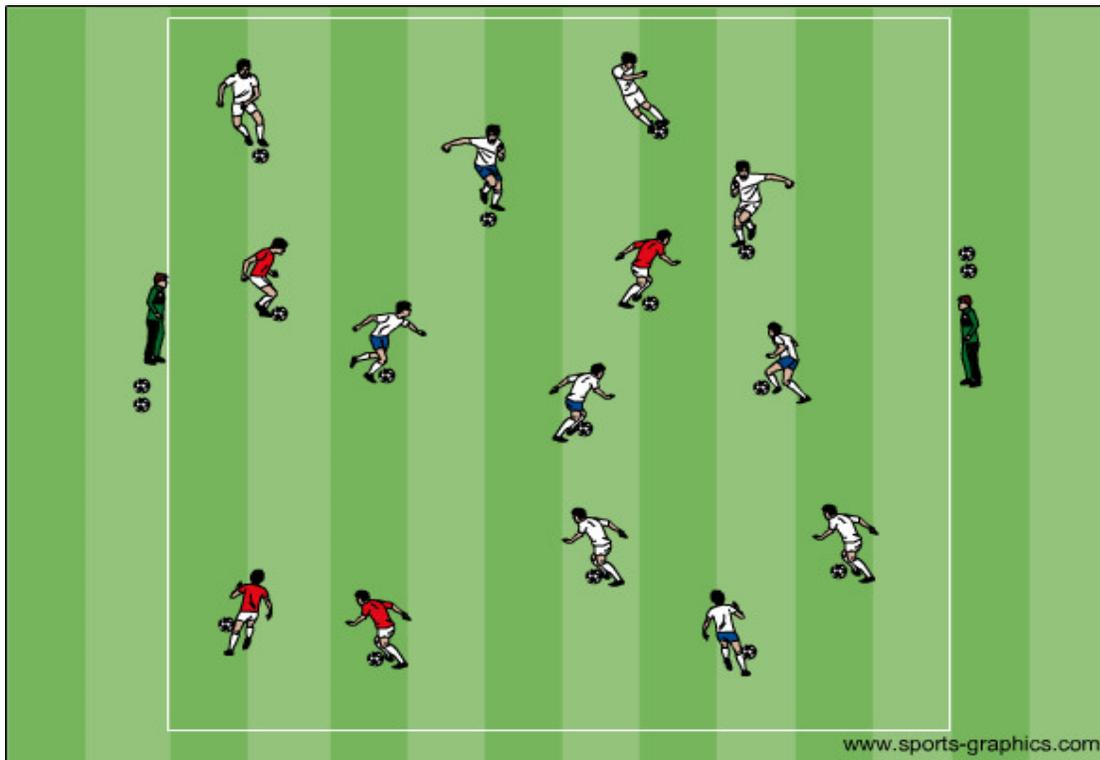


*U6 SESSION #4*

Don't forget to continue to reinforce the dribbling coaching points

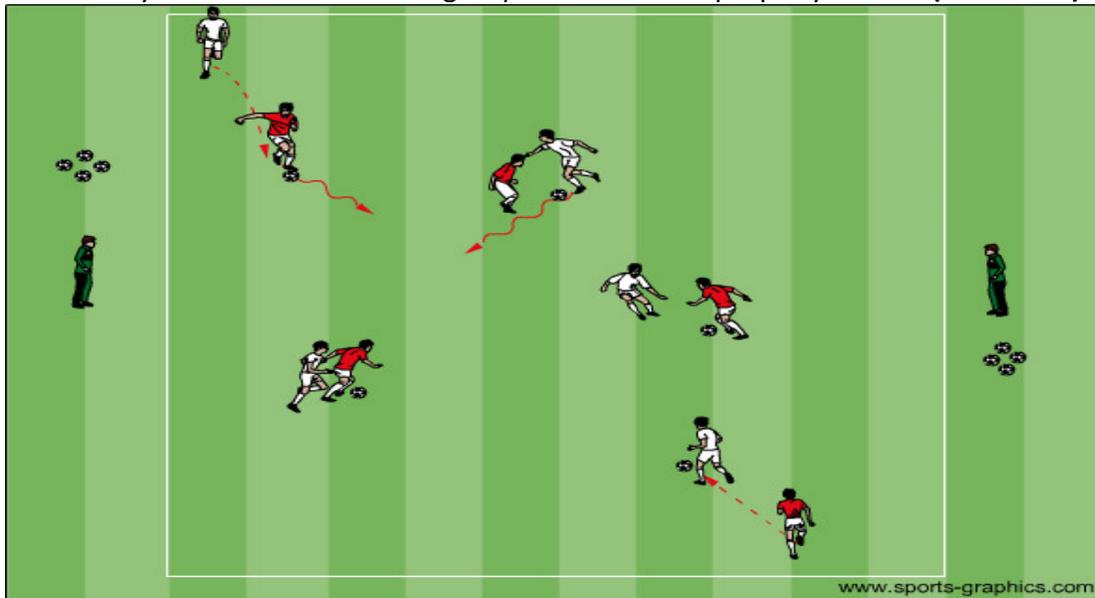
**Coaching Points:** Keep ball within one step, use arms for balance and to find out where opponents are, try to keep head up, bend knees, stay low, after a move need a burst of speed, need to perform moves at maximum pace with success, balance and body control are of great importance.

1. **Free Dribble**---use entire space, everyone with a ball, use inside, outside, and sole of the foot. Practice two or three moves, coach calls out moves or changes in direction, and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. **(10 minutes)**

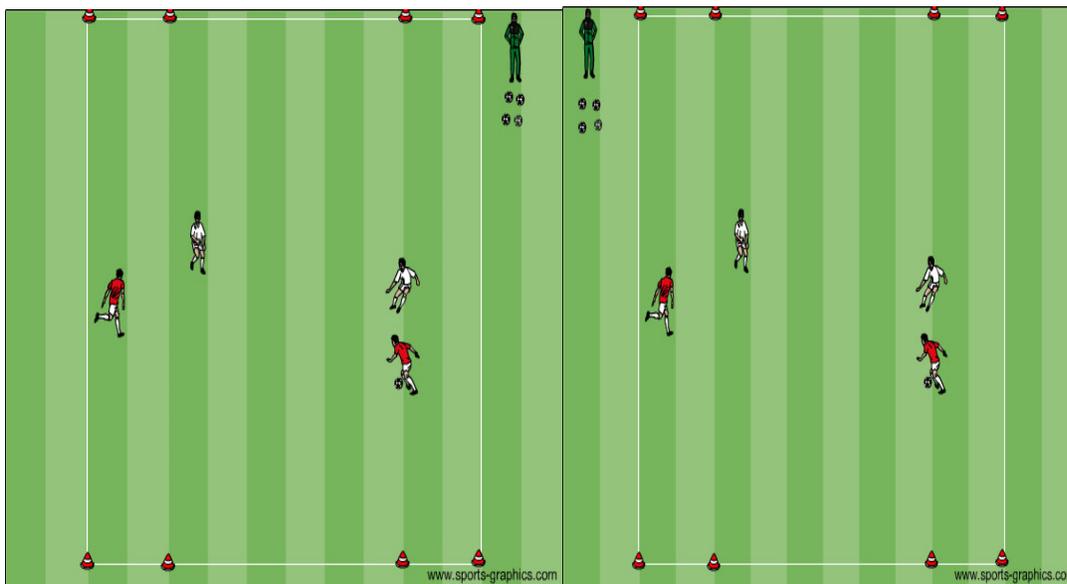


2. **Shield-Steal**---use entire space, half of players in the group have a ball, and half do not. If you do not have a ball, you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. When coach yells freeze, those who do not have balls must do star jumps or donkey kicks. Go over technical points as a group at start of activity, show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender

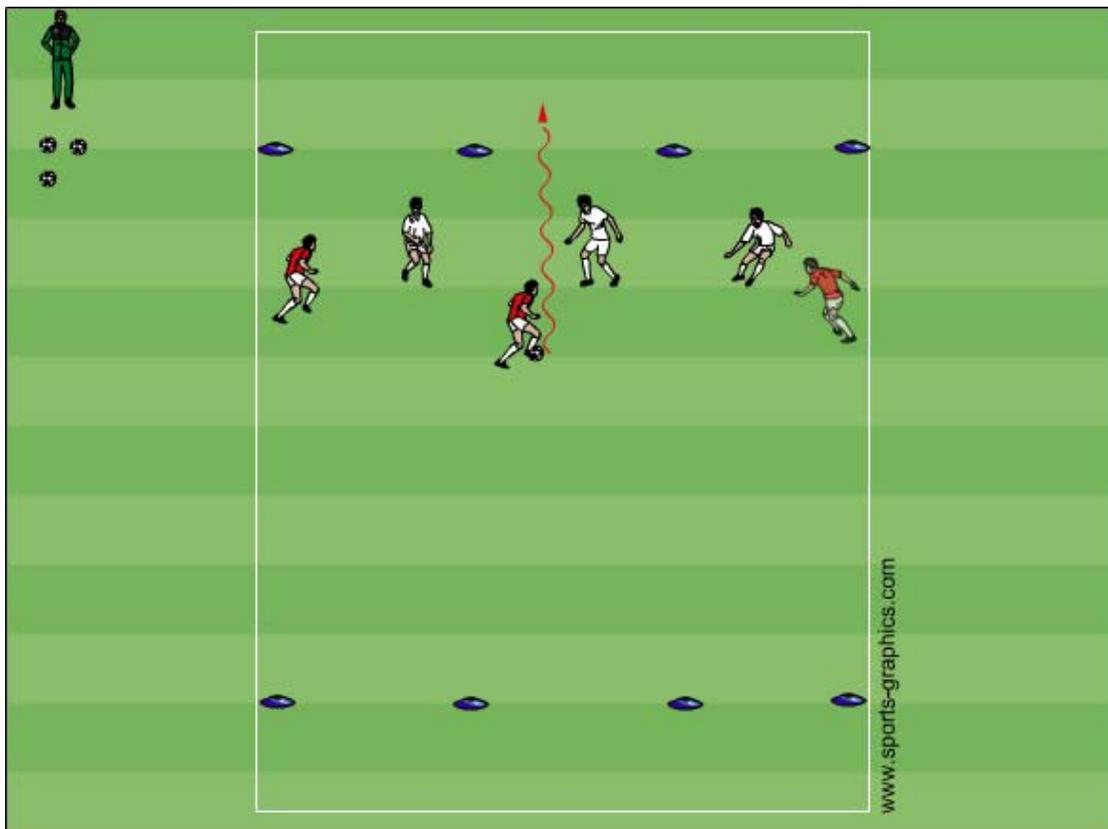
attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. **(5 minutes)**



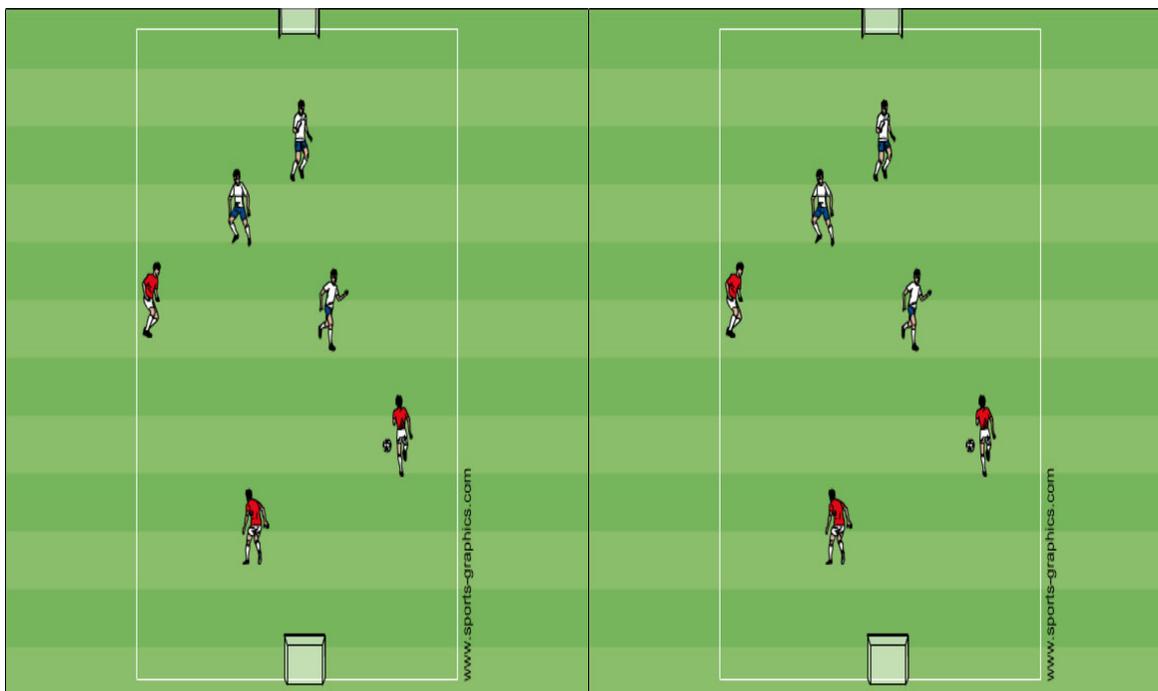
- 2v2 Four Goals game --- Dual Field**--Teams defend two goal and have the opportunity to score on the other two, you must dribble through a goal to score a point. The goals are on the opposite end line in a grid roughly 15yards by 10 yards. Have one team of two on deck, they come on when a team gets scored on twice. Game I continuous, they must run on immediately. Stress finding open space, and attacking it with speed. **(10 minutes)**



- End Zone Dribbling Game**---Team comprised of 4-6 players depending on numbers and space. To score you must dribble into the opponent's end zone while under control (created with discs). Passing in will not count. Stress recognizing opportunities and bursting into space while under control of ball. **(10 minutes)**



5. **3 v 3 to small goals --- Dual Field--** Two (2) 3 vs. 3 games in a 30 x 20 yard grid without GK's. (20 minutes)



**Review**---Ask players to teach you the technical coaching points to insure complete understanding.