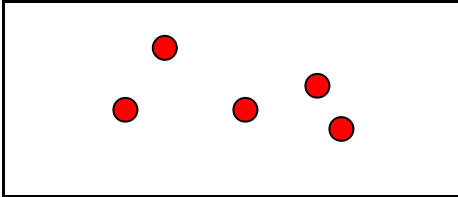
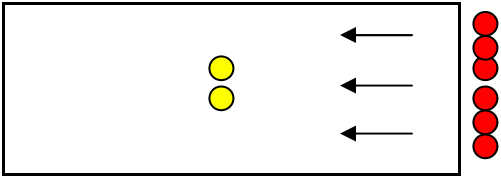
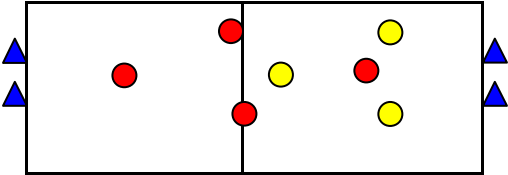




**STMA U5/U6 PRACTICE PLANNER**

TOPIC - Dribbling

<p align="center"><u>Technical Warm-up</u></p> 	<p align="center"><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"> <li>• Go/freeze</li> <li>• Different speeds (mosquito, rhino, etc..)</li> <li>• Toe-taps (climb the tree)</li> <li>• Tick tacks (clear the way)</li> <li>• Cover your ball (vultures)</li> </ul>	<p align="center"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> <li>• Use a theme (soccer swamp) to keep kids interested</li> <li>• Keep the ball close to the players feet</li> <li>• Use different surface areas of the foot</li> </ul>
<p align="center"><u>Fun Game</u></p> <p align="center">coach</p> 	<p><u>Soccer swamp</u></p> <p>Players have to try and dribble their soccer ball from one side of the swamp to the other. If their soccer ball gets kicked out of the swamp they link hands with the other swamp monsters and work together to kick out all the balls.</p>	<ul style="list-style-type: none"> <li>• Head up</li> <li>• Use both feet</li> <li>• Dribble away from pressure</li> </ul>
<p align="center"><u>3v3/4v4 Small Sided Game</u></p> 	<ul style="list-style-type: none"> <li>• No goalkeepers</li> <li>• Kick-ins</li> <li>• 3v3 = play in a triangle</li> <li>• 4v4 = play in a diamond</li> <li>• No scores kept</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage the players to dribble the soccer ball when they have time and space</li> </ul>