



Coach Education 6U Nuggets

DRIBBLING

Is there anything more exciting than watching Sophia Smith or Christian Pulisic dance majestically past opponents? Therefore, it's important to encourage 6U players to dribble freely and express themselves to gain confidence with the ball. Remember, there's a good reason why young players want to have the ball all the time...it's FUN!

COACHING POINTS

- Head up as much as possible (to see the field as well as ball)
- Knees slightly bent and body leaning slightly over the ball for balance
- Arms relaxed and used for balance and protection
- Touch the ball softly using all major surfaces of the foot
- Keep the ball close and under control
- Touch the ball every step or so (ball should never be more than one step away)



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



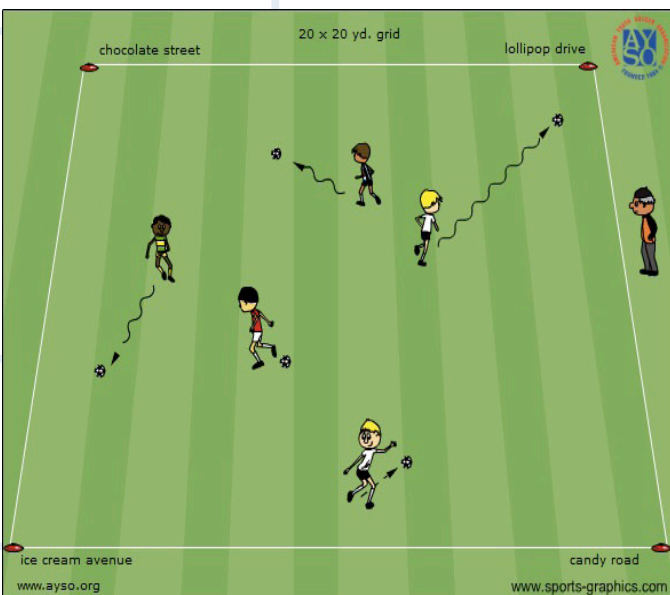
SOCCER CITY



click to animate

Organization:

- Mark a 20 x 20 grid (adjust as needed)
- One ball per player



How to Play:

- Players explore Soccer City by driving in various directions throughout the city limits.
- Three speeds (and sounds):
bike = slow; truck = medium; sports car = fast.

Progressions:

- Left foot, right foot; outside foot, inside foot.
- Engine revving: tap ball back and forth with inside of feet (tick-tock).
- Bye-Bye (drag back turn): Player stops ball by planting standing foot next to ball, placing kicking foot on top of ball, dragging ball back across body and changing direction.
- Special destinations (one per corner): ice cream ave., candy road, chocolate street, lollipop drive. Upon command, players must change direction and drive to that location (at different speeds).