



Teaneck U6 Week 6 Dribbling And Running with Ball

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Redz Mor, edgewater, United States of America
Individual-Adult Member

Driving School (20 mins)

Organization:

Every player inside the grid with a ball
Goal on each end

Instructions:

Each player is going to take their car (soccer ball) for a drive. But first they must learn how to drive!

Coach acts as driving instructor who will be calling out specific commands players must perform with their car.

Slow speed - walking while dribbling

Normal speed - dribbling with close control while jogging

Fast speed - big touches dribbling as fast as possible
- DONT HIT OTHER CARS!!

Stop car- foot on top of ball

Clean Car- Roll with one foot side to side

Put air in tires- Roll with one foot back and forth

Windshield Wipers- stationary scissors

Fill up gas tank- toe taps on ball

Put it in the garage - shoot your ball into a goal

Beep your horn if another driver is getting to close to you!

Coaching Points:

Head and Eyes up so players arent hitting each other

Close control with the ball no matter what speed

-when is it safe to have your ball farther out in front? When must it be close?

Remember which command goes with which soccer action

Progressions:

Coach can act as stop light with red/yellow/green objects, players must keep an eye on coach at all times

Make the space smaller

R- Enlarge the space



Highway Driving (15 mins)

Organization:

20x20 area, can be bigger if needed for more kids

Each player with a ball

Instructions:

The coach starts out as the Police Officer, players have to dribble from one end to the other without getting a speeding ticket from the Policeman and without their ball going out of bounds. If the coach tags a player or ball goes out of bounds, they must put their ball outside of the area, and become new policemen. Players wait at the line for the next round to begin.

The game ends when there is one player remaining or all players have been tagged.

Coaching Points:

-Keeping the head up when dribbling

-Watch out for other players, the Policeman, and staying in-bounds

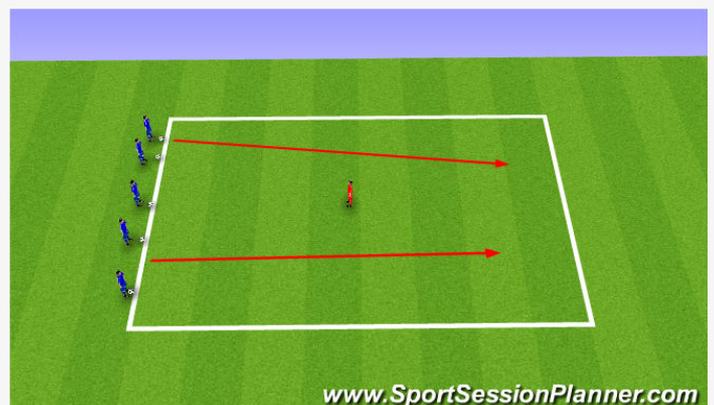
-Change of direction/pace with the ball

-Keeping the ball close to the body

Progressions:

Begin with more than one Police officer (parents/coaches join in)

R - start without soccer balls



Free Play (20 mins)

Organization:

-20x20 grid, 3v3 depending on numbers.

-2 mini goals

Instructions:

-3v3 Free Play

Coaching Points:

