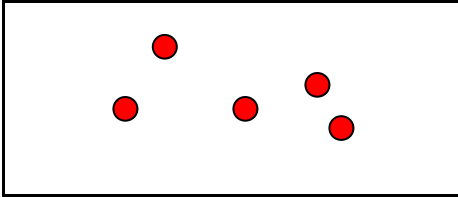
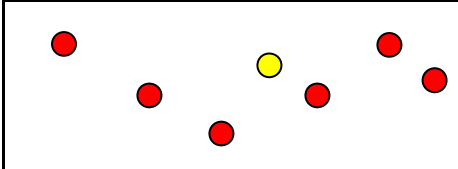
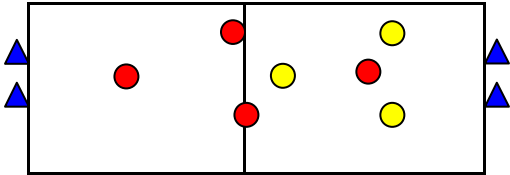




STMA U5/U6 PRACTICE PLANNER

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 (cheetah, turtle, etc...) ● Toe-taps (climb a tree house) ● Tick tacks (cross a bridge) ● Players cover their ball (sea gulls) 	<ul style="list-style-type: none"> ● Use a theme (soccer island) 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></p> 	<p><u>Stuck in the mud</u></p> <p>The coach (mud monster) has to try a tag all the players and get them "stuck in the mud". The players can release each other by passing their soccer balls through their team mates "stuck" legs.</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