



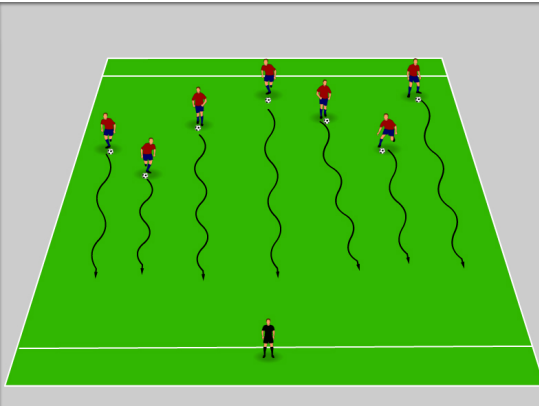
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 13/Jun/2016
Time: 06h 00m
Duration: 00:30 min
Age/Level: U5 - U7

Session: Dribbling
Objective:

U4/5 Week 3

What Time is it Mr Wolf



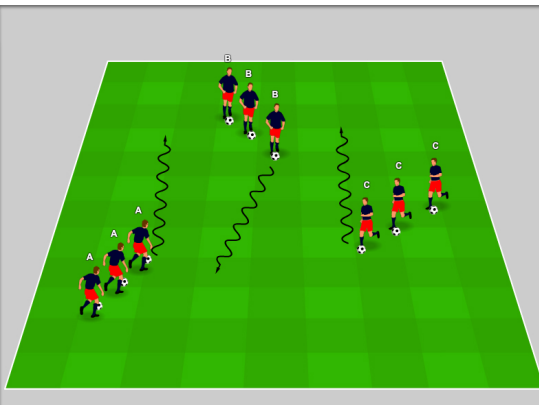
Description:

Have players line up at one end of the box. Coach is Mr. Wolf. Have the kids call out at the same time "What time is it, Mr. Wolf?". Mr. Wolf calls out a time: 1 o'clock, 2 o'clock, etc. If it's 1 o'clock, the kids take one dribble then stop the ball with their foot....and so on. Once the kids get close to the other side where Mr. Wolf is, Mr. Wolf yells "LUNCH TIME" and turns around and chases the kids back to the starting line. The point is to have them dribble the ball back to where they started without getting caught.

Coaching Points:

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

Follow the Leader



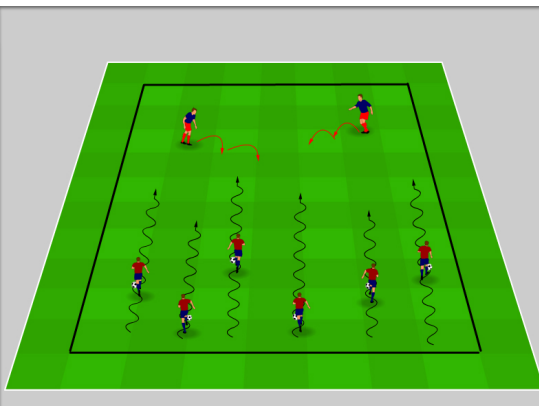
Description:

Set up a large grid for players to dribble within, 20 x 20 yards. Players in teams of 3 or 4, each player with a ball. Players dribble in a line with their 3-4 players, following the first player in line. Head of each line can change speeds and directions to increase difficulty for rest of line. Switch the players at the head of the line every 60-90 seconds.

Coaching Points:

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

Cat in the Hat



Description:

Set up a 40x20 grid. All except 2 players line up at one end of the grid. The other 2 are Thing 1 and Thing 2 and stand in the middle. On the coach's signal, the players with the balls try to dribble their ball to the other end of the grid. The "Things" must hope around the grid trying to tag the dribblers. If a "Thing" tags a player, they become a "Thing" as well.

Make the grid smaller if no one is being tagged. Play 2-4 rounds before resetting so players are dribbling as much as possible.

Coaching Points:

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