



U6 Kinder Week 7

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Michael Caine, derry, United States of America
Individual-Adult Member

Description

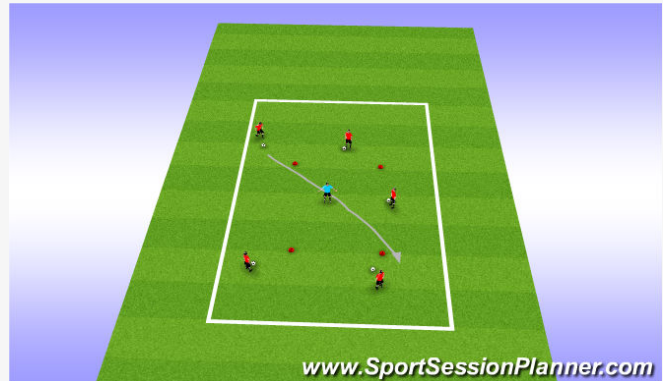
Activity 1 - Haunted House (10 mins)

Organization

In a 15 x 20 grid, setup a 5 x 5 square (haunted House) players will start on the outside of the playing area with a soccer ball. The coach will be a ghost and start in the middle of the haunted house. Players have to try and dribble through the square without the ghost stealing the ball.

Coaching Points

1. Can we get through the square quick, if the ghost turns can we use a different surface to help get away?
2. Heads up, look at ghost, can we wait till he is not looking at us?



Activity 2 - Frankenstein's monster (10 mins)

Organization

15 x 20 grid, each player will start with a soccer ball, Frankenstein's monster will attempt to squish your soccer balls!! If a player's ball gets squished they must hold the ball above their head and have a teammate pass or dribble the ball through their legs.

Coaching Points

1. Can we get away quick - change direction quick and accelerate to space
2. Be aware - head up and find space



Game (20 mins)

Organization

15 x 20 grid 3v3 No Goalkeepers.

Out of Bounds - Side Line

If the ball goes out of bounds on the side line - call RED LIGHT, place the ball on the side line and call YELLOW LIGHT which means the player can pass or dribble the ball back into the game.

Out of Bounds - End Line

If the ball goes out of bounds on the endline call RED LIGHT (send the opposing team to the middle of the field)

Kicking team places ball 1-2 yards in front of their goal and kick it to a teammate.

