

Dribbling.

Some folks say kids at the U6 level can not dribble. Have you seen kids from Mexico at the U6 level? I can tell you they can dribble.

Some tips for dribbling.

#1 Keep it simple

Simply show the kids how slowly dribble from one end of the field to opposite end with light taps on the ball going forward and making sure the ball does not go too far forward (Don't worry about pull-backs, cuts, inside/outside, etc..) Simply – go forward.....then.....

#2 - Love the discs/cones.

Dribble between the discs is great. However start with a straight line.

Setup a line of discs and instruct the kids to dribble thru the “tunnel” and not to go outside the tunnel. At the end of the tunnel have the kids go around to the front and pass thru it several times. Instruct the kids to dribble slow and then try to go faster. Another option is slowly shrink the tunnel each time kids pass thru it. Another option, spread the tunnel apart and then you have two lines of discs for dribbling in between. (This is a great time saver have 3 or 4 drills with very little effort.) Variations – the tunnel can be “L” shaped or zig-zag or slight curve or a “S” curve. Which leads to.....

#3 Use both feet.

Have the kids dribble with their opposite foot. (Yes, I know it will be difficult.)

Have the kids place the ball between their feet and make a slight pass from the left foot to the right foot and back again. Slowly have the kids move around, but continue to pass the ball from foot to foot. Next step, have the kids go thru the tunnel (guess what, the dribbling that they did with one foot will become two feet. (the non-straight tunnels will be difficult, but will be easier if they can dribble with both feet.

#4 Keep head up.

Have the kids in a big circle making a small pass between their feet. Have the kids move around the circle keeping an eye on each other, so they do not collide. This will encourage the kids to keeping their head up and not looking at the ball. A variation – have the kids try to kick the ball of another player. This will add defending to this drill.