



GOAL:	Improve the techniques of dribbling					
PLAYER ACTIONS	Shoot, Dribble Forward or Steal the Ball					
KEY QUALITIES	Take initiative, be pro-active					
AGE GROUP	u4-u6 Week 6	MOMENT	Att./Def.	DURATION	60 MIN	

1st PLAY PHASE (intentional Free Play)	Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
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PRACTICE (Activity 1):	Duration:	8 min.	Activity Time:	40 sec.	Rest Time:	20 sec.	Intervals:	8
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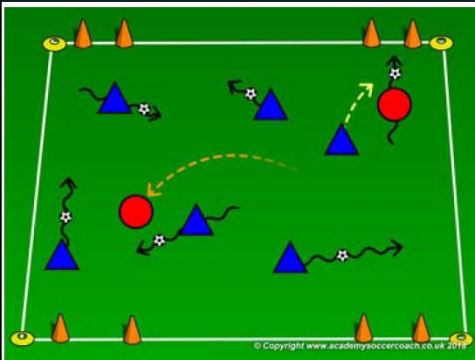
4 Surfaces-to the Drifting Continents:
Organization: In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are the drifting continents. Players must avoid them and get to the safety of a goal.
Rules: Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface.
Key Words: Move the ball away from the continents with the inside, outside or laces of your foot.
Coaching Points: Why should the players use soft touches when dribbling?
Answers: Soft touches help to keep the ball close.

PRACTICE (Activity 2):	Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
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Sid the Sloth vs Crash & Eddy:
Organization: In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth. (coaches are Sid the Sloths & can only walk): Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid.
Rules: play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.
Key Words: go around Sid, push the ball forward
Guided Questions: When do you want to go fast with the soccer ball?
 Why would you use your laces to get away?
Answers: When Sid is chasing you, go faster with the ball.
 If you point your toe down you can use your laces for longer/stronger touches on the ball to accelerate.

PRACTICE (Activity 3):	Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
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Saber tooth Squirrels (Scrat) Acorn Hunt:
Organization: In a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) anywhere in the grid & avoid the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal.
Rules: Play begins as soon as the Scrats enter the field. Scrats get 1 pt. for every ball they take to a goal. Any dribbler with a ball on the field after 90 seconds gets 1000 pts (even if they have to steal it back from a goal).
Key Words: Head up, keep your acorn away from Scrats.
Guided Questions: what can you do to avoid the Scrats?
 Why is it important to dribble with your head up?
Answers: Turn away from them and accelerate.
 Dribble with your head up to see where the Scrats are.

2nd PLAY PHASE: SMALL-SIDED GAME	Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
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Play 5v5 scrimmages with no goal keeper

FIVE ELEMENTS of TRAINING ACTIVITY	TRAINING SESSION SELF-REFLECTION QUESTIONS
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- Organized:** Is the activity organized in the right way?
- Game like:** Is the activity game like?
- Repetitions:** Are there repetitions when looking at the overall goal of the session?
- Challenging:** Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
- Coaching:** Is there the right coaching based on the age/level of the players?

- How did you do in achieving the goal of the training session?
- What did you do well?
- What could you do better?