

U6 Session Plan #2

Ball Mastery and Dribbling



WHICH BODY PART?

Emphasis: Fun Game! Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.

Set-up: Each player dribbles their ball throughout a 15 x 20 yards gridded area.

Progression: The coach will call out a specific part of the body. As she/he does, the player will stop their ball with that part of the body.

Utilize the heel, sole, laces, toe, outside of the foot, thighs, rear, stomach, elbows, shoulders, forehead and anything else that may be appropriate.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and space
- Keep arms out for balance
- Avoid running into each other
- Develop a comfort level between the ball and the player



FOLLOW THE LEADER

Emphasis: Confidence on the ball by maintaining control of the ball while changing direction and changing speeds.

Set-up: Players need to be in groups of twos. Each group will have one ball per group of two. Grid size should be approximately 20 x 20 yards

Progression: The player with the ball will dribble while following the player without the ball. The player dribbling will try and maintain a close distance between him and his partner. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling. Allow players to switch.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep the gap close between the leader and the man with the ball
- Avoid running into each other



KNOCKOUT

Emphasis: Changing direction and changing speeds while maintaining control of the ball.

Set-up: One ball per person. Grid size should be approximately 20 x 20 yards

Progression: Each player wants to kick the other players' ball out of the grid. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball



3v3 GAME

Emphasis: FUN!

Set-up: 20 x 30 yard grid. 6 players. Cones to make mini goal.

Objective: 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasize what you have worked on throughout the

Coaching Points:

- All of above

ADDITIONAL NOTES