

## U5-U7 Skills & Drills

### Dribbling

- Make a Grid with Cones according to size of number of players
- Emphasize on Creating Space, Changing Speeds, and Changing Directions
- DRIBBLING SKILLS: Inside/Inside, Tap/Tap, Roll/Roll,(Boxes)
- TURNS: Inside Cut, Outside Cut, Roll Turn

### Fun Games

**Body Part Game:** Have Kids dribble ball inside grid, Coach yells out a body part and players must stop ball with the body part.(foot, knee, head, elbow etc.) make it fun!!

**Pac Man:** pick one player to be packman, all other players have a ball inside the grid, Pac Man's job is to try to kick players balls out of grid, once players ball is kicked out, he/she joins Pac Man to help kick balls out of Grid, Last 2 players are champions.(Emphasize on players with ball dribbling into space and keeping their ball close to their feet)

**Sharks and Minnows:** Have 1 players start at SHARK, All other players are MINNOWS with a ball, Start all Minnows outside of grid with ball, Shark is in middle of grid without a ball, The Shark yells SWIM, When Minnows here this they must dribble there ball through the Grid to get to other side without getting there ball stolen by Shark, If ball get stolen, that minnow becomes a Shark to help steel other Minnow Balls until you have a Champion.

**Red Light/Green Light:** Same as School Yard game but each player has a ball; Coach can start at Stop Light.

**Hit the Coach:** Players each have a ball, Coach is the target as he walks/Jogs through grid while players are trying pass/Kick balls at Coach (Emphasize on keeping their head up while dribbling)

**Dribble Through Gates utilizing Turns:** Make 8-10 gates in different directions around field, each player has a ball and must dribble through all the gates without hitting a cone or bumping into another player, add in Inside and outside Cuts through the gates, test their ability on how many gates they can go through in various times.

**Knock out, 5 Point Knock out:** Knock out same kind of drill as Pac Man, each player has a ball and must dribble and try to keep his ball without players trying to kick there ball out of square, as players get eliminated make grid smaller to test their ability in small spaces. Have 2 Champions and then challenge the rest of players to make sure those 2 Champs do not win again.5 point knock has everyone starts with 45 points, once your ball get knocked out you come back in with 4 points and so on. Have this timed in 30 second games and challenge your players to try to have 5 points after 30 seconds.

**2 Goal Number Game:** 2 Goals 20 yards apart, split teams equally and number them eg 1- 5,Coach has all balls on side, Players are on opposite goal lines, Coach yells out a number and kicks ball into middle, both players go 1v1 to try to score, Coach can yell 1,2,3 or 4 numbers at a time to play against each other. Challenge the teams and make sure your number players equal to skill.

### Coaching Points

- Do not Over Coach
- Demo everything first
- Training should be Game Related
- Start Basic, Repeat, then Advance