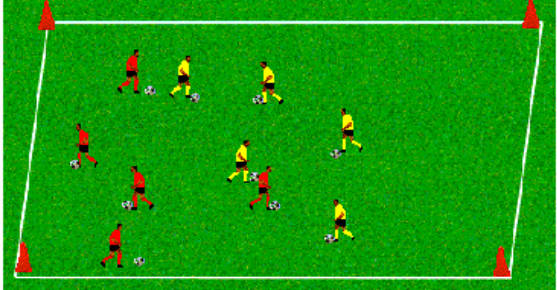

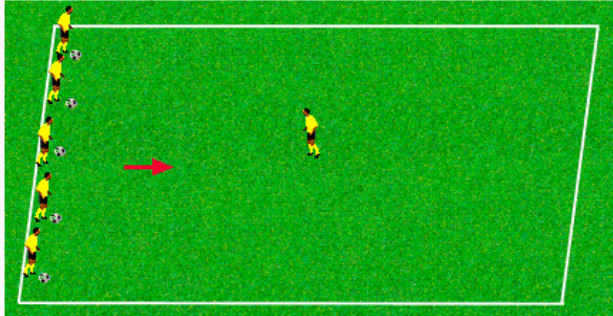
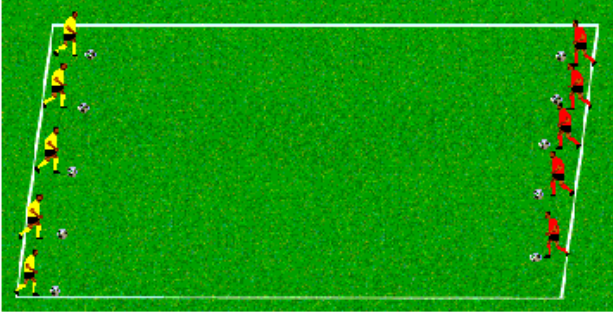


Quick U-6 Training Session

Theme: Dribbling

<p>Tag Games: a) "Everybody's It"-vary the way that they move b) "Belly Button Tag"-Coach is it</p> <p>Ballnastics: Give them different challenges to do with the ball. Developing body awareness</p>	
<p>Maze Activities: Hospital Tag-Everybody's it. When a player gets tagged, they hold that body part. When they have been tagged 3 times they go into the hospital. To get healed in the hospital, players have to do 5-10 touchups on the ball.</p>	
<p>Target Tag- All players have a ball. Players dribble around in area and try to hit other player's balls in area. Every ball that is hit gives them a point. Make it a competition.</p>	<p style="text-align: center;">Diagram is same as above</p>
<p>Target Games-Getting them going in a direction</p> <p>Red Light-Green Light-Different variations to use. Traffic cop yells "Red Light or Green Light". If the ball moves off the players foot after "Red Light" is called, then they get a traffic ticket (5 touchups) and have to go back even with the last person.</p>	
<p>Braveheart-Individual/Pairs-Getting them to dribble to a line Divide into two teams. All players have a ball and start by dribbling outside of the square/rectangle. They must, however stay opposite from the other team when traveling with the ball on the outside of the square/rectangle. When coach yells "charge", they each dribble towards each other and try to get to the other line and stop the ball on the line. The team that has 3 players on the line first gets a point. At first, you could have them walk with the ball, then progress to running with the ball.</p>	
<p>The Game</p> <p>2v2-4v4 "Boss of the Balls" Play is simply 2v2 to 4v4 to small goals. The coach is in the middle of the field and on the side. Coach is the "boss of the balls". Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.</p>	