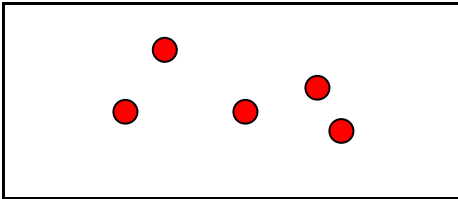
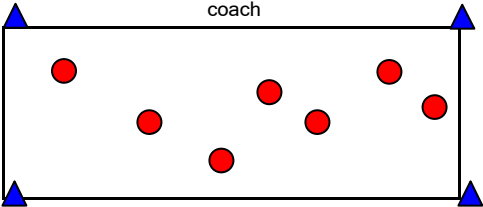
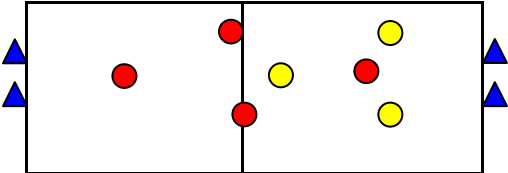




STMA U5/U6 PRACTICE PLANNER

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 (flute, cello, etc...) • Toe-taps (sing higher) • Tick tacks (sing lower) 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Use a theme (soccer opera) to keep kids interested • Keep the ball close to the players feet • Use different surface areas of the foot
<p><u>Fun Game</u> coach</p> 	<p><u>Musical soccer balls</u></p> <p>The players dribble their soccer balls around the area (20x30). When coach calls out "goal" the players leave their ball run around any cone and put their foot on any available ball, in the mean time the coach takes one ball out.</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