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## Lesson 5 Dribbling



Under-6

### Twin Soccer?



1. Mark out a 20 x 20 Field
2. place players in pairs, Link arms
3. The players start out by running around together and playing tag
4. The "Twins " try to tag the other teams

Keep track of how many teams you tagged.

Variations: Add a ball to each team, now they dribble with a ball at the feet.

#### Coaching pts:

1. Working on body movement and balance
2. team work and communication
3. Dribbling and Shielding

**6 minutes**

### Knee Tag



1. Set Field up in 10 x 15 area
- 2 Each Player has a ball
3. The players dribble and try to tag others on the knee to collect a point for each tag.

#### Coaching Points:

1. Physical Fitness
2. Dribbling & Shielding
3. Vision

**6 minutes**

### Balls Galore



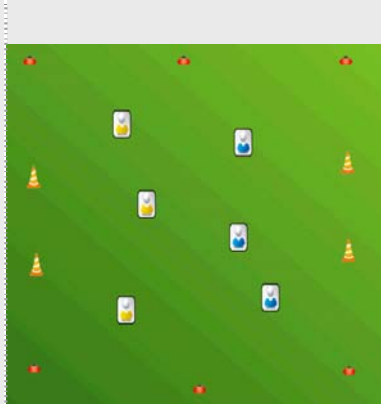
1. Set up a 30 x 20 Field with goals
2. It's a normal 3 v3 game but with more than one ball
3. The Coach can add in or take away as many balls to the game as needed,
4. Slowly get to one ball and progress into the final activity

#### Coaching pts.

1. All techniques for this age group
2. Vision
3. Some Team Work
4. 1 v1
5. Problem Solving

**6 minutes**

### Play the Game 3v3



- 1 Set up the field 30 X20
2. No Goalies

#### Coaching Points:

1. Free play
2. have Fun.

**25 minutes**

Reference & Credit to [www.usyouthsoccer.org/docs/coaches/coachesconnection](http://www.usyouthsoccer.org/docs/coaches/coachesconnection)  
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