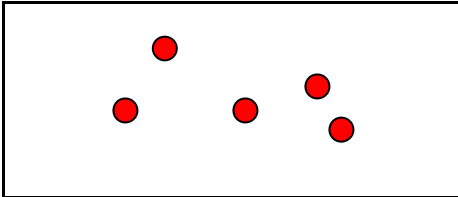
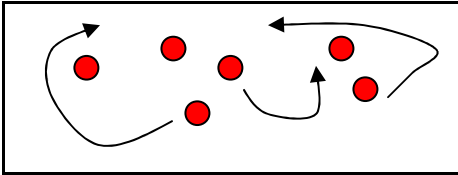
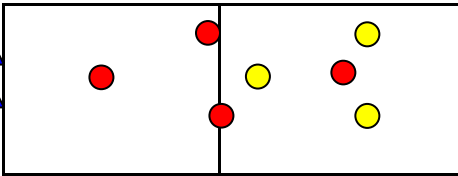




STMA U5/U6 PRACTICE PLANNER

TOPIC - Dribbling

<p style="text-align: center;"><u>Technical Warm-up</u></p>	<p style="text-align: center;"><u>Organization</u></p>	<p style="text-align: center;"><u>Key Coaching Points</u></p>
	<p>Players dribble around an area (20x30) and listen for the coach's commands.</p> <ul style="list-style-type: none"> ● Go/freeze ● Different speeds (rocket, moon buggy, etc..) ● Toe-taps (climb the moon hill) ● Tick tacks (open the door) ● Players cover their ball (meteor) 	<ul style="list-style-type: none"> ● Use a theme (space soccer) to keep kids interested ● Keep the ball close to the players feet ● Use different surface areas of the foot
<p style="text-align: center;"><u>Fun Game</u> coach</p> 	<p><u>King of the ring</u></p> <p>Players try and kick each others ball out of the 20x30 area (ring). Once there ball is kicked out they come and see coach. The coach gives them a challenge. If they complete the challenge they are allowed back in.</p>	<ul style="list-style-type: none"> ● Head up ● Use both feet ● Dribble away from pressure
<p style="text-align: center;"><u>3v3/4v4 Small Sided Game</u></p> 	<ul style="list-style-type: none"> ● No goalkeepers ● Kick-ins ● 3v3 = play in a triangle ● 4v4 = play in a diamond ● No scores kept 	<ul style="list-style-type: none"> ● Encourage the players to dribble the soccer ball when they have time and space