

## 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

- Keep head up
- Knees slightly bent and body slightly over the ball for balance
- Arms relaxed and used for balance and protection
- Take small touches using laces to keep the ball within one step
- Should be able to stop the ball by putting a foot on it
- Change direction - use both the inside and outside of the foot
- Accelerate after change of direction
- Take larger touches into space to move away from opponents



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Positive Coaching | Good Sportsmanship | Player Development



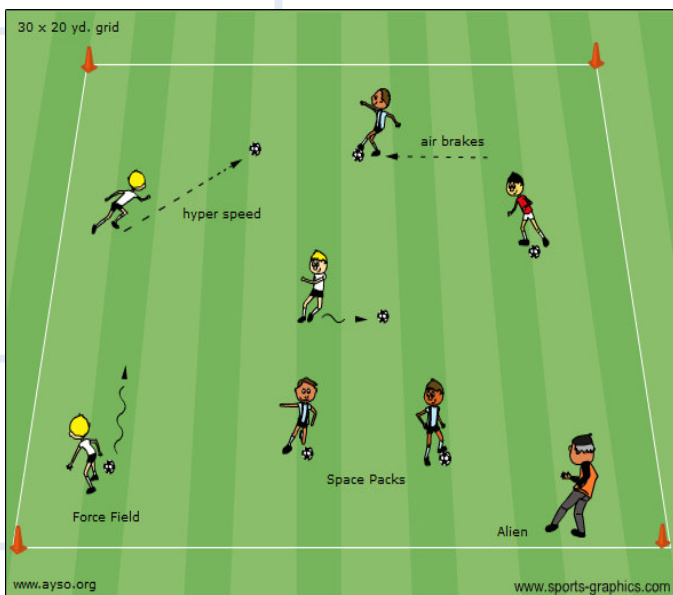
## Galaxy Battles



click to animate

### Organization:

- Mark a 30 x 20 grid (adjust as needed)
- One ball per player



### How to Play:

- Players must keep their ball within the grid (spaceship) or risk losing it in space. They will receive various commands to dribble their ball during this galactic adventure.
- Cruise: Dribble at a light pace around the spaceship (both feet).
- Hyper Speed: Dribble the ball as fast as possible.
- Alien (Coach): Can enter the spaceship at any time and knock the player's ball into space.
- Air Brakes: Each player must stop and place their foot on top of the ball. If a player does not stop the ball quickly enough, the Alien can kick the ball into space.
- Force Field: Each player must find an area away from others. If a player does not find a space beyond arm's length of another player, the Alien can kick the ball into space.
- Fighter Pilots: Each player must find a partner and sit down behind each other. If a player can't find another Fighter Pilot, the Alien can kick the ball into space.
- Space Packs: Players find a partner and jump on each other's back.
- When a player has to go out of the spaceship to retrieve their ball, they must cover their ears with their hands to prevent internal body explosion.

### Progressions:

- Left foot, right foot; outside foot, inside foot.