



Improve the techniques of dribbling Dribble: 6U

Week 4: BULLDOGS!

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 the ball around the opponents

Guided Questions: How do you engage all the players? When should the players be encouraged to shoot?

Answers: Rotate who starts with the ball after goals or ball out of play and start with dribbling onto the field. Allow the players to find their shooting range on their own. For the players who have scored at least

Time: Play 3 one min games with 1 min break or multiple 2-3 minute games
Get the wiggles out!



Bulldogs Hunting for Milk-Bones

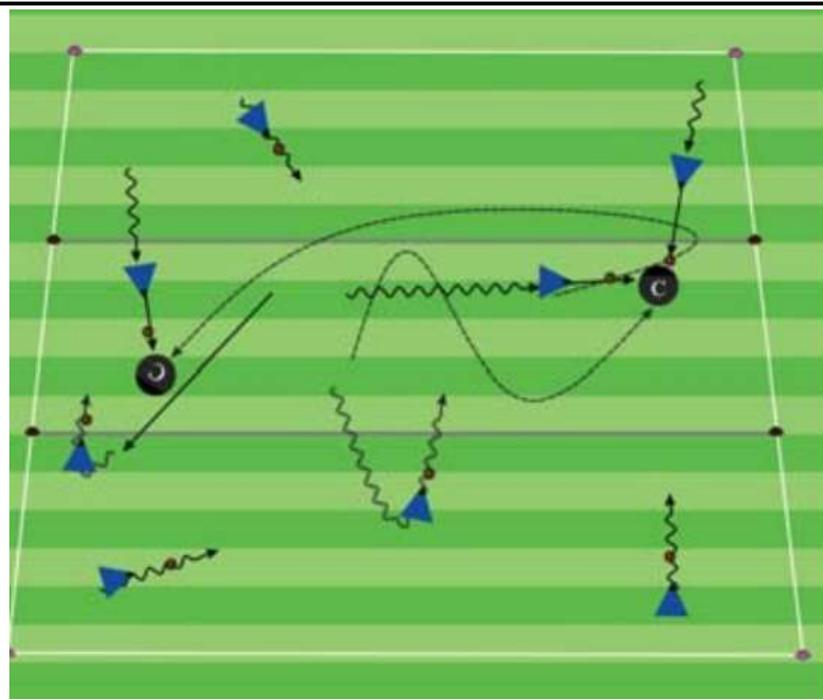
Organization: In a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

Rules: Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round.

Key Words: Make the ball move faster with bigger kicks
Guided Questions: Did all the players have a chance to win a milk-bone at least once? How can you get the players to use different surfaces of the foot to pass?

Answers: The coach can walk closer to the players who need more help so it is easier for them to get the prize. Award extra milk-bones if a player can hit the coach using surface other than the toe.

Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals





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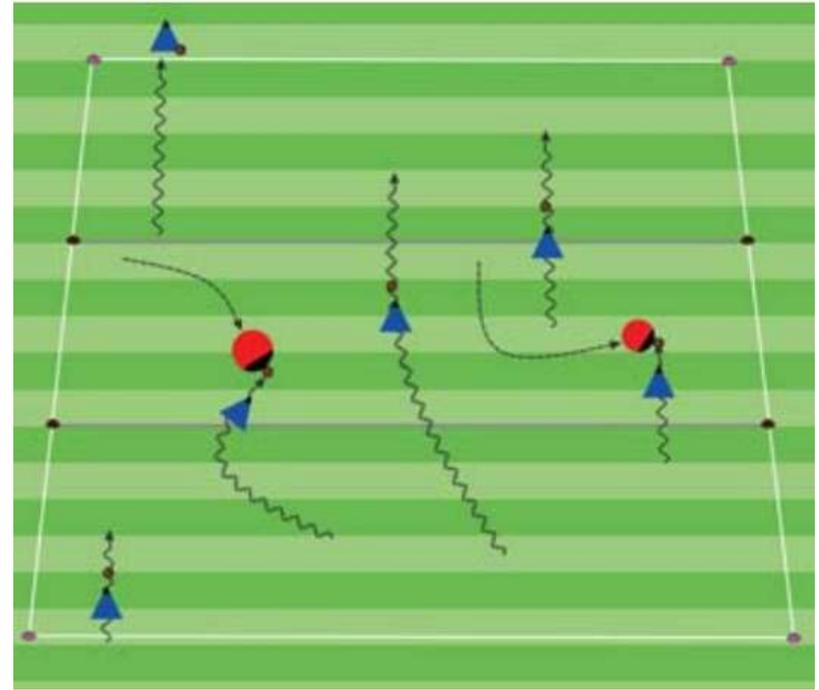
Organization: In a 15Wx20L grid, with a 5-yard zone in the middle (the dog pound), coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a ball and starts on one end line. Players try to sneak through the dog pound without waking the catchers

Rules: When the coach yells, “Who let the dogs out?” the players start across the grid. If a dog catcher steals your soccer ball you become a catcher also. Dog catchers can also switch roles with the bulldogs.

Key Words: Slow the ball down
Guided Questions: Are the players getting lots of dribbling repetitions during this activity? Once you get past the dog pound, what part of your foot can you use to stop the ball on the end line?

Answers: If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round. You can stop it with the bottom of your foot or your inside or outside of the foot by wrapping your toe around the ball.

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



Organization: In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in their opponent's goal. (Play for 9 min - 12 intervals of 15 sec with 30 sec rest between intervals)

Rules: Game starts when the coach passes a ball onto the field. Score with feet. Key Words: Turn to score

Guided Questions: Are the players trying to score from far away or very close to the goal? Can the players strike the ball from greater distances?

Answers: If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field. Point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make the ball go further.

(Play for 9 min - 12 intervals of 15 sec with 30 sec rest between intervals)

