

Dribbling Session #6

Warm-up

Every player has a ball.

I Can Do Something with the Ball Can You? -- #14 (3-5 min.)

Ball Stretching -- #4 (3-4 min.) – Each player has a ball.

Human Obstacle Course -- #3 (4-5 min.) – Be patient it may take younger players awhile to catch on..

Water Break (2-3 min.)

Main Activities

Like Magnets -- #41 (3-5 min.)

Gates – #46 (5-7 min.)

Water Break (2-3 min.)

Balls Galore -- #89 (6-8 min.)

Game (10-12 min.)

Small-sided game of no more than four-on-four with no goalkeepers. You may want to have several balls available to play in when one goes out-of-bounds. You can then play balls into players who are not as active. *Remember this is the fun part; let them play!*

Cooldown

Toes -- #17 (3-4 min.)

Zen Dribbling -- #19 (4 min.)

Director of Coaching's footnote: For purposes of credit all exercises come from **Guide to Great Soccer Drills** written by, Tom Fleck and Ron Quinn.