



## U5-U6 Dribbling Games

Category: Technical: Ball Control

Difficulty: Beginner

Gonzalo Sanchez

### Description

These dribbling games are setup to where no players are ever truly out of the game but still incorporates being competitive.

### Red Light Green Light (10 mins)

#### Red Light Green Light

Coach calls out different colors to ask players to do certain actions with the ball

Red - Stop

Green - Fast

Yellow - Slow

Makeup other colors that indicate a certain action or move

Orange - slow then fast

Purple - Turn move

Blue - Foundation/other move

Coaching points

- Head up
- Small touches
- Change of speed



### Dino Tag (10 mins)

#### Dino Tag

Setup several triangles with cones. U5 go against their parents, U6 can go against each other and switch opponents.

One player is the T-Rex and the other is a Triceratops. T-Rex chases the triceratops (player with the ball) to try and eat them. Encourage the dinosaur noises and different dinosaur types!

Coaching Points:

- Small touches
- Inside & outside the foot
- Change of speed & direction



### Island Hopping (10 mins)

#### Island Hopping

Setup a large space 20x30-30x30 with cone boxes in the corner to indicate islands.

Variation 1: U5 parents are the taggers, U6 players or coaches can be taggers.

Players dribble from island to island trying not to be tagged. If they are tagged they must do 10 of any move to get back in.

Variation 2: U5 parents are the taggers, U6 players can be taggers.

Players dribble from island to island trying to take gold from other islands. If they are tagged they must do 10 of any move to get back in.

Coaching points:

- Head up
- Small touches
- Change of speed & direction



## Sharks & Minnows (10 mins)

### Sharks & Minnows

Minnows start on one end of the space and try to get to the other end without getting their ball taken. If their ball is taken/kicked out they become a shark.

U5 parents can help their minnows get across by blocking the path of the shark(s).

Coaching points:

- Head up
- Change of speed & direction
- Small touches



## Gates Dribbling (10 mins)

### Gates Dribbling

Setup gates all over of different sizes. Players dribble around trying to dribble through as many gates as possible. U5 parents can try to stop their player from getting to a gate. Player for a minute and see how many gates they were able to cross.

Coaching points:

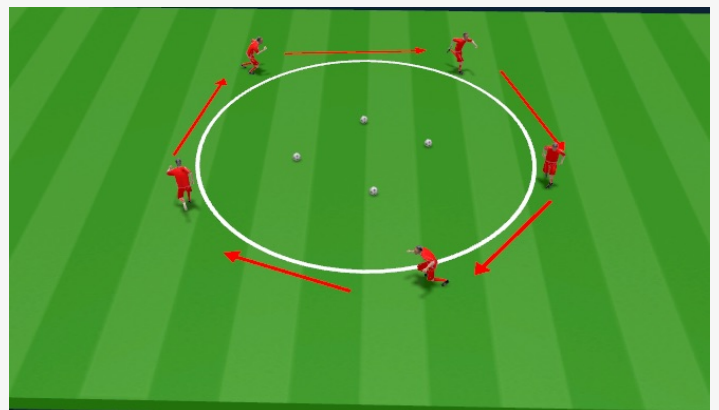
- Head up
- Small touches
- Change of speed & direction



## Musical soccer ball (10 mins)

### Musical Soccer Ball

Setup a circle and place balls inside of it (one ball less than players on the outside). Players run around the circle until the coach says (music stops) then they race to get a ball from the middle. The one player that doesn't get a ball must show their best dance move before playing the next round. U5 parents can help get the ball from the middle.



## Freeze Tag (10 mins)

### Freeze Tag

Players run around trying to keep their ball from being touched. Taggers are selected and run around trying to get to other players ball. If their ball is tagged they are frozen. Other players can come around to unfreeze them by passing their own ball through the frozen persons legs. U5 parents can help by making it difficult for the taggers to get to their son/daughter's ball.

