



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

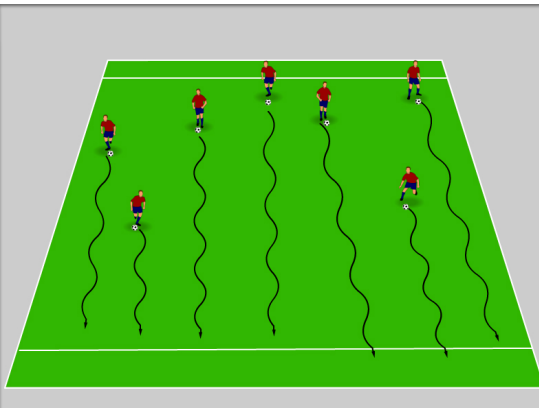
**Date:** 6/Jun/2016  
**Time:** 06h 00m

**Duration:** 00:30 min  
**Age/Level:** U5 - U7

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

## U4/5 Week 2

### Red light, Green Light



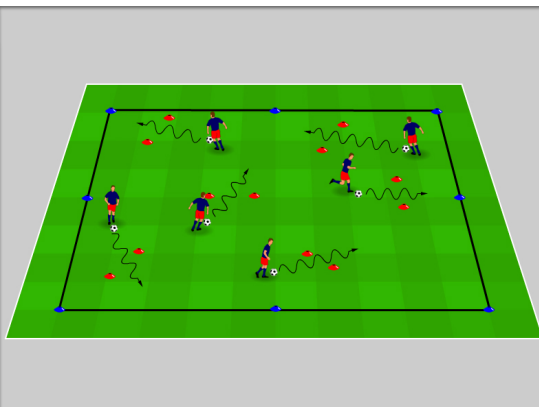
#### Description:

In a 15Wx20L yard grid, each player with a soccer ball. The players dribble their ball from end of the grid to the other. When the coach calls out "RED LIGHT," all players must stop their ball as fast as they can. If the coach calls out "GREEN LIGHT," all players must dribble their ball again. If the coach calls out "YELLOW LIGHT," slow like a turtle.

#### Coaching Points:

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

### Dribble Gates



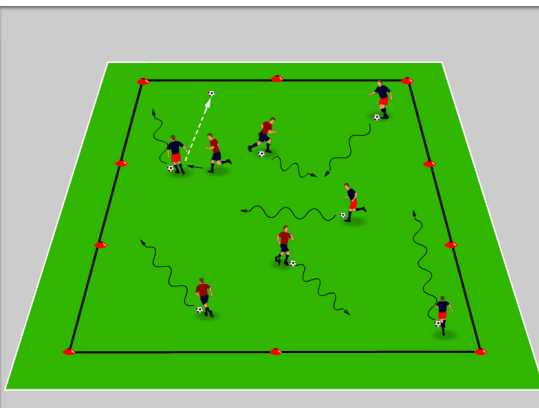
#### Description:

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

### Demolition Derby



#### Description:

In a 15Wx20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

#### Coaching Points:

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