

Coaching at the Grass Roots

IT'S PRACTICE TIME!

6-7 year olds



SEASON 2, PART VII **Dribbling**

Key Factors:

- Keep ball within playing distance (1 step)
 - Head up

Let's Practice!

6-7 year olds

EQUIPMENT CHECK: Balls, cones, and bibs.

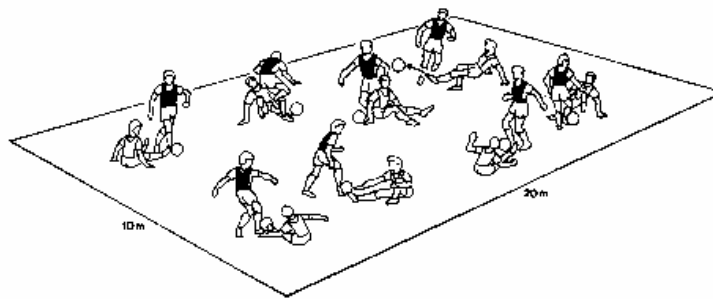
Warm-Up (10 minutes)

A. 8 players sit. 8 players dribble (run with ball).

Dribblers move around sitting players, keeping ball under close control.

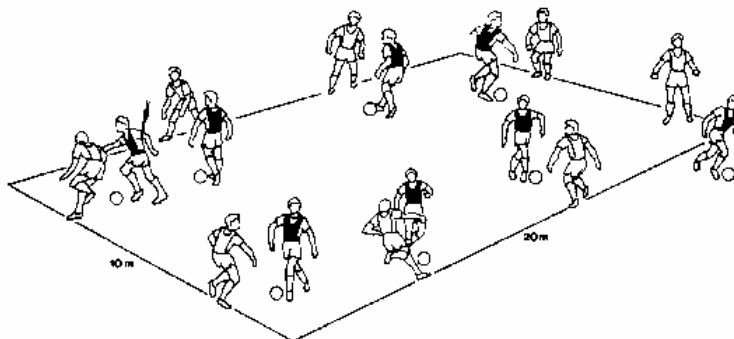
Sitting players move in crab-like fashion and stretch to kick ball away from dribbling players.

Coach, dribblers should use inside and outside of each foot and keep head up in order to be aware of what is going on around them.



B. 16 players, 1 ball between every 2 players.

8 players inside grid attempt to dribble out of grid. 8 players stand on perimeter to prevent dribblers from leaving.

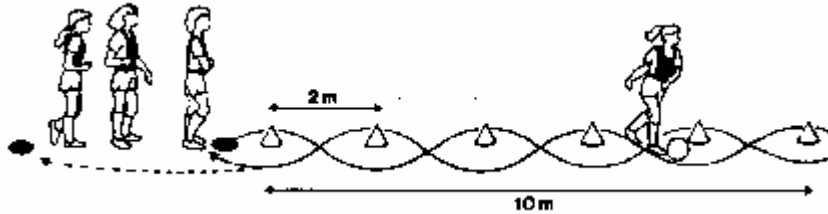


Technique Practice (10 minutes)

A. 4 groups of 4 players. One ball per group.
Players take turns to dribble around cones and return with ball under control.

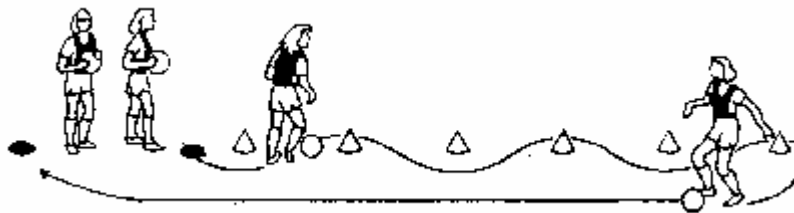
Upon completion of course, dribbler passes ball to next player.

Coach, you may conduct this activity as a race if you wish.



Variation:

Players run directly back with ball after dribbling past last cone. Each player has ball to speed-up process.



B. 2 groups of 4 players. Player of one group dribbles and, on completion of course, passes ball to facing player. Incoming players go to end of line.



Variation:

Angle the cones to challenge ability of players.



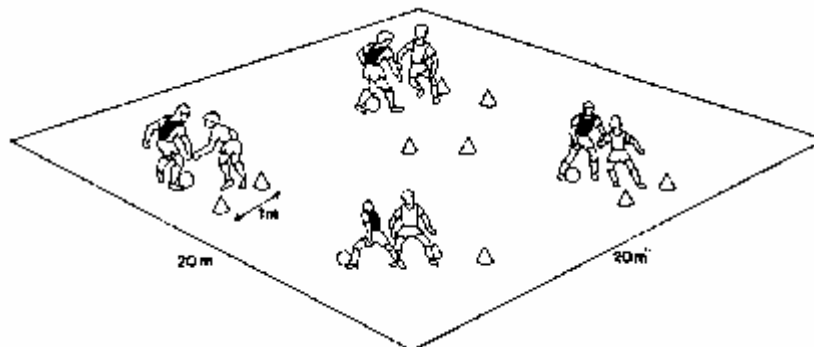
Coach, encourage the use of the inside and outside of both feet. On some moves up the line of cones, assign tasks using different surfaces of the foot to move the ball: “Just the inside of the foot.” “Just the right foot.” and so on...

Skill Practice (10 minutes)

Set-Up:

4 pairs of players. One ball per pair. 5 one-metre goals, 8-10 metres apart.

Player with ball attempts to dribble around partner (active defender) and through any goal. Upon scoring, dribbler passes ball to partner thereby reversing roles.



Related Game (15 minutes)

4 v 4 game with the **rule** that players must dribble by/around an opponent before a goal may be scored.



Coach, constantly remind the players to try things in practice that they want to be able to do in a game. Strive to master individual skills and tricks. Encourage players to experiment with different moves in the safe environment of your practice session.

Mini or Maxi Game (15 minutes)

Warm-Down (5 minutes)

Relaxed running and stretching.

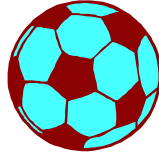
Coach, your team should now be in the habit of always following the established routines for the warm-down.

Gather around the coach for final instructions, comments and dismissal.

Practice is over!

Did everyone have fun?

Make practice important – recognize and reward individual and team improvements. Everyone should be having a good time while they learn new skills! Remember, children who are just pressured to win will soon lose interest in the game.



If you have any questions, comments or feedback about this document, or anything involving the Coaching Centre, please send an email to: ray_clark@soccercan.ca