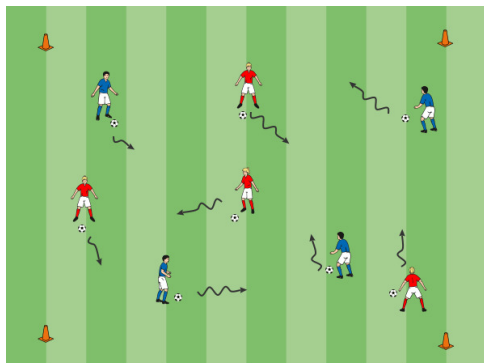


TRAINING SESSION: U6 WEEK 6 DISCOVER, PLAY, AND LEARN DRIBBLING AND RUNNING WITH BALL

Objectives

To develop the ability of running with the ball
 To develop the ability to change directions when dribbling
 To develop the ability to change speed when dribbling
 To develop spatial awareness
 To develop ball striking ability
 To develop agility, balance and coordination

Race Track



 **10 Players**

 **Cones, Balls**

 **Intensity: 4**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

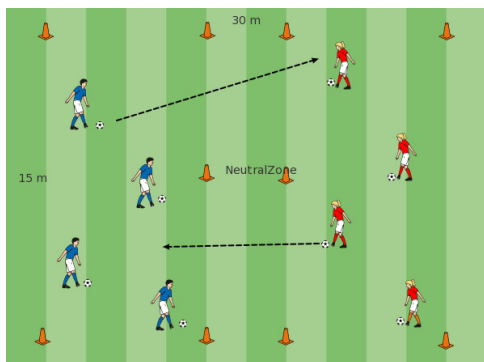
Coaching Points

Head up when dribbling/Avoid running into other cars/Use inside, sole, outside, laces surfaces to control car/Change speeds and directions

Description

Everyone has a ball. Players dribble around the "race track" and imitate a car on the track. Toe taps=start engine, 1st gear=slow, 4th gear=fast, brakes=stop, encourage players to make car noises.

Tidy up your room



 **10 Players**

 **Balls/Cones**

 **Intensity: 5**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

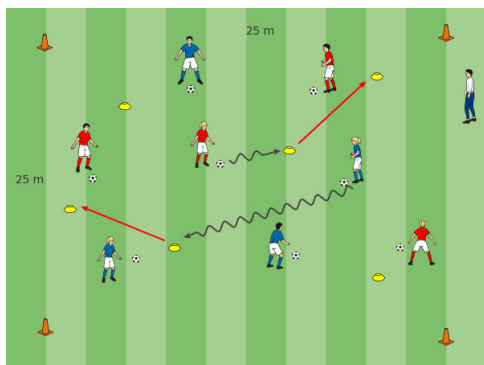
Coaching Points

Use both feet to kick the balls out of your room/Strike with your laces or inside surfaces/Follow through towards your target

Description

2 boxes 15x15m and 5m neutral zone. Everyone has a ball. The players shoot the ball out of their room and into the other. The team that has the most balls in their room after time is called has to make funny faces. Play the a few rounds of 2-3 minutes.

Ball Swap



 **10 Players**

 **Cones, Balls**

 **Intensity: 5**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

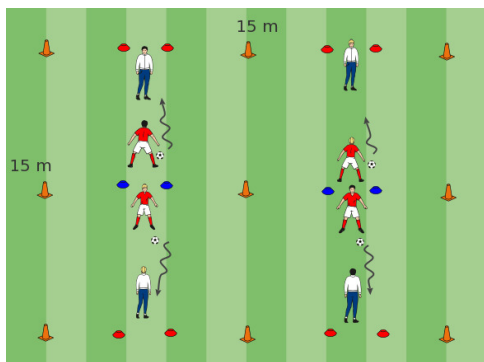
Coaching Points

Head up when dribbling/Use different surfaces of the foot to dribble/Use both feet to dribble/Accelerate into space when getting a new ball


Description

25x25m field. Players dribble around field. On the coach's call players pick up ball and run to a cone, leave their ball, and go take another ball and start dribbling. Progression: Players do an exercise at cone before running to get the ball.

1v1 Player vs. Parent/Coach



 **10 Players**

 **Cones or Goals Balls**

 **Intensity: 6**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

Coaching Points

Dribble to score/Change directions and speed to get around defender/Shoot into the goal

Description

15x15m space divided into 4 equal fields. 1v1 game player vs. coach