

Age	U5
Season & Session	Fall – Number 4
Topic	Dribbling, Stopping and Striking the Ball

Activity Description	Diagram	Coaching Points
<p>Activity: Cone Coach</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: The coach has a supply of cones. Players start by dribbling around the area. The coach tries to chase players down & place a cone on player's balls. If the coach succeeds, players must do a fun punishment before continuing. Progression: Allow players to be the cone catcher. 		<ul style="list-style-type: none"> How do we avoid getting caught by the cone catcher? By changing direction. How do we change direction with the ball? By using the inside and outside of the foot. How do you see the cone catcher while dribbling? Dribble with our heads up.
<p>Activity: Body Brakes</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Players dribble around the area with a ball each. Coach calls out the name of a body part. Players try to stop the ball with that body part. 		<ul style="list-style-type: none"> How do we keep the ball close when we dribble? By taking little touches. How can we stop the ball quickly? By using the sole of the foot.
<p>Activity: Everybody's It</p> <ul style="list-style-type: none"> Area: 20 x 20. Activity: Each player dribbles within the area attempting to tag anyone while keeping control of their ball. Each time a player tags another player they receive a point. 		<ul style="list-style-type: none"> How do we keep the ball close when we dribble? Taking little touches. How do we change direction with the ball? By using the inside and outside of the foot. How do you see the other players in the grid while dribbling? Dribbling with our head up.
<p>Activity: Obstacle Course Shooting</p> <ul style="list-style-type: none"> Area: Place ones 5 yards apart, as shown, with a goal at the end. Activity: Place players into small groups and give each team an obstacle course. Players complete the course one at a time and shoot at the end. Once a player has shot the next player can go. Once all players have been the course is completed. 		<ul style="list-style-type: none"> What surface of the foot should we shoot with? Laces. Where should we shoot? Into the corners.