



## Practice Plan

Topic: Dribbling

Arr: 1

Age Group: U4/U6

Activities	Coaching Points
<p><b>1st Activity: Warm-Up</b></p> <ul style="list-style-type: none"> <li>• Every player w/ball, free dribbling (1 min)</li> <li>• Dynamic stretching (bunny hops, duck walks)</li> <li>• Go to single-foot dribbling (1 min each foot)</li> <li>• Dynamic Stretching (high knees, butt kicks)</li> <li>• Back to free dribble but w/commands (3 mins): "1" – left foot only, "2" – right foot only</li> <li>• 1 minute water break</li> </ul>	<ul style="list-style-type: none"> <li>• Half field</li> <li>• Heads up, aware of other players and out-of-bounds</li> <li>• Foot surface does not matter, allow player to be comfortable</li> <li>• Make sure player has ball under control and is not just aimlessly kicking and chasing it. SPEED DOES NOT MATTER</li> <li>• During decision dribbling, make sure to take the players back to free dribbling after a few seconds of single-foot dribbling</li> </ul>
<p><b>2nd Activity: Stop-N-Go</b></p> <ul style="list-style-type: none"> <li>• Every player w/ball, free dribbling</li> <li>• On command "STOP", all players stop the ball with ball of foot (3 mins); when last player stops, coach resumes</li> <li>• Same as before, but now players resume themselves when they see last player stop (3 mins)</li> <li>• Same as before, now "CHANGE" command is added which means stop the ball and go find a new one (3 mins)</li> <li>• 1 minute water break</li> </ul>	<ul style="list-style-type: none"> <li>• Half field</li> <li>• Heads up, aware of other players and out-of-bounds</li> <li>• Foot surface does not matter, allow player to be comfortable</li> <li>• Make sure player has ball under control and is not just aimlessly kicking and chasing it. SPEED DOES NOT MATTER</li> <li>• Make sure player uses the ball of the foot to stop the ball so they do fall from a misplaced step</li> <li>• On "CHANGE", make sure players stop the ball completely</li> </ul>
<p><b>3rd Activity: Gate Dribbling</b></p> <ul style="list-style-type: none"> <li>• Every player w/ball</li> <li>• Using disc cones, place gates equal in number to half of the present players (e.g. 4 players, 2 gates)</li> <li>• Play for 1 minute at a time to dribble through as many gates as possible; cannot reuse gate (3 times)</li> <li>• Use a parent to stand in gates; cannot use gate if occupied (1minute, 3 times)</li> <li>• 1 minute water break</li> </ul>	<ul style="list-style-type: none"> <li>• Half field</li> <li>• After each minute of play, ask the players to tell their scores and encourage them beat their score on next try</li> <li>• Make sure player does not simply dribble through same gate over and over</li> <li>• Make sure parent is actively moving to other gates, trying to cutoff players forcing them to move to new gates</li> </ul>
<p><b>4th Activity: Game</b></p> <ul style="list-style-type: none"> <li>• Use pinnies to divide teams</li> <li>• Play for at least 5 minutes but no more than 10 (this will help to serve as the cool down)</li> </ul>	<ul style="list-style-type: none"> <li>• NO COACHING</li> <li>• Full field</li> <li>• Let the kids play and try out what they learned; just watch</li> <li>• NO COACHING</li> </ul>