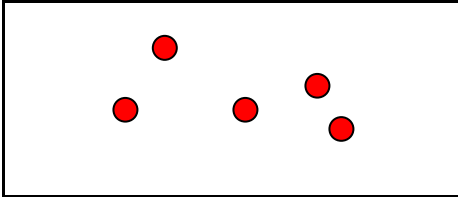
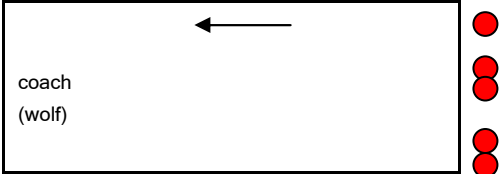
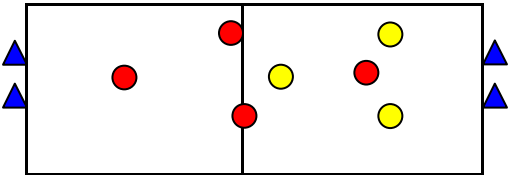




STMA U5/U6 PRACTICE PLANNER

TOPIC - Dribbling

<p><u>Technical Warm-up</u></p> 	<p><u>Organization</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 (ant, wolf, etc..) • Toe-taps (climb a tree house) • Tick tacks (snake...) • Cover your ball (eagle in the sky) 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Use a theme (football forest) to keep kids interested • Keep the ball close to the players feet • Use different surface areas of the foot
<p><u>Fun Game</u></p> 	<p><u>What's the time Mr. Wolf?</u></p> <p>Players progress depending what the "time is". When it is dinner time the players have to get back home without their ball being kicked away.</p> <p>To progress add extra "Wolf's" or put cones down as trees</p>	<ul style="list-style-type: none"> • Head up • Use both feet • Dribble away from pressure
<p><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