



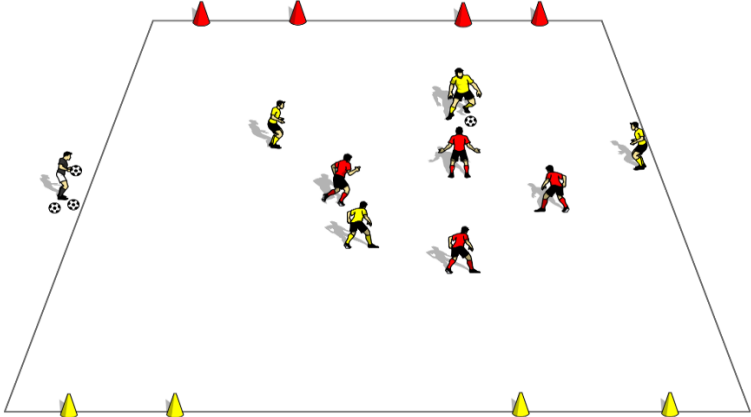
U6 Academy Session 1

Main Topic: Dribbling with Speed.

In this session we will work with the players to gain confidence dribbling with each part of the foot but focus a little more on dribbling with speed trying to utilize the instep (laces). We will also start to work with them on their first touch, in particular when they are running to a ball so they can start dribbling without stopping first. Encourage them to keep the ball close by pushing the ball ahead of them with the laces, taking a couple of steps and then pushing the ball ahead of them again. We want to avoid having them just kick the ball ahead of them, running to get where it went, and then kicking it again.

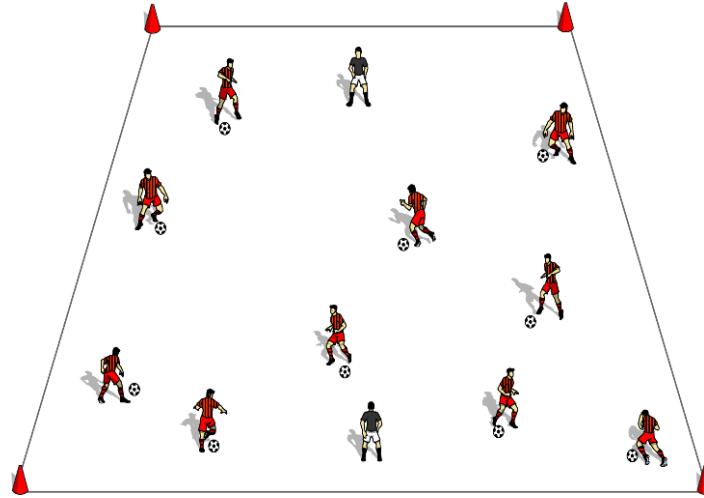
Formation. We want to introduce our U6 players to the concept of a diamond formation.

For the diamond formation we have one player who plays up top, a player who is on the left, a player on the right, and a player at the back of the diamond. We will work with the players to understand their position at any stoppage of play; corner kick, throw-in or kick-off. Once play has started we will just let them play until the next stoppage. At the next stoppage we will have them get in the diamond formation again.

Activity Name/Description	Diagram	Instruction/Coaching Points
Warm Up Game <ul style="list-style-type: none"> - As players arrive, assign them to a team. - The coaches should have a couple of soccer balls in their hand so if a ball goes outside the area they can immediately call "new ball" and provide one to a player. Identify the players who are not getting the ball and try to provide them the "new ball." 	 <p>The diagram shows a soccer field with a diamond formation. Four red cones are placed at the top corners of the field, and four yellow cones are placed at the bottom corners. Eight players are positioned in a diamond shape: one at the top (up top), one on the left, one on the right, and one at the bottom (back of the diamond). A soccer ball is shown near the top player.</p>	<ul style="list-style-type: none"> - This should be a game without much coaching to get the players warmed up, expend some pent up energy from being in school, and focused on soccer. - At this age most of them will want to chase the ball around the field. - Don't worry about them passing, instead encourage them to dribble to one of the two goals to score.

1st Activity – Dribbling with the 6 parts of the foot

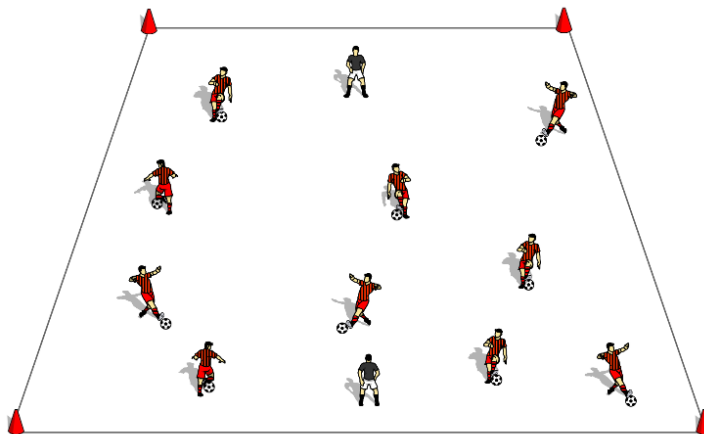
- For this activity we want the players to move around experimenting with each part of the foot they can dribble with.
- The 6 parts of the foot that can be used to dribble a soccer ball are the Inside, Outside, Toe, Heel, Sole (bottom), Instep (Laces).
- Before they start dribbling have the players touch the correct part of the foot they need to use to help them understand which part of the foot to use.



- Have the players try using each part of their foot. They may not know their left foot from right so have them make two touches with one foot and then two touches with the other.
- Verify they are using the part of the foot that was directed and give them a high five if they are.
- For those that aren't, show them the part of the foot they are supposed to be using and then give them a high five when they use it correctly.

2nd Activity – Stop and Start (variation of red light/green light)

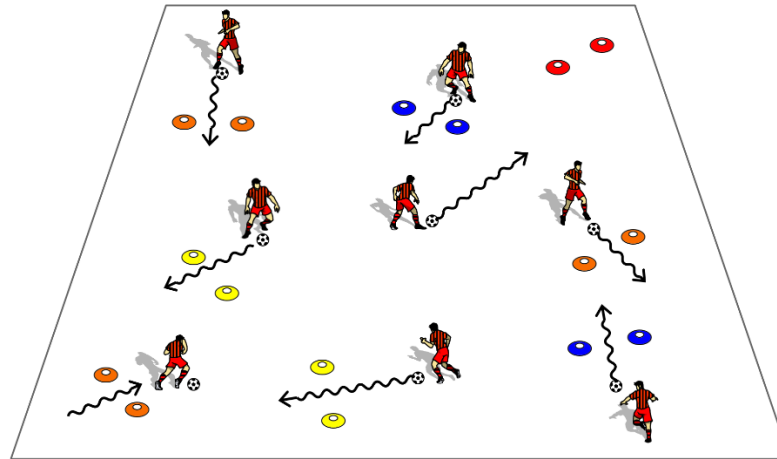
- The purpose of this activity is to get the players to stop the ball with the bottom (sole) of their foot. Players must learn to keep the ball close so they can stop the ball quickly.
- Once they get the hang of it, have them dribble faster and then stop the ball with their foot.



- All players dribble around the playing area.
- When coach says, "Freeze!" they stop the ball with the bottom of their foot.
- Once they have stopped and are resting with one foot gently on their ball, the coach yells "GO!" and they start dribbling again.
- As they speed up, the ball must stay close so they can still stop it quickly.

3rd Activity – Gate Escape

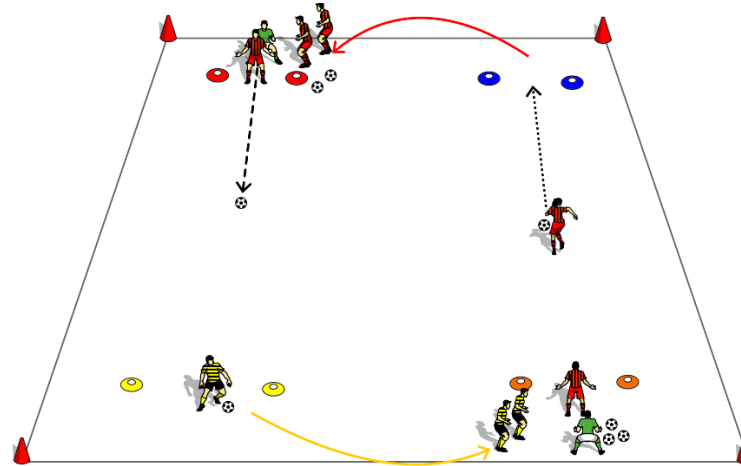
- The purpose of this activity is to introduce the players to dribbling under pressure, change of direction, and moving to a target.
- Two cones are placed approximately 2 ft apart as gates all over the playing area (try to have as many gates as you have players).
- Players dribble through one gate and then proceed to dribble through another gate.
- Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.



- After doing the activity a couple of times without any pressure so the players understand the activity, add some defenders.
- Coaches/parents are trying to steal the ball. The players can escape by dribbling their ball through one of the gates.
- Once the player dribbles through the gate, the coach/parent must go try to find another ball to steal.
- Try to see how many gates we can dribble through without losing our ball.
- Ask them, "Once we lose our ball how quickly can we get it back."

4th Activity - Chase and Go

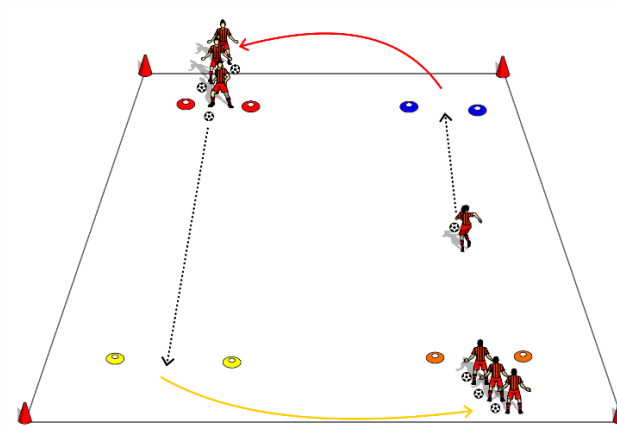
- The purpose of this drill is to start developing "first touch." For this activity it will be first touch on a ball that is moving away from them.
- A ball moving away is the easiest condition for players to judge their closure rate to the ball.
- For this drill, a coach/parent standing directly behind the player will roll a ball between the player's legs.
- The player will catch up to the ball and continue to dribble with speed to the goal (gate).



- In this game, the coach will roll the ball between player's legs and the player will take off to catch it and dribble to the gate.
- Encourage the player to continue dribbling when they get to the ball instead of stopping and trying to kick it.
- Object is for them to get to the ball and continue dribbling without the ball stopping.

5th Activity – Stop and Go

- Once players have gotten comfortable with the previous activity, have them start by making the first touch on their own.
- Players must learn to recognize when they have space in front of them so they can make a big first touch to allow them to go faster quicker.
- Have the players focus on the player going the opposite direction. Don't tell them when to go but instead they should start when the opposite player crosses the gate.



- For this activity, the first player will make a big touch and then dribble with speed to the end gate.
- Once they cross the gate the player at the opposite ends makes a big touch and dribbles down to their end gate.
- Be sure the players are trying to dribble using their laces and not just kicking and chasing the ball.

6th Activity – Final Game

- The purpose of this activity is to start to introduce the players to playing a game.
- A 4v4 with goals scored when a player dribbles through the cone goal.
- This provides appropriate targets to attack and numerous 1v1 opportunities.



- Set up two cone goals at each end of the grid.
- Players score only by dribbling through one of the cone goals.
- This will encourage dribbling.
- Additionally, having two goals at each end will encourage players not to just stand in front of a goal.