



Active Start Session 10 U5

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

Body Breaks

Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid. The facilitator calls out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the Facilitator shouts go. For example the Facilitator may shout out nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination.

Emphasis: Close control, lots of touches, change of pace, change of direction, FUN!

Additional Notes: If the volunteer coaches are comfortable, allow them to lead this activity by calling out different body parts along with you. Take a step back and have them run the activity on their own as well.



Mud Monsters

Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

2 players are without a ball and become the "Mud Monsters."

Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid (Jungle). Mud Monsters attempt to tag the dribbling player. If a player is tagged, they pick up their ball and hold it above their head and stand with their legs apart, screaming "Help Help I'm stuck in the mud" Players who are still dribbling have to free a player by passing the ball through their legs and collect the ball on the opposite side and continue dribbling.

Emphasis: Close control, lots of touches, change of pace, change of direction. FUN!

Additional Notes: If this seems too challenging ask the volunteer coaches to be mud monsters, or even have the childrens parents play along side them.



Busy Dribble (10 mins)

Organization

-Working within the 3v3 Field

- 6 players at the side of the field spread out along the touchline

- 6 players spread out along the goal line

Activity

- On the coaches go the players have to dribble across the field having as many touches as possible while also avoiding the players running in the opposite direction.

- Ask the players to use only Right foot, only left foot.

Progression

- Add a skill that the players must attempt on their way to the opposite end

Coaching Emphasis

- Keeping the ball tight
- Dribbling with head up
- Lots of touches
- Laces Dribble

