



Week 2: U6-8- FUNdamentals - Dribbling

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

General Movement (Warmup) (10 mins)

The players in black must hold hands and work together to touch the players in red. The red players will start game holding the ball with their hands. Coach can direct all players to hop on one leg, skip and run backwards. When black player tags red player they will join the hands and becomes part of the defending team. Red players must stay in the area with their ball. If they go out of the area, they become part of the defending team. Last player remaining wins.

1 ball between two players

Cones for area (20 by 20 area)

General Movement (Warmup)

Players will be able to look for open space to dribble

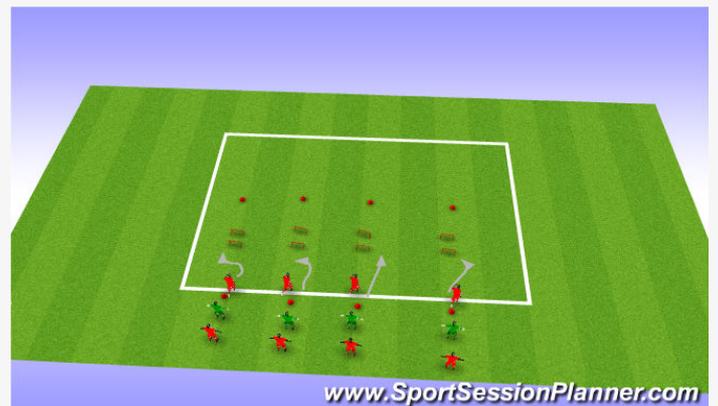


Gross Motor Skills and Coordination (10 mins)

Players dribble around different colored cones. After the dribble around 4 cones they hop over a hurdle and go back to the starting line

Progression: switch feet

Soccer Balls, cones (3 sets of colors), hurdles.



Movement and Coordination / Soccer technique "LOVE" the ball (10 mins)

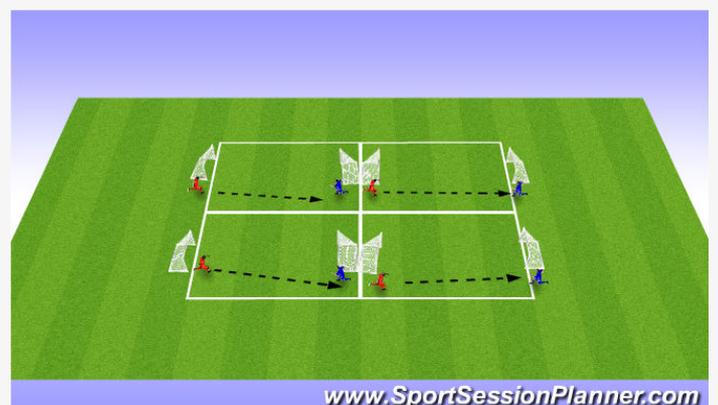
Players play 1v1 in smaller fields. After 1-minute, next player behind the goal will come and play 1v1 while other one rests. Allow each red player play against a black player. Progression: switch feet

Pug Nets, Soccer Balls, Orange Pylon, area 15 yards by 10

Movement and Coordination / Soccer technique

"LOVE" the ball

Players will be able to look for open space to dribble



Small Sided Game (15 mins)

3v3/4v4/5v5

No goalies enforce the key point of passing/ dribbling with both feet

SSG

Free Play and FUN!

