# Lesson Plan

## Activity Name | Description | Diagram | Coaching Points
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### 1 BALL MASTER

Each player should have a ball.

The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.

- Listening skills
- Problem solving
- Dynamic dribbling

**Q.** How do you know where the ball is?

**A.** Look down at it.

**Q.** How do you know where the Ball Master is?

**A.** Look up to see him or her?

**Q.** Then if you glance up and down can you see the ball and the Ball Master?

**A.** Yes.

### 2 SHADOW D Ribble

Each player has a ball and follows the coach.

The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.

- Dribbling & movement enhancement
- Decision making

**Q.** How can you keep close to me as we dribble our soccer balls?

**A.** Take easy touches on the ball so it doesn’t go far away.

### 3 KNEE TAG

...
In a 10 x 15 yard grid each player has a ball. The kids dribble and try to tag others on the knee to collect a point for each tag.

**4 BALLS GALORE**

Divide the players into two groups. Play on a normal 6-U game field with goals. Play a normal 3v3 or 4v4 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.

**5 3 VS. 3**

- Physical fitness components
- Dribbling & shielding skills
- Vision
- Q.: How do you know if someone is coming to tag you?
  A.: Look all around.
- Q.: Even over your shoulder?
  A.: Yes.
- Q.: Can you move your body so the tagger can’t get your knee?
  A.: Yes, I can put my back to the tagger (shielding).

- All techniques for the age group occur
- Vision
- Some teamwork
- Lots of 1v1 situations
- Problem solving
- Q.: When your team is down to one ball how can you help?
  A.: Be near the ball to receive a pass.
<table>
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<td>Lesson Plan</td>
<td>Age: 6-U</td>
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- 2 goals  
- 1 ball  
- No goalkeepers

Play a 3-on-3 or a 4-on-4 match according to US Youth Soccer modified rules for the 6-U age group.

- Summation of all challenges for the players.  
- Stay out of their way and let them PLAY!

Q.: How do you know when to shoot from your dribble?  
A.: Glance up while I’m dribbling to see the goal and then shoot when I am close to it.

Low Fives All Around – Water – Go Home