



U6/U7 Week 1 Dribbling

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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Individual-Adult Member

Description

Shrek (10 mins)

Story

Shrek has come home to find all the fairy tail people in his swamp and he wants them off his land! If they get caught they have to help Shrek.

Implementation

Each player has a ball except shrek who has to steal there ball away

Players have to dribble with ball and avoid Shrek, if they stop the ball with their feet on the ball, Shrek cannot get their ball

If players allow the ball to get away from them and Shrek gets it they are now caught and must hold ball above their head. They are released with another player putting the ball through their legs

Coaching Points

Players should keep the ball close to them

Keep their head up and look for space

Be going at a pace which allows them to stop the ball



Spongebob (15 mins)

Story

Sponge Bob planning a trip to see Patrick however Mr Crabs isn't happy and doesn't want to let you pass.

Implementation

Each player has a ball and attempts to dribble past the defender and get to the other side.

Defenders can be made to "hop" or "act like crabs" etc to increase fun and help players success rate

If a defender takes your a players ball they become Mr Crabs too.

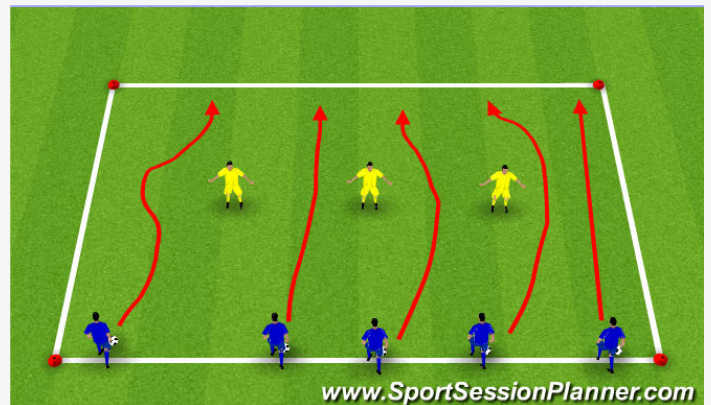
Coaching Points

Moving with ball into space

Use of moves e.g. stop and start to go round defenders

Keep the ball close when dribbling

Have head up at all times



1V1 (15 mins)

Set Up

Field is set up roughly 20Lx15W with an end zone at each end.

Players are split into two teams and will be lined up on either side of the coach. (Lines of no more than 3)

The Coach has all of the soccer balls.

Implementation

When the Coach serves a ball into the playing area the first two players in line race onto the field to get to the ball.

Once a player has the ball they look to dribble into the correct end zone.

If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Accelerate towards the target.

Dribble around the defender.

Close touches when under pressure, bigger touches when attacking space.

