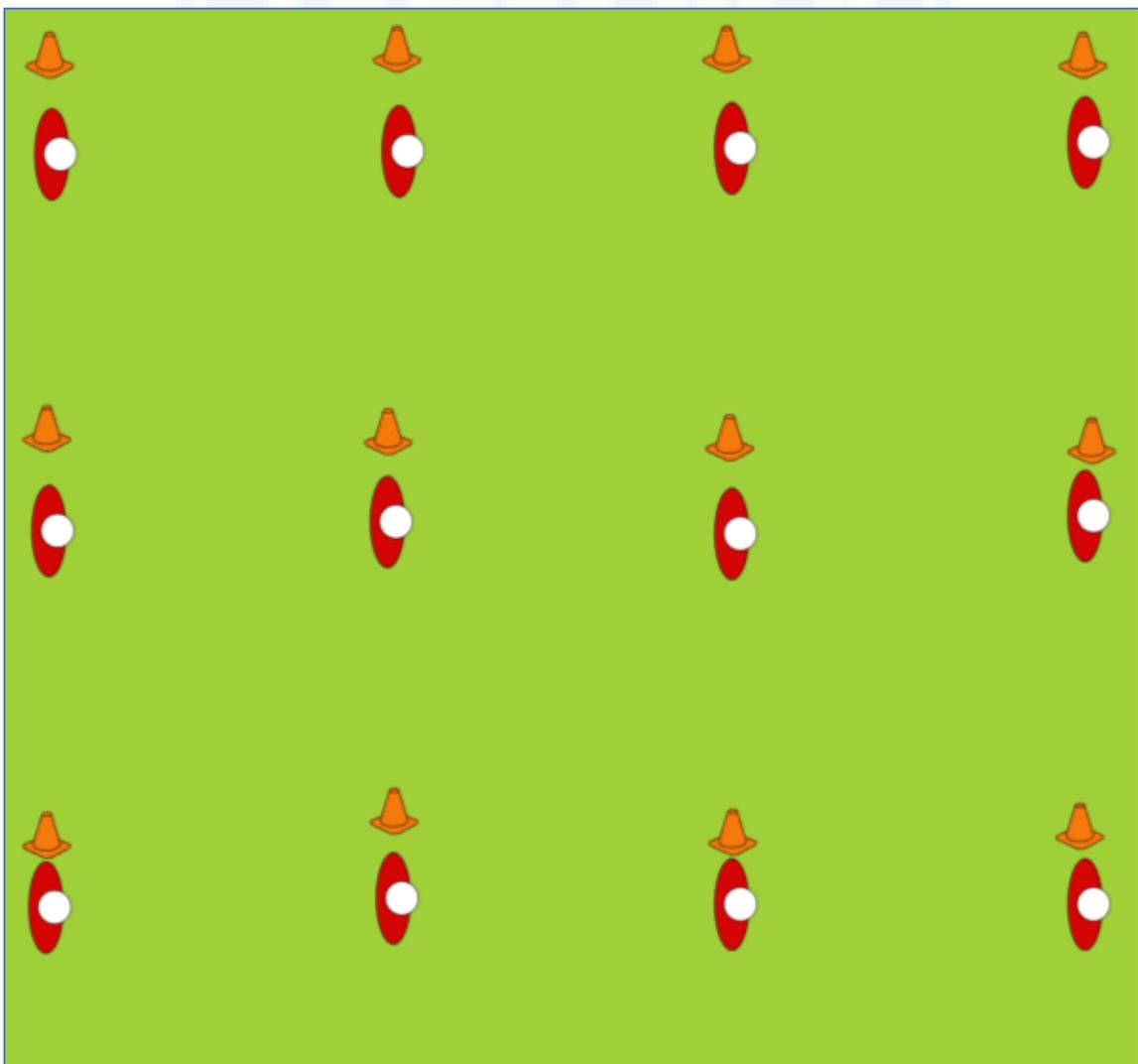


6U/8U/10U – WEEK 1

THEME: DRIBBLING / BALL CONTROL / CONDITIONING

STATION A: MARCHING

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Have players put one foot on the ball. On the coach's command, have the players switch feet. **Try and get the players to bounce from one foot to another.**
- d. **End Goal (Takeaway):** Ball control! This is a very beginner version of toe taps.
- e. **Remember:** Always be encouraging and MAKE IT FUN!

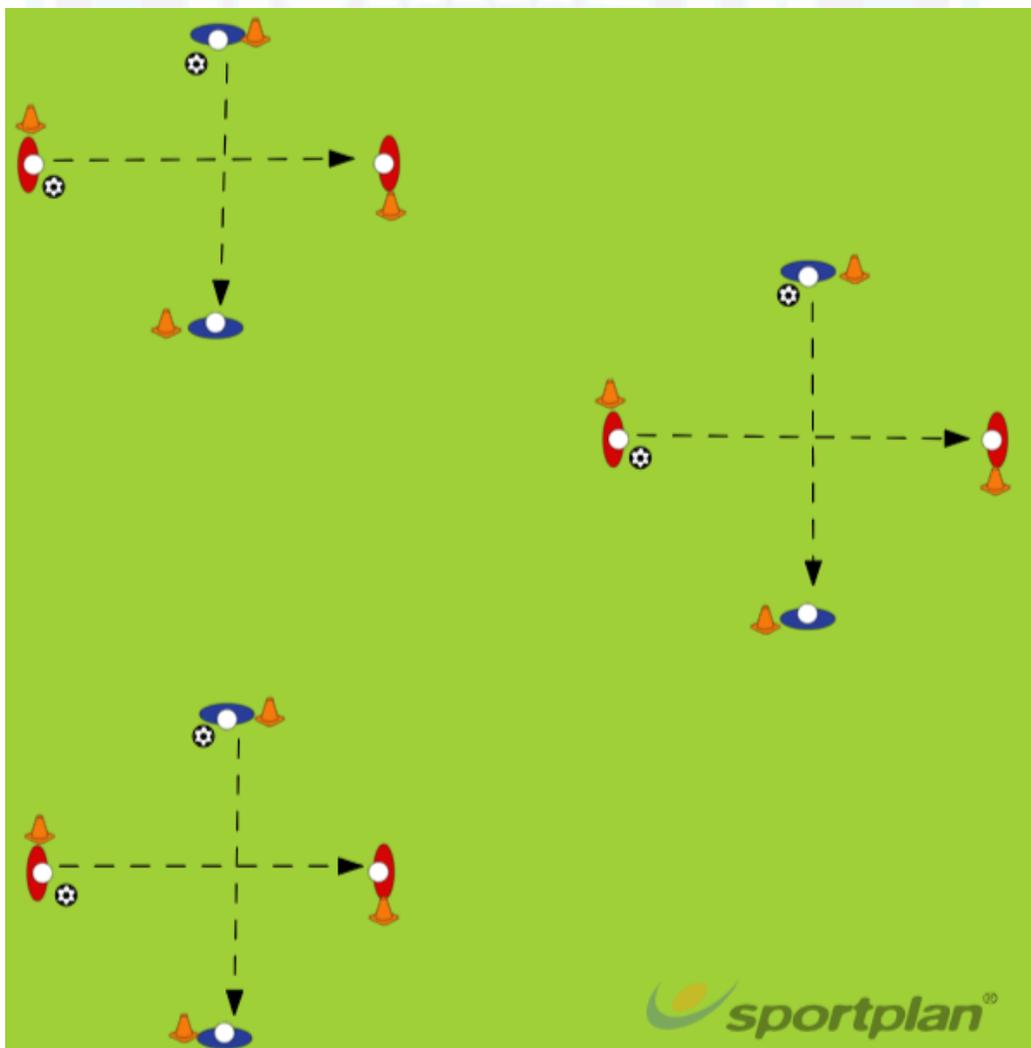


6U/8U/10U – WEEK 1

THEME: DRIBBLING / BALL CONTROL / CONDITIONING

STATION B: BUMPER CARS

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Set up two players 10-15 yards apart going east - west. Another team of two players going north - south. Their passing lanes would look like a + sign. (4 players per station, as many stations as needed) Players on the first team (passing team) pass to each other back and forth. Players on the second team (shooting team) try and hit the first team's ball by passing to each other. If a ball is hit/deflected by the shooting team, then the teams switch, and the shooting team now becomes the passing team. **Try using one-touch passes, use weaker foot, alter passing distance.**
- d. **End Goal (Takeaway):** Teaching players to hit a moving target, accurate passing and trapping.
- e. **Remember:** Always be encouraging and MAKE IT FUN!



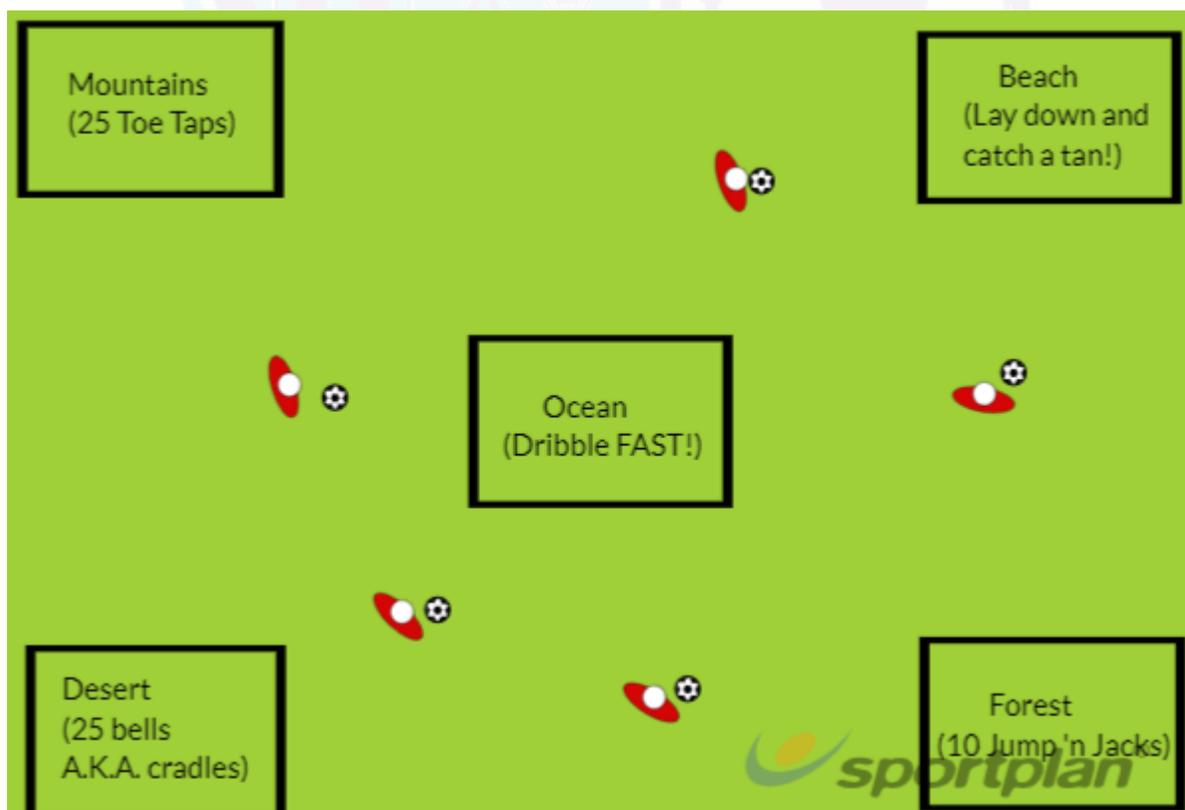


6U/8U10U – WEEK 1

THEME: DRIBBLING / BALL CONTROL / CONDITIONING

STATION C: TRAVEL THE WORLD!

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Every player has a soccer ball. The coach will call out the areas named in the diagram.
 1. **Mountains:** Players dribble to mountains and do 25 toe taps to climb up the steep ridges of the mountain.
 2. **Desert:** The sand is super hot! Players dribble to the desert and do 25 bells (AKA cradles) to keep their feet cool
 3. **Beach:** Players dribble to the beach as quickly as possible and then lay down, to catch a tan.
 4. **Forest:** Players dribble to this grid and do 10 jump ‘n jacks in order to jump from tree to tree in the forest.
 5. **Ocean:** If players choose to dribble through the ocean, they must go really fast otherwise they’ll sink! **Coaches may need to divide team into smaller groups so that too many kids aren’t too close together. Group A can visit the beach, while Group B climbs in the mountains, for example.**
- d. **End Goal (Takeaway):** Controlling the ball while moving, following commands from the coach.
- e. **Remember:** Always be encouraging and MAKE IT FUN!



6U/8U/10U – WEEK 1

THEME: DRIBBLING / BALL CONTROL / CONDITIONING

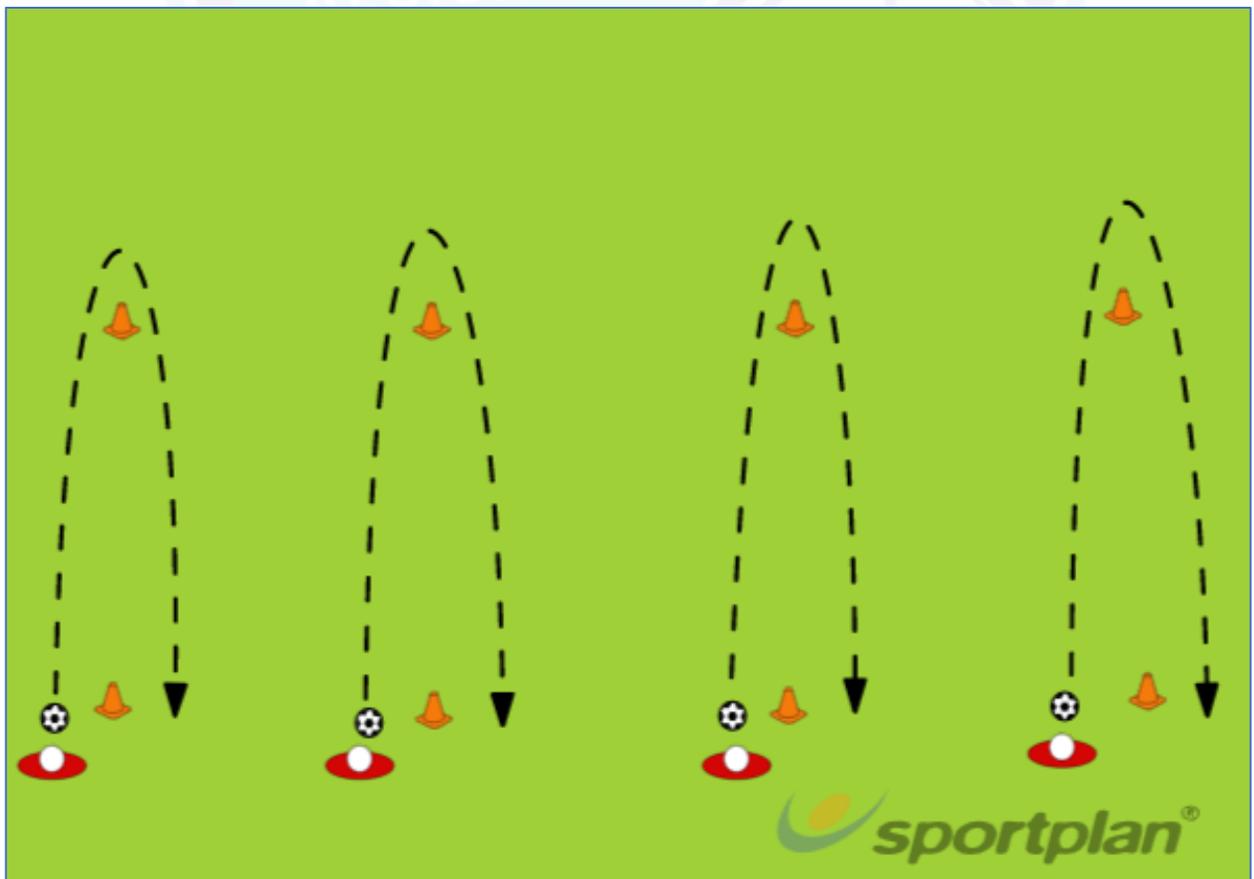
STATION D: BASIC DRIBBLING

- a. **Timeframe:** 2 MINUTE WARM UP, then 12 minutes on weekdays, 10 minutes on Saturday
- b. **Set-up:** Stations will be set up prior to coaches and players arriving
- c. **Player Instructions:** Players will start on one cone and dribble to and around the cone ... back to starting point. You can have 2 kids behind each starting cone - six feet apart. When the first player turns the cone, the next player can begin.

1. Dribble on left side of cone and left foot - use inside cut to turn.
2. Dribble on right side of cone and right foot - use inside cut to turn.
3. Dribble on left side of cone and right foot - use outside cut to turn.
4. Dribble on right side of cone and left foot - use outside cut to turn.

Try and get the players to alternate from one foot to another.

- a. **End Goal (Takeaway):** Controlling the ball while moving! When players start to get comfortable with dribbling, have them do it with their eyes up!
- b. **Remember:** Always be encouraging and MAKE IT FUN!





6U/8U/10U – WEEK 1

THEME: DRIBBLING / BALL CONTROL / CONDITIONING

- (1) Full Session Timeframe is **60 minutes**.
- (2) Timeframe per station during weekday should be about **12 minutes per station**.
- (3) Timeframe per station on Saturday should be about **10 minutes per station** to leave time at the end for the competition.
- (4) Quick water breaks can be taken in between stations, and of course anytime a player may need water or a break, they should be allowed.
- (5) Competitions: During eliminations, when players are “eliminated” coaches should encourage them to continue the activity until the competition is over. Avoid players standing around!

Coaches: Remember to be creative! Take advantage of coachable moments and teach the players all while making it FUN! Feel free to adapt the session to your players’ skill level. Use speed, space, and opposition to either make the session easier or more difficult!

Week 1 Dribbling/Ball Control/Conditioning Competition

Station A – Marching. Give players 1 minute to perform the activity. Players should count the number of successful times they are able to switch feet on top of the ball. If players are able, have them do more complicated toe-taps.

Station B – Bumper Cars. See how many successful passes that each team can get in 30 seconds without ball being hit/deflected. If ball is deflected, players must retrieve and dribble back to original spot to resume.

Station C – Travel the World. Have players visit all 4 corners of the world while going through the ocean each time. Who can travel the world the fastest? Who has best control of the ball?

Station D – Basic Dribbling. Make it a race. Who can dribble around the cone and back the fastest without losing control of the ball?