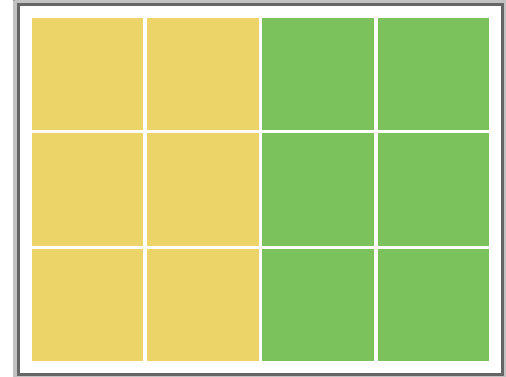




Materials Needed



20 x 25 playing field

- Group of players
- 16 Cones
- Large supply of balls

“Body Part Dribbling” (Dribbling/Ball Control)

Appropriate for ages 6 - 8 (10 - 15 minutes)

Set Up and Progressions:

In a designated area, determined by the coach and number of players, all the players dribble a soccer ball. When the coach calls out the name of a body part, players must touch the body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once. (i.e. both hands or both feet.)

Objective:

To develop confidence in the players ability to manipulate the ball and keep it under control.

Coaching Points:

- Head up while dribbling
- Bend knees and stay on balls of feet
- Lots of touches to ensure close control