



Teaneck U6 Week 7 Dribbling RWB

Category: Technical: Dribbling and RWB
Difficulty: Beginner

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

Description

Last game is optional, see how the players deal with first two.

Bank Robbery - warm up (15 mins)

Organization:

20x20 yard area set up as shown
8 players (4 groups of 2), set up as shown
12 balls

Instructions:

All the gold (balls) is centrally located in the bank (center of the area)
The robbers (players) take turns to go to the bank and get a piece of gold
The game finishes when all the gold has been taken from the bank and the team with the most gold wins

Coaching Points:

Grab the gold quickly and get back to your team
Keep the gold close to you

Progressions:

Once all the gold has been taken from the bank, players can then steal gold from each other
Watch out for the police (Coach) who will try to catch you. The corner areas are "safe"™



Candy Mountain (15 mins)

Organization:

20 x 20 yard area set up as shown
1 ball per player

Instructions:

All players are on Candy Mountain (area)
The coach asks different players what their favorite candy bar is.
Once this is known, each side of candy mountain is given a candy bar name
When the coach yells out a particular candy bar, all the players must race to that side of the mountain

Coaching Points:

Try to remember which side of the mountain is which
Keep your candy bag (ball) close to you so you can get the candy bars

Progressions:

Once all the players understand the movements they then have to take their candy bag (ball) with them



The Shadow! (15 mins)

Organization:

20x20 yard area set up as shown
10 players (groups of 2) set up as shown
10 balls

Instructions:

Coach starts off the activity by getting the player to wave at their shadow on the floor, and then by challenging the players to lose their shadow by running around in different directions and at different speeds.

Coach then puts the players in pairs, with one being the shadow and the other being the player attempting to lose their shadow

The shadow has 30 seconds to stay in touching distance of the runner before the coach yells "FREEZE"

The shadow then turns to face their partner who must attempt to pass their ball through their partner's legs
Players then rotate roles



Coaching Points:

Use different movements and speeds to get away from the shadow
Try to keep your eye on the runner so you know where they are going

Progressions:

The shadow now has no ball
Each player starts without a ball