CHALLENGER SPORTS™

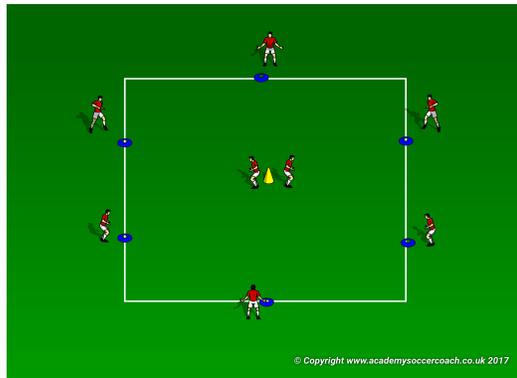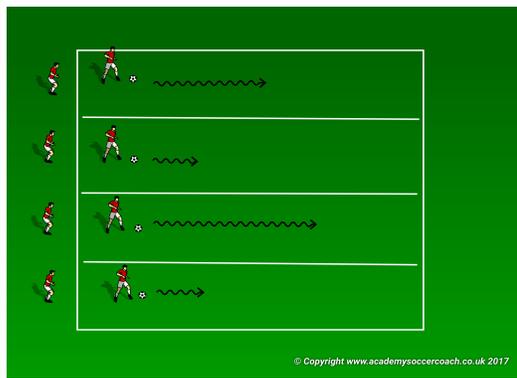|			
Organization:	**South Hills/Elk River**	Week:	**1**
Age Group:	**U6-U8** ▼	**60**	Minutes
Category:	**Recreation**		

Topic: Dribbling

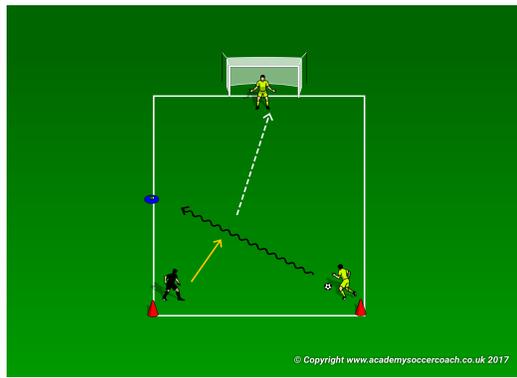**Objective:** Technical: Running with ball, stopping ball, dribbling ball, ball striking. Motor: Running, Catching
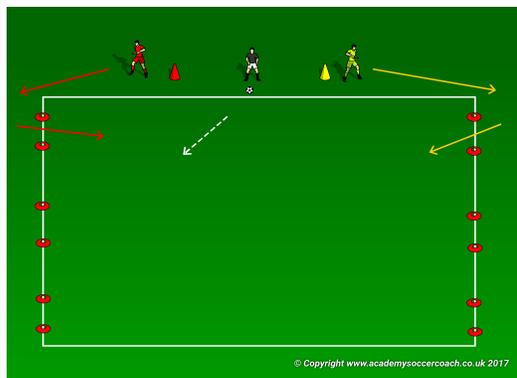

Session Part: Initial Game

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Organization — Time: 10-15

Area:	15x15
Numbers:	All Players

All players have a ball. 6 players start by blue cones (home) and 2 by the yellow one in the middle. On the signal from the coach the players on the blue cones must leave there home and try to reach a new one. The players on the yellow cones who do not have a home must try and move to occupy one that is available. The 2 players last to a blue cone become the middle players for the next round.
Can start without balls

Progressions	Coaching Points
b) introduce balls and points system (lose a point if you don't get to a blue).	Awareness of other players and where to dribble Close control/stopping ball Dribbling quick

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Session Part: Technical

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Organization — Time: 10-15

Area:	8x12 channels
Numbers:	All players, groups of 2

Players run/dribble the ball from one end to the other using the technique prescribed. Once at the other end the next player goes.
1 = sole rolls. 2 = sole rolls while skipping. 3 = lateral rolling. 4 = running with the ball using inside of the foot. 5 = dribbling and stopping (using sole every 4-5 touches).

Progressions	Coaching Points
	Keep ball close and under control Look up when possible

Session Part: Technical Game

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Organization — Time: 10-15

Area:	10x15
Numbers:	All players, 2 groups

Squashers
One group squash the ball and play Goalkeeper, the other group shoot. Change roles after 4-5 minutes.
Squashers (yellow) dribble ball towards the blue cone, as they are dribbling the shooter calls out 'squash'. At this point the ball is stopped (using sole) and the shooter runs up and shoots the ball.

Progressions	Coaching Points
b) competition between groups, 1 point for goal, 1 point for a save.	Dribbling under control Using the sole to stop the ball Shooting technique

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Session Part: Final Game

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Organization — Time: 10-15

Area:	15x20
Numbers:	2 teams

1v1 3 goal game. 3 x 3 yard wide goals on the sides of the field.
2 teams who start either side of the coach. First player from each team runs around the area, through the first goal and play 1v1. Coach plays ball in to 1 player.
To score a player must dribble through one of the goals.

Progressions	Coaching Points
b) give each goal a number, coach calls out number and players have to run through that goal onto the field. c) play 2v2/3v3	Head up to find open goal Use dribbling skills to get around opponent Run with ball in space

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