/Level: U5 - U7

Session: Dribbling
Objective:

U5/6 week 1

Eagles Nest



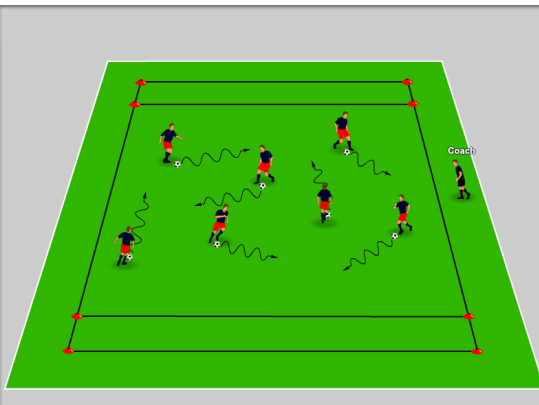
Description:

In a 15Wx20L yard grid and a 5 yard zone in the middle (Nest), divide the players into 2 teams and everyone has a soccer ball. Each team starts at opposite ends of the field. On the coach's command, the teams have to race into the center area and stop their ball. First team to have all soccer balls (Eggs) stopped in the Nest, wins. Now, have them race back to their starting end for addition victories.

Coaching Points:

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

Explore the Jungle



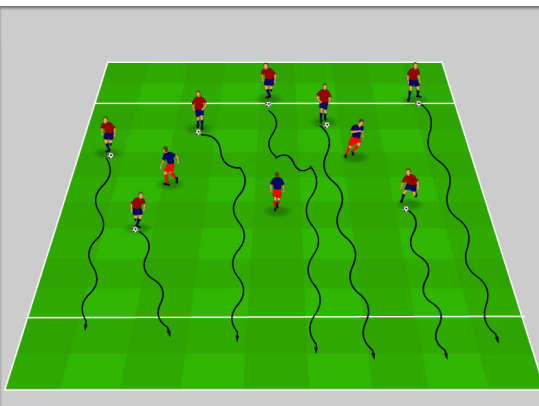
Description:

In a 20Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Players dribble around (explore) the whole area (jungle). When the coach (Tiger) says "Here comes the tiger", players must dribble to one of the end zones (village) as quickly as possible and stop the ball. As the tiger, the coach will chase the players around until they are in the village. You can use a player(s) as the tiger(s) as well.

Coaching Points:

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

Sharks and Minnows



Description:

Set up a 40X20 grid. All except 2 players (Minnows) line up at one end of the grid. The other 2 (Sharks) stand in the middle. On the coach's signal, the Minnows try to dribble their ball to the other end of the grid. If one of the Sharks takes a ball from a Minnow, then the Minnow becomes a Shark too.

Coaching Points:

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