



Active Start Session 4 U6

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

Mud Monsters

Dribbling

Organization:

Players spread out inside the 20 x 16 yard area.

2 players are without a ball and become the "Mud Monsters."

Procedure:

Facilitator allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid (Jungle). Mud Monsters attempt to tag the dribbling player. If a player is tagged, they pick up their ball and hold it above their head and stand with their legs apart, screaming "Help Help I'm stuck in the mud" Players who are still dribbling have to free a player by passing the ball through their legs and collect the ball on the opposite side and continue dribbling.

Emphasis: Close control, lots of touches, change of pace, change of direction. FUN!

Additional Notes: If this seems too challenging ask the volunteer coaches to be mud monsters, or even have the childrens parents play along side them.



Traffic Lights (15 mins)

Organization

- 3v3 Size Field
- All players have a ball
- Coach stands at the side of the field with 4 different pinnies

Activity

- The players move around the area with the ball at their feet, the coach encourages the players to try and use different parts where possible.
- As the players dribble the coach raises different coloured pinnies or cones. Green means move quickly keeping the ball under control, Red means stop, Orange means skill of teh coaches choice.
- Make it competitive by the first player to do 5 of the skill wins a point.

Coaching Emphasis

- Players need to keep their heads up to see the pinnies/cones
- Keep the ball close when dribbling



Numbers Game (10 mins)

Organization

- 3v3 Field
- Two groups of players
- Players line up on opposite sides of the field
- One goal at each end of the field
- Coach stands in a corner with the ball at his feet

Activity

- Both teams number themselves 1 to however many they have in their team
- On the call of their number players on the blue team will run around the goal to their right and then step on to the field calling for the ball from the coach
- The red player will do the same but run around the goal to their right
- The players will then go 1v1 to score

Progressions

- Have the players start in different positions e.g Sat Down
- Call out more than one number at a time

Coaching emphasis

- Be creative to beat the player
- Highlight the need to change speed and direction
- Look for space by keeping head up



