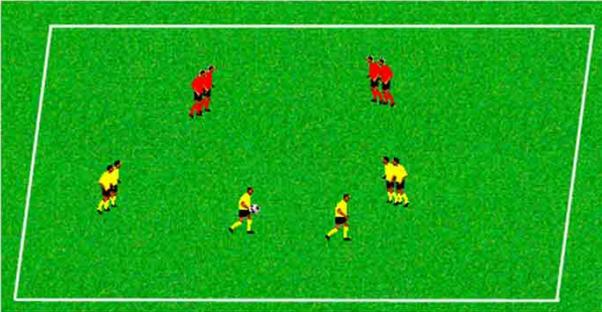


Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U6

Topic: Dribbling-Changing Direction

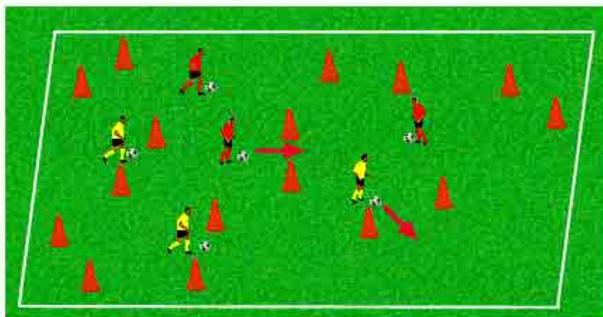
Activity Name	Diagram	Purpose/Coaching Points
<p>Warm-Up “Elbow Tag”</p> <p>Players partner up with someone. One pair is split at first. The pair that is split, one person is it, the other is not it. The “it” person tries to tag the person that is free. The “free” person can be safe if the hook up with one of the two partners that are hooked together at the elbows. At that moment, the person on the opposite end has to release and run.</p>		<ul style="list-style-type: none">-warming up-change of direction-can they think ahead-cooperation-FUN
<p>Match Related “School of Fish”</p> <p>All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.</p>		<ul style="list-style-type: none">-Dribbling w/head up-Dribbling and changing direction--Keep the ball a “legs length” away.

Match Related

“Gates”

Make gates inside the grid about 3 yards apart. You can even let the players do it for you. You make at least one more gate than the amount of players. Players are instructed to dribble through as many gates as possible.

After several rounds-Add gate blockers in which players/coaches run/walk and simply block a gate. The player arriving at that gate has to go to a new one.



- Dribbling w/head up
- Dribbling and changing direction
- Can they change direction quickly and go to a new gate?

Match Condition

Game

4v4



- Encourage them to be brave and to dribble.