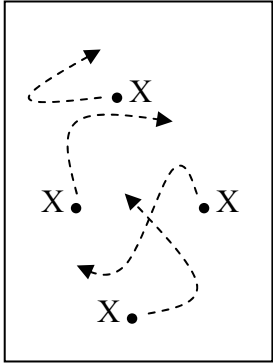
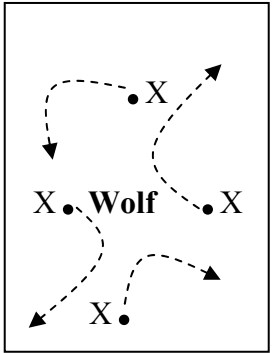
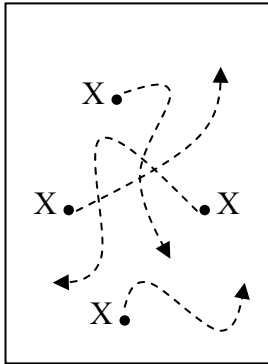
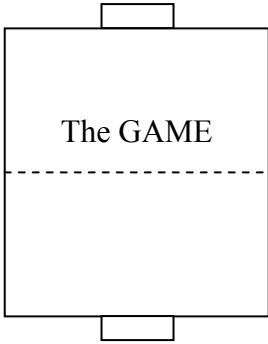


Topic: **U6 Dribbling Games**

Organization	Variations	Diagram	Coaching Points
Game I			
<p>Mine Field. Full team – each player with a ball (20 x 30 area). Spread 20 disc cones evenly throughout the area.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> ▪ Players begin by dribbling around the area (notice how the players naturally avoid the cones). ▪ Dribble at a cone, stop and then turn and dribble. How many can they do in a minute? Alternate feet and repeat. ▪ Dribble at a cone and complete a 360 degree turn around the cone and dribble. How many can they do in a minute? Alternate feet and repeat. ▪ Right foot only, left foot, outside of right and left, inside of the feet, etc. 	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> ✓ Ball control and mastery ✓ Change of direction and speed ✓ Keep your head up while maintaining vision of the ball, players and field ✓ Intrinsic motivation and competition
Game II			
<p>Big Bad Wolf. Full team – each player with a ball (20 x 30 area). Coach begins as the Big Bad Wolf, and then designates each player to be the Big Bad Wolf at least once.</p>	<ul style="list-style-type: none"> ▪ On the coach’s command, the Big Bad Wolf (growls) and attempts to kick the players ball out of the area. ▪ If a ball is kicked out of the area, the player brings their ball back into the area, but must stand with their ball above their head and spread their legs. ▪ Players get back into the game when a teammate passes their ball through their teammates legs (coach can help). ▪ Right foot only, left foot, outside of right and left, inside of the feet, etc. 	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> ✓ Shielding – body position, balance and control ✓ Visual and verbal communication between players ✓ Decision making to avoid opposition ✓ 1 v 1 attacking and defending (as Wolf)

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Game III			
<p>NASCAR Racing. Full team – each player with a ball (20 x 30 area). Coach is the “Race Official.”</p>	<ul style="list-style-type: none"> ▪ Players dribbling around the area and react to the Race Official’s commands. ▪ Green – go fast. ▪ Yellow – slow down. ▪ Red – stop and complete 10 toe-taps on the ball. ▪ Crash – fall to the ground (get back up immediately). ▪ Speeder – coach runs into the grid and attempts to kick the balls out. ▪ Right foot only, left foot, outside of right and left, inside of the feet, etc. 	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> ✓ Listening skills ✓ Ability to react quickly to the coach’s commands ✓ Quick and correct decision making ✓ Self awareness and confidence to dribble under pressure
Game IV			
<p>3 v 3 directional game to two small goals (20 x 30 area). No goalkeepers.</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ No restrictions. 	<p>30 yds.</p>  <p>20 yds.</p>	<ul style="list-style-type: none"> ✓ Keep it FUN! ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements).</p>	<ul style="list-style-type: none"> ▪ Reduce Heart Rate. ▪ Static Stretching. 		<ul style="list-style-type: none"> ✓ Review Session