



Objective

Improve the techniques of dribbling and tackling

Age Group

U6

Moment

Attacking / Defending

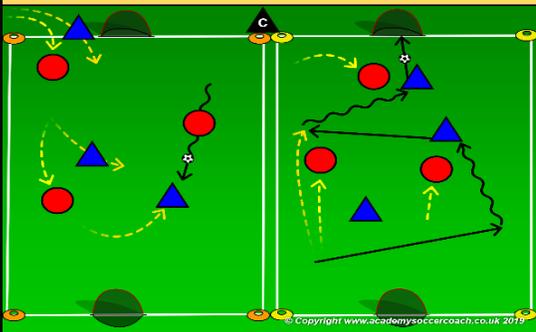
Duration

45 Minutes

4v4

Play Phase #1 - Free Play (Up to 4v4)

10 Minutes



Objective: To pass or dribble past an opponent then score goals

Organization: Set up a 15Wx20L field (One Half of a game field) with a small cone goal at each end. As soon as 2 players arrive, start playing a game as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 4v4.

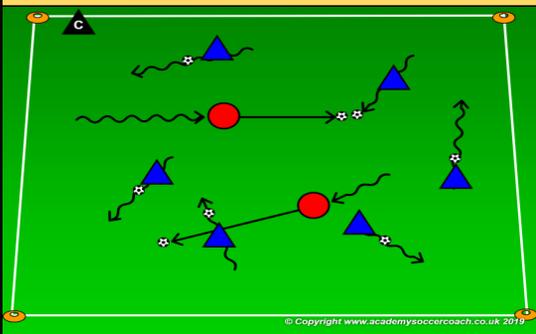
Key Words: Turn to goal, take big touches into space

Guided Questions: When can you go straight to goal?

Answers: If no one is between you and the goal, attack the goal.

Practice Phase #1 - Police Patrol

10 Minutes



Objective: To dribble the ball away from opponents and pass it at moving targets)

Organization: In a 15Wx20L field, select 2-3 players to start as the Police Patrol wearing Pinnies. The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol dribble their soccer ball and try to ticket the crazy drivers by either hitting the driver's soccer ball with their ball or tagging the crazy drivers. Police patrol count the number of tickets they can give in 1 minute. Police cannot leave their soccer ball to tag.

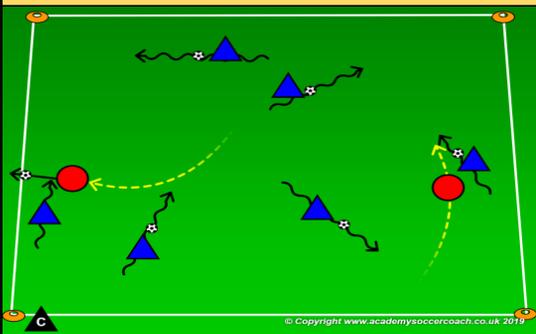
Key Words: Dribble fast, Turn away, Shield your ball

Guided Questions: How can I keep the ball under control better? How do you know where the police patrol is?

Answers: Use softer touches to keep ball close. Dribble with head up to see where the patrol is.

Practice Phase #2 - Monster Trucks

10 Minutes



Objective: To dribble & shield your soccer ball or, if you do not have a ball, tackle it away

Organization: In a 15Wx20L field, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. Players must stay within the grid. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game quickly.

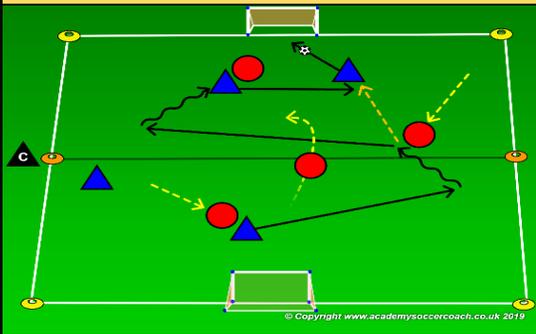
Key Words: Head Up, Look Around

Guided Questions: What part of our foot can we turn with? How can we protect our ball?

Answers: Inside or outside. Put our body between ball and monster truck (shielding)

Play Phase #2 - The Game

15 Minutes



Objective: To pass or dribble past an opponent then score goals

Organization: Sharing a 20Wx30L game field with another team, scrimmage 4v4 against that team. Use all normal rules for division. If the ball leaves the field, coach can roll another ball onto the field and let play continue to keep play moving. Rotate players to keep fresh and allow rest time.

Key Words: Turn, Get the ball, Beat Them!

Guided Questions: When can we dribble? When can we shoot?

Answers: Try to let players make their own decisions. Don't "joystick" coach by over-telling players what to do.

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?