



DRIBBLING GAMES

Dribbling theme

#	Name
1	Red Light, Green Light
<p>Description: Each player dribbles their ball avoiding other players. When coach calls "Red Light" the players have to stop on the spot. When coach calls "Green Light" they start to dribble again. Coach should encourage good dribbling technique – lots of small touches on the ball, head up, move to space. Coach can add in different colored "Lights" to encourage techniques eg. Blue = pullback turn, Yellow = run fast, Black = stop and sit on ball</p>	
#	Name
2	Follow the Leader
<p>Description: Players dribble ball within a limited area, following the actions and instructions of the coach. Coach should incorporate technical moves such as pullback turn, left foot touches, acceleration stop on the spot etc, as well as fun moves such as pick ball up, toss and catch, sit on ball, run and high 5 a parent.</p>	
#	Name
3	Freeze Tag
<p>Description: One player is Frosty the Snowman. All other players dribble ball within grid. Frosty (player without the ball) tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by crawling or dribbling the ball between their legs. A player unfrozen dribbles as before. Coach should be the first Frosty and should encourage players to dribble to space away from Frosty.</p>	
#	Name
4	Dribble Tag
<p>Description: Players, each with a ball, dribble within a confined area with one player "it". He/she who is it must also dribble a ball. The game is then played like a normal game of tag with the tagger catching somebody by tagging their hand or body. The tagged player then becomes the tagger.</p>	
#	Name
5	North, South, East, West
<p>Description: All players are dribbling their ball around. Each line of the area is given a direction (North, South, East or West). Coach shouts out the direction and players have to dribble there at speed. Make it more challenging by changing the direction while players are dribbling. For younger players, coach can point a direction or use silly names to show players where to dribble.</p>	
#	Name
6	King of the Sea
<p>Description: All players are dribbling their ball around the area. Coach is the shark who tries to kick balls out. When a player's ball is kicked out, that player becomes a crab defender who can move around on hands and knees (crablike position) and knock balls out. Objective: Players should be encouraged to dribble with tight touches, to find and move into space.</p>	



#	Name
7	Chain Gang
Description: Each player lines up on the end line with a ball. Upon coach's command, all players dribble their ball to the opposite side of the grid. Coach is in the middle attempting to kick out any ball that is too far away from its owner. After a player's ball has been kicked out, the player links arms with the coach and try to kick loose balls out. When the chain gets 4 players in it, it should split off to form 2 new chains. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
8	Snake Dribble
Description: Coach makes a wavy line of cones (using 10-15 cones, 2 steps between each cone). Half of the players have a soccer ball, while the other half help keep score. Upon coach's command players dribble their ball through as many cones as they can in 30 seconds. They get 1 point each time they cross through the wavy line. Players switch roles every 30 seconds. Players must control their ball and work on changing directions quickly.	
9	Gate Game
Description: Cones are randomly placed in pairs to form "gates". A point is scored every time a player dribbles through a pair of gates. The team plays against the coach, who tries to stop them scoring points. Players must control their ball and work on changing directions quickly. They should also be encouraged to see who is in a good space to receive the ball far away from the coach.	



Let's go on an ADVENTURE!

Put yourself in the mind of a 4-6 year old...they love going on adventures. The more into it you are the more into it they will be.

Concept of Adventure Based Trainings - Theme Ideas to Tie In to Current Curriculum

Zoo Adventure	Winter/Polar Bear - Adventure	Beach Day Adventure	School Adventure
Fall Adventure	Spring Adventure	Easter Adventure	Toy Story Adventure
Castle Adventure	Jungle Adventure	Superhero Adventure	Ocean Adventure
Halloween Adventure	Disney Adventure	Lego Story Adventure	Food Adventure

SET THE STAGE

- Get to their level, crouch down, sit down on the ground or a ball and dive in. Literally grab their attention.
- SUPER HERO ADVENTURE - Who are your favorites?
- Where are we at? New York City with lots of tall buildings, skyscrapers....show them the cone boundaries.
- Put on our Super Hero outfit. I am Wonder Woman, who are you? Ask players...
- Put on bandanna, shield, boots, load up super powers

Ideas for games to tie in with Adventure Concept

Super Hero Powers - Dribbling Game - Pair Super Heroes with moves, call them out, get them moving/flying/Super Heroing. Must start at youngest ages and can make it more challenging as they get older....show sequences from basic to more challenging.

Toe Taps/Foundation/Pull Push/Roll Over/Pull Back (knees bent, arms out, see the ball, move with it)/Shoulder Fake

Clean up the City

Use pinnies to scatter all over the city. Players start at home base and then dribble ball around and practice rolling over the "garbage" to then pick it up and give to Coach (aka Wonder Woman). Repeat a few times.



Super Hero Obstacle Course

Use 2 goals. Set up activities and pair up fun Super Hero actions to go with it. Have players end up taking a shot on goal. Here are some ideas for activities:

Toe Taps in a box - aka "loading up our powers"

Dribble through cones - aka "flying through buildings to protect the city"

Jump over tall cones - aka "jumping over sky scrapers"

Shot on goal - aka "shooting your powers to get the treasure"

4v4 with Pugg Goals

Encourage Soccer, not just kicking. Try and do something with the ball - dribble/pass/shoot/shield (protect)

Important Coach Demeanor:

Tone of Voice, loud and positive tone

Using names, praising players, teaching and showing

Energy, smiles, not over explaining, showing and doing for all kinds of learning style