



Practice Plan

Topic: Dribbling

Arr: 2

Age Group: U4/U6

Activities	Coaching Points
<p>1st Activity: Warm-Up</p> <ul style="list-style-type: none"> • Every player w/ball, step-ups/toe-taps (2 mins) • Dynamic stretching (bunny hops, duck walks) • Pendulums/Bells (2 mins) • Dynamic Stretching (high knees, butt kicks) • Free dribble but w/commands (3 mins): "1" – step-ups, "2" – pendulums • 1 minute water break 	<ul style="list-style-type: none"> • Half field • There should be little movement of the ball w/step-ups; focus on technique, not speed • Pendulums are difficult for younger players so be patient • During decision dribbling, return players back to free dribbling after step-ups/pendulums
<p>2nd Activity: Parent Chase</p> <ul style="list-style-type: none"> • Every player w/ball free dribbling • 3-4 parents positioned outside field • When a parent raises his/her arm, everyone dribbles towards that parent; only one arm at a time (3 mins) • Allow more than one parents' arm raised at the same time (3 mins) • 1 minute water break 	<ul style="list-style-type: none"> • Half field • Heads up, aware of other players and out-of-bounds • Foot surface does not matter, allow player to be comfortable • Make sure player has ball under control and is not just aimlessly kicking and chasing it. • Allow parents to have arm raised as long as they want but not so long as to let players reach them • Also instruct parents to have moments where no arms are raised, arms are quickly changed, etc.
<p>3rd Activity: Partner Dribbling</p> <ul style="list-style-type: none"> • Pair up w/ball (extra player does step-ups/pendulums while waiting) • Player with ball dribbles to get away, partner must keep hand on partners back (1 min then switch, 3 times; rotate in extra player after each minute) • Have partners each hold end of pinnie and continue activity (1 min then switch, 3 times; rotate in extra player after each minute) • 1 minute water break 	<ul style="list-style-type: none"> • Half field • Heads up, aware of other players and out-of-bounds scores and encourage them beat their score on next try • Make sure player has ball under control and is not just aimlessly kicking and chasing it • Encourage players with ball to twist and turn to try and break free of partner • When players are joined with pinnies, it isn't so much about breaking free as it is keeping defender to their back; defender is trying to win the ball
<p>4th Activity: Game</p> <ul style="list-style-type: none"> • Use pinnies to divide teams • Play for at least 5 minutes but no more than 10 (this will help to serve as the cool down) 	<ul style="list-style-type: none"> • NO COACHING • Full field • Let the kids play and try out what they learned; just watch • NO COACHING