

Coaching Outline

Name: Valley AFC Recreational Camp - 6-7 year olds

Topic: Dribbling and Ball Control

Area: Half Field

Objectives: Get players comfortable with ball and learn moves

Organization and Equipment:

Field Players: 8-10

Goalkeepers: 0

Balls: 10

Other Equipment: Discs, Tall cones or flags

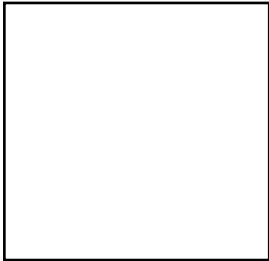
▲ = cone

● = ball

— = pass or dribble

- - - = run

Warm Up: Moves



Set Up: Grid is 20X20, each player has a ball

Objective: To learn moves.

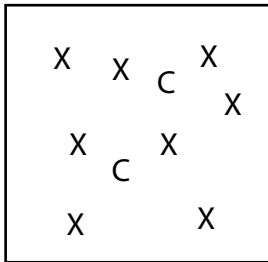
Rules: Demonstrate to the players each move - have them dribble and try move

1. Rollover - Player has the ball out to the right side. They use the bottom of their right foot to rollover the top of the ball.

2. Stop-Start - Player stops the ball with the bottom of their foot and starts back up immediately with the laces. Change of speed is necessary.

Coaching Points: Really sell the move, explode away, body position low, knees bent.

Exercise 1



Freezeman

Setup: Grid is 20x20, each player has a ball

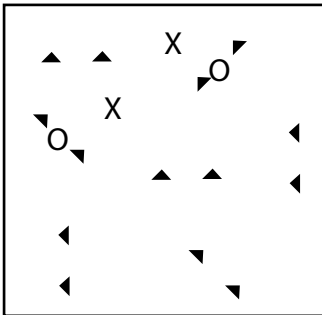
Objective: Have them try and do the moves under pressure.

Rules: Each Player has the ball. The coaches are taggers. To freeze the tagger the a player can do a dragback or a cruyff, and the tagger is frozen for 3 seconds. If they get caught they must go to the designated area and do two juggles to get back into the game.

2. Play again with 2-3 players as the Freezeman.

Coaching Points: Really sell the move, explode away, body position low, knees bent.

Exercise 2



Setup: Grid is 20X20, there are gates set up throughout the grid that are 3-4 yards wide.

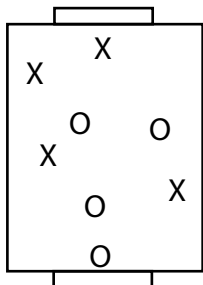
Objective: Have them try and do the moves under more pressure.

Rules: 1. The players are in pairs. One player is the defender and must stand in the gate. The other player tries to get past them through the gate.. They play for a minute and then switch offense and defense. Then switch partners and play once more.

2. Now the players play 1v1 to all goals. If the defender takes the ball they become the attacker and start scoring goals.

Coaching Points: Change of speed, change of direction, sell the moves.

Final Game



4v4 Continuous Game

Setup: Grid is 30x25, there are two goals, one on each endline, players are in equal teams, there are no goalies.

Rules: Players score a goal by dribbling through the goal. Have two-three balls in play at a time. If the ball goes out the coach has two balls in his hand at all times and just plays a new one in. Once a player score a goal they pick up the ball and bring it to the coach.

Coaching Points: Encourage moves and creativity. Don't worry if it looks chaotic, that is good. You want as much movement by the players and as many touches as possible.