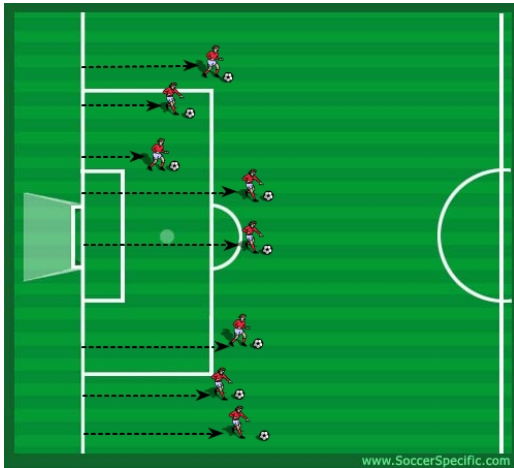


U6 Session Plan #6 Dribbling #2



RED LIGHT GREEN LIGHT

Emphasis: Dribbling, ball control

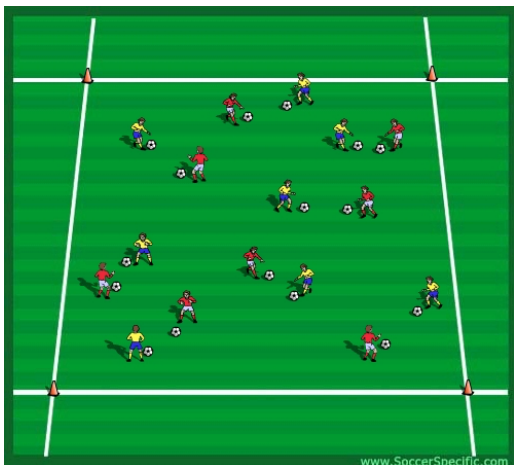
Set-up: All players stand on the end line with a ball facing the midfield line which is roughly 20 yards away.

Objective: When the coach yells “green light” the players dribble forward at full speed while maintaining control of the ball. On the coach’s command, “red light,” the players must stop the ball immediately with the bottom of their foot. Any player who fails to do so must start at the end line. The first player to stop the ball on the midfield line wins the game.

Progression: “Red light” player must quickly turn back and stop the ball. Players must only use the left foot only....

Coaching Points:

- Maintain body control.
- Touch the ball every other stride.



OPPOSITES ATTRACT

Emphasis: Fun game! Dribbling, cutting, change of direction and change of pace.

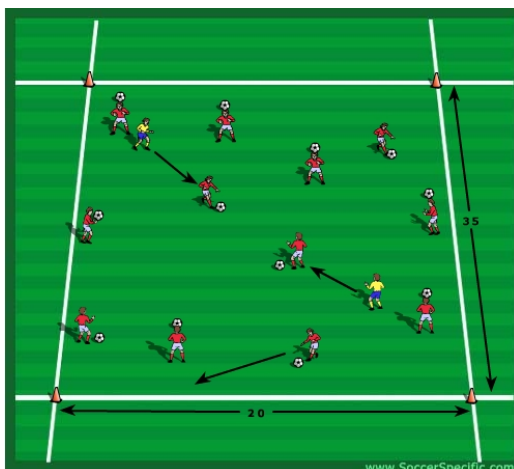
Set-up: All players have a ball in a 20 x 30 yard grid.

Progression: Coach has players dribbling randomly in a gridded space.

As players come within a yard of another player they must put on a move cutting the ball in the opposite direction. Player must turn and explode away from the opposing player while in control of their ball.

Coaching Points:

- Improve vision and field awareness
- Decision making with the ball
- Speed dribbling
- Body control
- Quick acceleration



STATUE TAG

Emphasis: Dribbling

Set-up: Each with a ball, try and avoid two defenders in a 20x30 yard grid.

Objective: If one of the players is tagged by a defender or if their ball is forced out of the grid, they become a statue. They hold the ball over their head keeping their legs spread apart. The statue may join back in if another attacker dribbles their ball through the statue’s legs. Play for 2 minutes and change the roles of the players.

Progression: The statue must do 10 push-ups/2 juggles and then hold the ball above their head. Increase the amount of time working.

Coaching Points:

- Keep your head up at all times.
- Dribble away from pressure.

