

# Week 1 Instructions (U4-U6)



## PREPARATION

10 x 10 area

## PLAYERS

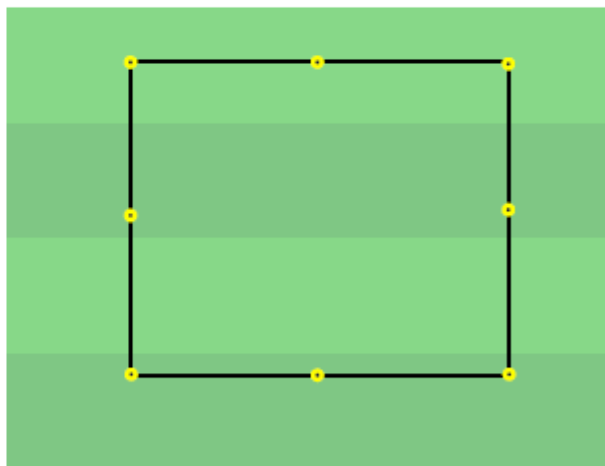
1 players

## INSTRUCTIONS

Setup: Use 4 to 8 cones to create a 10yd x 10yd box. This will be used for both drills tonight. No other setup required.

This week's drills focus on dribbling. At this age, our focus is more on creating a fun learning environment than critiquing their technique. Many of the drills used this season are mini games to keep the kids engaged in the learning process.

After introducing yourself, you can ask the kids which part of the body they use for soccer (foot). Then, mention that they should use soft kicks with the top of their foot to dribble the ball.



# Free Dribble



## PREPARATION

Cones required

## PLAYERS

1 players  
(1 ball per player)

 **5 min**

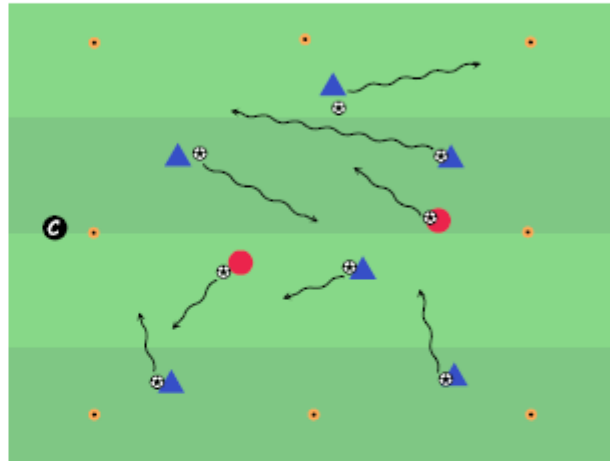
5 reps  
1 min +

## INSTRUCTIONS

Each player has their own ball and should be spread out. Players will simply dribble the ball in any direction while remaining within the area. Encourage them to look up occasionally so they don't run into their teammates. Also encourage the use of different parts of the foot (laces, outside of the foot, inside of the foot, bottom of the foot).

Variations:

- 1) Incorporate a random "stop" and "go" command from the coach
- 2) Add an option for the kids to stop dribbling when they get next to the coach or a teammate, give each other a high-five, and then resume dribbling until they reach another teammate. For added fun, see how many high-fives everyone can get.



## COACHING POINTS

- Key Words: Keep the ball close, find openings
- Guided Questions: How do you keep the ball close?
- Answers: Use soft touches to keep the ball close.
- Coaching Tips: "Look up", "Little touches"

# Red Light/Green Light



## PREPARATION

Cones not required

## PLAYERS

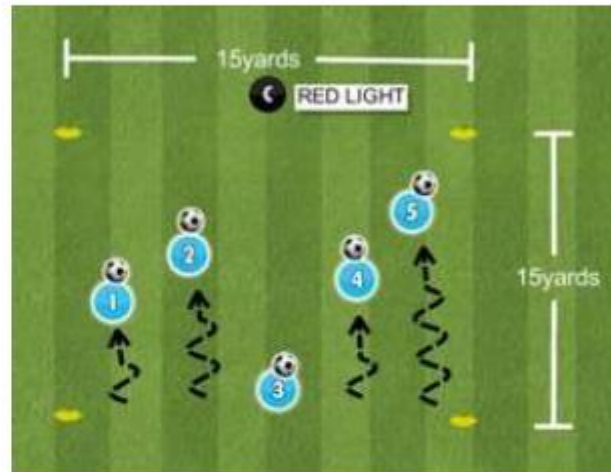
1 players  
(1 ball per player)

## INSTRUCTIONS

Each player has their own ball. All players start at one side. When the coach says "green light," the players should dribble forward toward the coach using gentle kicks. When the coach says "red light," the players should stop the ball by placing their foot on top of the ball.

### Variations:

- 1) If a player continues to dribble during a "red light," they should return to the starting line.
- 2) Coach can include a "yellow light" for a slower dribble.
- 3) Coach can move around within the area, requiring players to look up to find their target.



## COACHING POINTS

- Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)
- Which part of your foot can you stop the ball with? Get close to the ball and softly touch it with the bottom of the foot to stop.
- What part of the foot will help you go faster? Use your laces to push the ball forward.
- Coaching Tips: "Listen and stop", "Little touches", "Stop with foot on the ball"