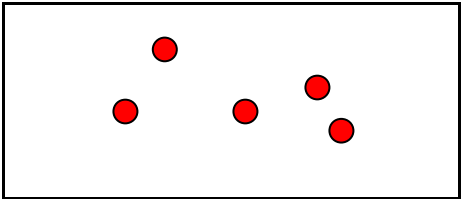
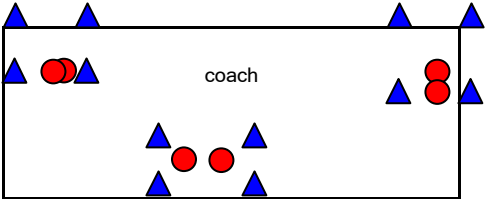
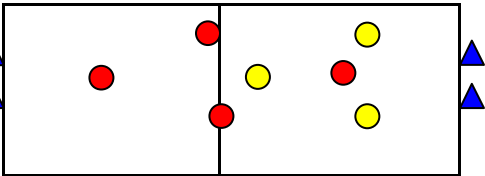




STMA U5/U6 PRACTICE PLANNER

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 (shark, whale, etc...) • Toe-taps (climb to the surface) • Tick tacks (hang shell) • Players cover their ball (sea gulls) 	<p><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> • Use a theme (ocean soccer) 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>Shark attack</u></p> <p>Coach calls out "shark attack" and the players dribble their soccer ball to a different island. If the coach (shark) wins a soccer ball, that player becomes a shark also.</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