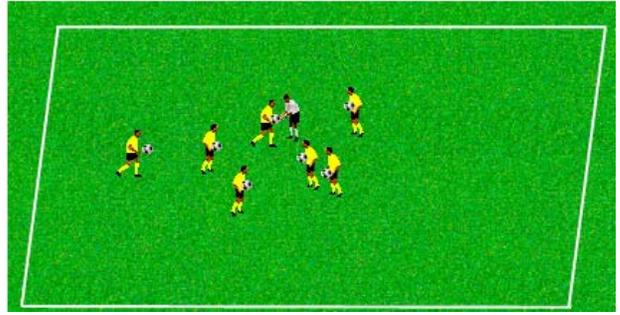


## U6 Recreation Training “Dribbling with the head up”

### Warm-Up

#### *Retrieval Activity*

Every player gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and dribbling the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.



### 1<sup>st</sup> Activity (Maze Game)

#### *Body Parts*

All players are in a grid. They dribble the ball around inside the grid. The coach yells a body part and the players have to stop the ball with that body part. Example: Coach says “Elbow” then the players have to stop the ball with their elbow.

Progress to having players watch one player and when they stop the ball, all of the other players have to stop the ball and with the same body part. This way they have to get their heads up while they dribble.



### 2<sup>nd</sup> Activity (Maze Game)

#### *“Red Light-Green Light”*

All players are in a grid. When the coach says “Green”, the players all dribble their ball. When the coach says “Red”, the players all stop the ball with the bottom of their foot.

Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc up. The coach now doesn’t say anything, simply holds up a color and the players have to look up and react.



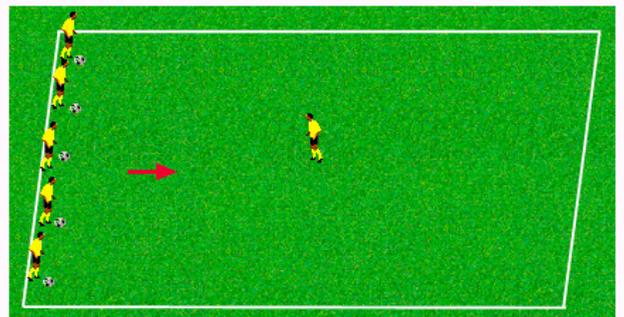
### 3<sup>rd</sup> Activity (Target Game)

#### *“Red Light-Green Light”*

All players gather on a line. The object is to dribble their ball from one line to the other line. The coach calls out either Green or Red light. Players dribble their ball and go when Green light is called and stop when Red Light is called.

If a ball is not stopped, then the player can go back even with the last player, but not all of the way back.

Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc up. The coach now doesn’t say anything, simply holds up a color and the players have to look up and react.



### Final Activity

#### *“The Game”*

Play small sided soccer with open goals-no goalkeepers.

