



Instructor: Brad Horton

Club: Cook Inlet Soccer Club

Age: U6 Date:



Topic: Learning to Dribble

Phase	Time	ORGANIZATION	Diagram	KEY COACHING POINTS
Phase 1	10 min	<p><b>4 Surfaces:</b> In a 15Wx20L grid, having all players find their own space:</p> <ol style="list-style-type: none"> <li>Show your team the 4 different surfaces of your foot (bottom, inside, outside, laces).</li> <li>Show and practice a tick-tock and toe touches. Ask how many they can get in 10 seconds.</li> <li>Have the players dribble in space using all surfaces of their foot.</li> </ol>		<ol style="list-style-type: none"> <li>Be excited!</li> <li>Demonstrate how to complete the different movements multiple times in multiple different areas (so all the kids can see!)</li> <li>Challenge the advanced players to try to be quicker or more controlled.</li> </ol>
Phase 2	12 min	<p><b>Red Light/Green Light:</b> In a 15Wx20L grid, all players are dribbling freely.</p> <ol style="list-style-type: none"> <li><b>RED LIGHT:</b> Players stop and place their foot on the ball.</li> <li><b>YELLOW LIGHT:</b> The players must dribble slowly (slow motion).</li> <li><b>GREEN LIGHT:</b> The players dribble quickly but remind them to keep the ball controlled.</li> </ol>		<ol style="list-style-type: none"> <li>TEAM QUESTION: What part of the foot should we stop the ball with?</li> <li>Keep the ball close to your feet and controlled!</li> <li>Try not to use your toes</li> </ol>
Phase 3	5 min	<p><b>SCORE A GOAL!:</b></p> <ol style="list-style-type: none"> <li>Place the players in 2 even lines about 15-20 away from goal. All the soccer balls in the middle with the coach.</li> <li>Roll a ball out for each player to score a goal. Try to go quick!</li> <li>Players should dribble with all surfaces of their foot towards the goal. When they are close enough, shoot and score!</li> </ol>		<ol style="list-style-type: none"> <li>TEAM QUESTION: What part of our foot can we use to score a goal? A: All parts!</li> <li>Challenge players to score goals from further out.</li> <li>TEAM QUESTION/ CHALLENGE: How fast can you score a goal?</li> </ol>
Phase 4 Game	30 min	<p>3v3 Game: Give the players a very general position to start the game and at each restart. Positions: left, center, right</p>		<ol style="list-style-type: none"> <li>Be supportive!</li> <li>Remind the players when to defend and when to attack.</li> </ol>



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Topic: Dribbling — Movement and Coordination

Phase	Time	ORGANIZATION	Diagram	KEY COACHING POINTS
Phase 1	10 min	<p><b>Body Part Dribble:</b></p> <ol style="list-style-type: none"> <li>In a 15Wx20L grid all players dribbling a soccer ball.</li> <li>Coach calls out a body part (elbow! knee! foot!) and the players stop the ball with that body part.</li> </ol> <p>Coach: Vary the body parts, number of body parts called out and rate at which they are called out.</p>		<ol style="list-style-type: none"> <li>Be excited!</li> <li>Demonstrate how to complete the different movements multiple times in multiple different areas (so all the kids can see!)</li> <li>Challenge the advanced players to try to be quicker or more controlled.</li> </ol>
Phase 2	12 min	<p><b>Cone Traffic!:</b></p> <ol style="list-style-type: none"> <li>in a 15Wx20L place cones randomly around but not too close to one another.</li> <li>Players dribble their soccer ball and try not to hit a cone OR another player.</li> <li>If a cone is knocked over that player must pick it back up and continue dribbling.</li> </ol> <p>Variation: Dribble the ball ONLY with the inside of your foot. Dribble only with your right/left foot. Dribble with the outside of your foot.</p>		<ol style="list-style-type: none"> <li>TEAM QUESTION: Is it better to kick the ball and chase it or to keep it close to your foot?</li> <li>Challenge the kids to find an open space of the field, try not to bunch up.</li> <li>TEAM QUESTION/ CHALLENGE: Can you use the outside/inside/ laces/bottom of your foot to dribble?</li> </ol>
Phase 3	5 min	<p><b>SCORE A GOAL!:</b></p> <ol style="list-style-type: none"> <li>Place the players in 2 even lines about 15-20 away from goal. All the soccer balls in the middle with the coach.</li> <li>Roll a ball out for each player to score a goal. Try to go quick!</li> <li>Players should dribble with all surfaces of their foot towards the goal. When they are close enough, shoot and score!</li> </ol>		<ol style="list-style-type: none"> <li>TEAM QUESTION: What part of our foot can we use to score a goal? A: All parts!</li> <li>Challenge players to score goals from further out.</li> <li>TEAM QUESTION/ CHALLENGE: How fast can you score a goal?</li> </ol>
Phase 4 Game	30 min	<p>3v3 Game:</p> <p>Give the players a very general position to start the game and at each restart.</p> <p>Positions: left, center, right</p>		<ol style="list-style-type: none"> <li>Be supportive!</li> <li>Remind the players when to defend and when to attack.</li> </ol>



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**Topic:** Dribbling and Changing Direction

Phase	Time	ORGANIZATION	Diagram	KEY COACHING POINTS
Phase 1	10 min	<p><b>Daytona 500:</b></p> <ol style="list-style-type: none"> <li>Each player with a soccer ball dribbling in a circle around the "race track." All players dribbling same direction.</li> <li>Ask players to use different parts of their foot to dribble.</li> <li>When coach yells, "REVERSE!" Change direction of their dribbling by placing foot on the ball and pulling back.</li> </ol> <p><b>Variation:</b> Ask the players for a funny word to use as a trigger word for kids to dribble to center of the circle, touch a cone and get back to the track!</p>		<ol style="list-style-type: none"> <li>Keep the ball close to your feet!</li> <li>Use all surfaces of your foot to move the ball!</li> <li>Stop the ball with the bottom of your foot to turn, and pull the ball behind you (pull-back).</li> <li>For more advanced players, how fast can you get around the circle while keeping control.</li> </ol>
Phase 2	12 min	<p><b>Bulldogs and Mailmen:</b></p> <ol style="list-style-type: none"> <li>Pick 1 or 2 players to be the bulldogs, they will stand in the middle zone (you can call this the bulldog cage.) Bulldogs cannot leave this area!</li> <li>All other kids are lined up on one end with a soccer ball each. They are the mailmen.</li> <li>Mailmen attempt to dribble from one end, through the bulldog cage, to the other end. If there ball is kicked away they become a bulldog.</li> </ol>		<ol style="list-style-type: none"> <li>Before each round, ask both groups if they are ready: "BULLDOGS, ARE YOU READY?!" "MAILMEN, ARE YOU READY?!"</li> <li>Challenge the players to keep the ball close to their feet when dribbling, try not to kick and chase!</li> </ol>
Phase 3	5 min	<p><b>SCORE A GOAL!:</b></p> <ol style="list-style-type: none"> <li>Place the players in 2 even lines about 15-20 away from goal. All the soccer balls in the middle with the coach.</li> <li>Roll a ball out for each player to score a goal. Try to go quick!</li> <li>Players should dribble with all surfaces of their foot towards the goal. When they are close enough, shoot and score!</li> </ol>		<ol style="list-style-type: none"> <li>TEAM QUESTION: What part of our foot can we use to score a goal? A: All parts!</li> <li>Challenge players to score goals from further out.</li> <li>TEAM QUESTION/ CHALLENGE: How fast can you score a goal?</li> </ol>
Phase 4 Game	30 min	<p>3v3 Game: Give the players a very general position to start the game and at each restart. Positions: left, center, right</p>		<ol style="list-style-type: none"> <li>Be supportive!</li> <li>Remind the players when to defend and when to attack.</li> </ol>



Phase	Time	ORGANIZATION	Diagram	KEY COACHING POINTS
Phase 1	8 min	<b>Around the Cone:</b> <ol style="list-style-type: none"> <li>1. Players are in groups of 2, coach will place 2 cones about 3 yards apart for each pair of players.</li> <li>2. The players take turns dribbling around the far cone. Players should perform the following:               <ol style="list-style-type: none"> <li>A. Go around the cone with inside of foot</li> <li>B. Go around the cone with outside of foot</li> <li>C. At the cone, stop the ball and do a drag back or heel turn</li> </ol> </li> </ol>		<ol style="list-style-type: none"> <li>1. TEAM QUESTION: What surface of the foot should a player use when running with the ball : LACES</li> <li>2. Challenge the players to keep the ball close to their feet, take small touches to get around the cone!</li> </ol>
Phase 2	12 min	<b>Defenders v Attackers:</b> <ol style="list-style-type: none"> <li>1. In a 15Wx20L grid, choose 1 or 2 players to be "defenders" and all other players are attackers dribbling the ball in the grid.</li> <li>2. Allow the attacking players to dribble in space for 1 min then release the defenders.</li> <li>3. Defenders attempt to steal attacking players ball or kick it out of the grid. If an attacking player loses their ball they are a defender.</li> <li>4. Play until all players are "defenders."</li> </ol>		<ol style="list-style-type: none"> <li>1. TEAM QUESTION: If you are an attacking player, is it better to dribble into open space or into "traffic?" A: OPEN SPACE!</li> <li>2. Use a change of direction to lose defenders and find open space.</li> </ol>
Phase 3	5 min	<b>SCORE A GOAL!:</b> <ol style="list-style-type: none"> <li>1. Place the players in 2 even lines about 15-20 away from goal. All the soccer balls in the middle with the coach.</li> <li>2. Roll a ball out for each player to score a goal. Try to go quick!</li> <li>3. Players should dribble with all surfaces of their foot towards the goal. When they are close enough, shoot and score!</li> </ol>		<ol style="list-style-type: none"> <li>1. TEAM QUESTION: What part of our foot can we use to score a goal? A: All parts!</li> <li>2. Challenge players to score goals from further out.</li> <li>3. TEAM QUESTION/ CHALLENGE: How fast can you score a goal?</li> </ol>
Phase 4 Game	30 min	<b>3v3 Game:</b> Give the players a very general position to start the game and at each restart. Positions: left, center, right		<ol style="list-style-type: none"> <li>1. Be supportive!</li> <li>2. Remind the players when to defend and when to attack.</li> </ol>



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Age: U6

Date: 6/15/2015



Topic: Passing with the inside of your foot

Phase	Time	ORGANIZATION	Diagram	KEY COACHING POINTS
Phase 1	10 min	<p><b>Monsters and Cleaning Crew:</b></p> <ol style="list-style-type: none"> <li>1) Spread tall cones or cones on top of cones around a 15Wx20L grid.</li> <li>2) Split the players in half. 1 half are monsters and the other half are the clean up crew</li> <li>3) Monsters are attempting to knock over cones with their soccer ball while the clean up is picking the cones back up without a ball.</li> <li>4) Switch Cleaning Crew/Monsters after 1-2 min</li> </ol>		<ol style="list-style-type: none"> <li>1. Challenge the Monsters to use ONLY the inside of their foot to pass the ball into the cones.</li> <li>2. Remind the Monsters that its not necessarily how hard you kick the ball but how accurate it is.</li> <li>3.</li> </ol>
Phase 2	10 min	<p><b>Freeze Tag:</b></p> <ol style="list-style-type: none"> <li>1) In a 15Wx20L grid all players dribbling a soccer ball</li> <li>2) 1-2 players are the "Freeze Monsters" and attempt to tag other players (Freeze Monster still dribbling a soccer ball)</li> <li>3) Once tagged, players stand with their legs apart and their soccer ball over head.</li> <li>4) Other players attempt to unfreeze the frozen by passing their soccer ball through their teammates legs.</li> </ol>		<ol style="list-style-type: none"> <li>1. TEAM QUESTION: What part of our foot should we use to pass through our teammates legs? (INSIDE)</li> <li>2. Encourage players to use change of direction to lose the freeze monsters.</li> <li>3. Encourage players to help their teammates by unfreezing the frozen.</li> </ol>
Phase 3	6 min	<p><b>Combat:</b></p> <ol style="list-style-type: none"> <li>1) In a 20Wx30L grid, the coach creates two lines behind the goal (one on one side of the goal and the other on the opposite side).</li> <li>2) All soccer balls with coach directly behind the goal. Coach tosses ball up and 1 player from each line attempts to win the ball and score. If you do not have the ball you attempt to steal it from teammate.</li> <li>3) More than 1 pair can play at a time.</li> </ol>		<ol style="list-style-type: none"> <li>1. Encourage players to win the ball first and score a goal!</li> <li>2. Challenge the players to use the inside of their foot to place their shot in the small goal.</li> </ol>
Phase 4 Game	30 min	<p><b>3v3 Game:</b></p> <p>Give the players a very general position to start the game and at each restart.</p> <p>Positions: left, center, right</p>		<ol style="list-style-type: none"> <li>1. Be supportive!</li> <li>2. Remind the players when to defend and when to attack.</li> </ol>



**Instructor:** Brad Horton      **Club:** Cook Inlet Soccer Club  
**Topic:** Dribbling and Stopping Under Control

**Age:** U6    **Date:**



Phase	Time	ORGANIZATION	Diagram	KEY COACHING POINTS
Phase 1	8 min	<p><b>Daytona 500:</b>            Create a small circle of cones in your space. This will be the "track." Players dribble their soccer balls counter-clockwise and listen for commands from coach. If coach yells "BRAKE!" all player must stop the sole (bottom) of foot. If coach yells "REVERSE!" players stop with the sole and complete a pull back to go the opposite direction.</p>		<ol style="list-style-type: none"> <li>1. Challenge players to see how fast they can go around the track while maintaining control of the ball.</li> <li>2. Ask players to try using the laces of their shoe to dribble.</li> <li>3. Ask players to use the inside and outside of foot</li> </ol>
Phase 2	12 min	<p><b>CROSS THE RIVER:</b>            In a 15Wx20L yard grid, place half the players on one end zone and the other half on the opposite end zone. At coach's command, the players will dribble their soccer ball to the other side of the grid. They will try to cross the river as fast as they can. When they arrive to the other side they must control the soccer ball within the end zone in order to get a point. Players must call out their name when they have full control of the ball.</p>		<p><b>Round 1:</b> Ask the players to use the laces to go forward and the sole to stop the ball  <b>Round 2:</b> Ask the players to use the inside/outside of the foot to go forward and the sole to stop it  <b>Round 3:</b> Ask the players to use either surface to go forward and the sole to stop it</p>
Phase 3	5 min	<p><b>1v1 to the GOAL:</b>            Create two lines about 10-15 yards away from the goal. Coach is in the middle of two lines, all soccer balls with the coach. Coach throws 1 ball in the air and the two players at the front of each line attempt to win the ball and score a goal. If you do not win the ball initially, you must attempt to steal the ball from the attacking player!</p>		<ol style="list-style-type: none"> <li>1. Whichever player does win the ball, see if they can use proper dribbling technique to get to the goal.</li> <li>2. Use inside of the foot to place ball into the goal as the player gets close.</li> </ol>
Phase 4 Game	30 min	<p>3v3 Game:            Give the players a very general position to start the game and at each restart.            Positions: left, center, right</p>		<ol style="list-style-type: none"> <li>1. Be supportive!</li> <li>2. Remind the players when to defend and when to attack.</li> </ol>