



Active Start Session 10 U6

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Am-Club: Oakville Soccer Club
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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.



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

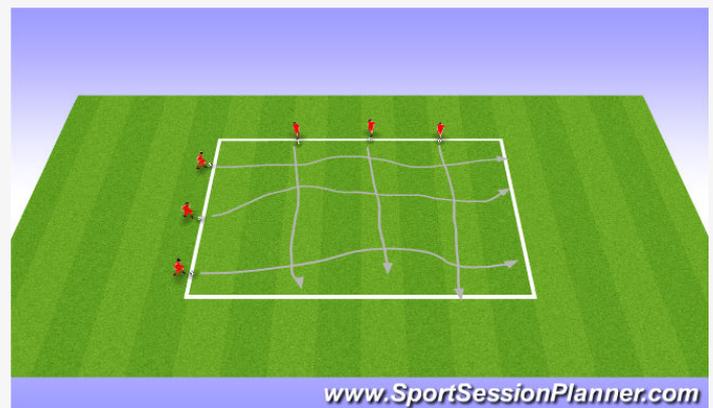
- On the coaches go the players have to dribble across the field having as many touches as possible while also avoiding the players running in the opposite direction.
- Ask the players to use only Right foot, only left foot.

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



Numbers Game (15 mins)

Organization

- 20 x 30 field
- Two groups of players
- Players line up on opposite sides of the field
- One goal at each end of the field
- Coach stands in a corner with the ball at his feet

Activity

- Both teams number themselves 1 to however many they have in their team
- Try to keep it under 5 players per team
- On the call of their number players on the blue team will run around the goal to their right and then step on to the field calling for the ball from the coach
- The red player will do the same but run around the goal to their right
- The players will then go 1v1 to score

Progressions

- Have the players start in different positions e.g. Sat Down
- Call out more than one group at a time

Coaching emphasis

- Drive towards goal when space is available
- Attack at speed

