

8/27/05 PRACTICE 5:00 - 6:15 PM

KARLY
KATHRYN
JUSTIN
CHRISTOPHER
MAGGIE
MATTHEW
ALISSA
RILEY

U6

I BALL FAMILIARITY | DRIBBLING | WARMUP

A. DIDDLEY-DO'S (RECAP) - "TOE TOUCHES"

1. INTRODUCE MOVING AROUND W/ THIS TECHNIQUE (POINT-PLAYERS MOVE)

B. DIDDLEY-DEE'S (INTRODUCE) - "PENDULUMS"

C. DRIBBLING IN GRID ** INTRODUCE PENALTIES FOR ANY CONTACT WITH OTHERS

1. REINFORCE COACHING POINTS

↳ BABY STEPS | HAPPY FEET, HEAD UP | LOOK FOR SPACE, AVOID OTHERS

2. INTRODUCE "DRAG BACK" MOVE

a. HAVE PLAYERS DRAG BACK ON COMMAND

b. ENCOURAGE TO DO IT ON THEIR OWN WHEN IN "TROUBLE"

3. USUAL GRID GAMES (FIRST TO STOP, MOST SPACE)

II 2 GRIDS BACK TO BACK

A. SPLIT PLAYERS INTO 2 SQUARES EVENLY ** PENALTIES FOR CONTACT

1. ON COMMAND - PLAYERS STOP THEIR BALL, RUN TO OTHER SQUARE & CONTINUE DRIBBLING W/ ANY AVAILABLE BALL
2. ON COMMAND - PLAYERS TAKE THEIR BALL INTO OTHER SQUARE & CONTINUE DRIBBLING.

III RELAY RACES

IV 4 v 4 (OR APPROPRIATE) ** PLAY ON LARGER FIELD THAN GOAL BOX. ENFORCE THROWN-INS, ETC.

A. 1 POINT FOR GOAL

B. 5 POINTS FOR DRAG BACK

C. 10 POINTS FOR DRAG BACK TO AVOID OPPOSING PLAYER