



Improve the techniques of dribbling: 6U

Week 7

PLAY

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

Organization: Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game or multiple 2-3 minute games)

Rules: The ball is given to the first player with his/her pinny on to start the game.

Key Words: Move towards the open goal. Try to change direction.

Guided Questions: What can you do or say to get the game started in 1 minute or less? What can you do if the game is lopsided?

Answers: Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover. If you have multiple games, rotate teams every 2 minutes. If you have 1 game, rotate teams every few minutes.

Time: Play 3 one min games with 1 min break or multiple 2-3 minute games



Steal the Treasure:

Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams.

Rules: Play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.

Key Words: Look up to find soccer balls and find your home
Guided Questions: after you steal a treasure, what now? What can you do if you see a soccer ball on your field?

Answers: Once you have stolen some treasure, dribble back to you base as fast as you can. Go get it as fast as you can so you get to it before anyone else

(Play for 8 min - 4 intervals of 1min with 1 min rest between intervals).





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Two-Headed Monster Invasion:

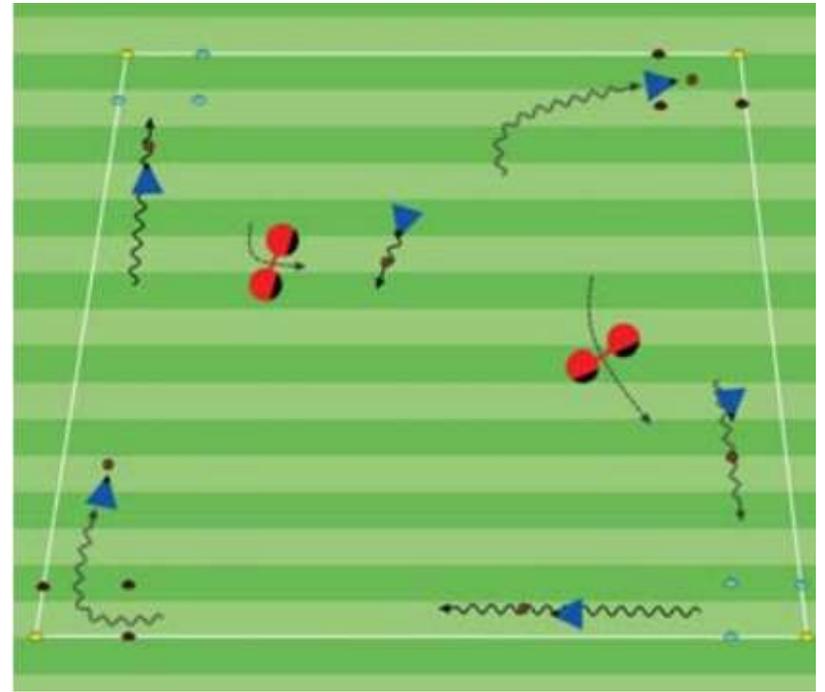
Organization: In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them

Rules: Play when coach says, "Monsters on the Loose!". Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

Key Words: Try to sneak behind the monsters since they can't turn quickly
Guided Question: What can you do if a monster is chasing you? Where can you go if a monster is guarding a cave?

Answers: Run to a cave with your soccer ball to avoid them. Chose a different cave and get their as fast as you can.

(Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).



Field of Doom:

Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes.

Rules: Play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

Key Words: Use your laces to push the ball in front of you to go faster. Use the inside or outside of your foot to change direction. **Guided Questions:** Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer.

Answers: When the monsters are not ready or not looking, get to the next box as fast as you can.

(Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

