



MASSACHUSETTS YOUTH SOCCER



GOAL Improve the techniques of dribbling

Key Qualities

Read & understand the game

Age Group U5 - U6

Team Tactical Principles

Dribble Forward

PLAY SMALL SIDED GAMES

Up to 3v3 Games: Team with the ball attempts to dribble past opponents and score.

Objective: Team with the ball attempts to score.

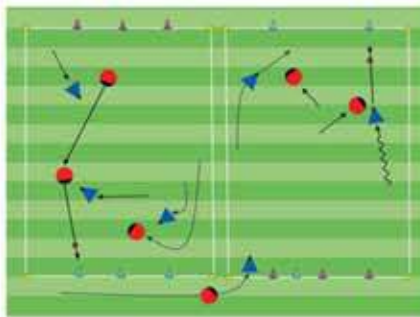
Organization: Set up two 15Wx20L fields with 3 tall cones on each end line. When 2 players arrive, start playing a game.

After 1 field is at 3v3, start the second game. If you knock a cone down with the soccer ball, carry it back to your end line.

Team with all 6 cones, wins the round. Reset cones, play again (Play one 8 min game or a second game if all cones are down)

Game Starts: The ball is given to the first player with their pinny on to start the game.

Rules: The player who knocks a cone over must be the player to carry it back. Local rules apply.



Key Words: Fakes, Roll the ball to the side

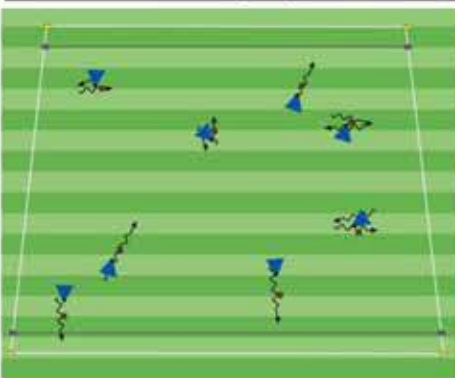
Guided Questions: What can you do if 1 player or team is dominating the game?

Where should you go if you see that one of the cones is blocked?

Answers: Change players/teams or play with uneven numbers (3v2).

Use the inside or outside of your foot to steer the ball toward a different cone.

4 Surfaces Dribbling-Explore the Jungle:



Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pink toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals)

Rules: Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

Key Words: Outside (pink toe), Inside (big toe), Laces, Bottom

Guided Questions: Did the players enjoy this activity?

Was there lots of movement from all the players?

Answers: Play for short periods of time. Challenge them to get use as many surfaces as they can in a shorter period of time.

Ask the players to move around the space as they use the surfaces.

Hungry, Hungry Hippos:



Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

Key Words: Avoid Hippos

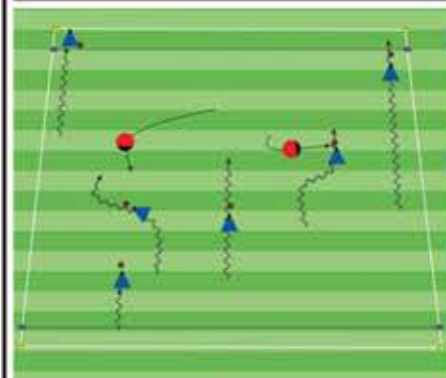
Guided Questions: Did the dribblers understand where they need to go (river's edge)?

Where should you go if you see a hippo in front of you?

Answers: Play without hippos in the first round. Let the players dribble across to see the end zone (river's edge) they are trying to get to.

Use different surfaces of the foot to move the ball around the hippos.

Crocs in the River:



Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

Rules: play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field.

Key Words: Shield (Hide your ball) or Go forward

Guided Questions: Did the dribblers understand where they need to go (river's edge)?

What should you do if you an opening across the river?

Answers: The player's imagination can be a motivation tool for the coach. Pretend you are a crocodile while chasing the players.

Dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.

PLAY - LET THEM PLAY

Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score.

Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)

Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.



Key Words: Go past the opponent to score

Guided Questions: Did the players understand the boundaries of the game?

Who is allowed to score in the game?

Answers: Coaches can be on the sideline and play the role of a hippo or croc from early activities. The players know to stay away from those characters.

Anyone can score. Asking players questions like this will help them understand their role when their team has the ball and when they do not.