

## U6/U8 – Week 3 (for beginning players)

### **HOW TO TEACH KIDS TO DRIBBLE A SOCCER BALL**

Dribbling can be taught to very young players, including soccer tots younger than 4 years old.



#### **Step 1**

Allow children to kick the ball with the inside of their feet around a designated area. Discourage them from kicking with their toes.

#### **Step 2**

Show the children they can also use the shoelace area, called the instep, to push the ball. Teach them to use both feet. Demonstrate kicking with the outside of the foot and the underside. Stress they should use every part of the foot.

#### **Step 3**

Set up a slalom course of cones. Conduct a drill where the kids dribble through the course using only the outside of their feet. Have them roll the ball down the field using the bottom of the foot, then use the other foot on the way back.

#### **Tips and Warnings**

- If you are coaching children ages 4 to 6, keep them moving and talk as little as possible. Make dribbling a game, having them never touch the ball with their hands, even using their feet to remove the balls from the coach's carrying bag. If you are teaching ages 7 to 10, gauge the attention span of the children. Some will be like preschoolers and need fun and distracting games; others will be playing pickup games at recess, gaining dribbling skills rapidly and ready to move on to signature dribbling moves developed by pro players.