

# LESSON PLAN: "US DRIBBLING WITH HEAD UP"

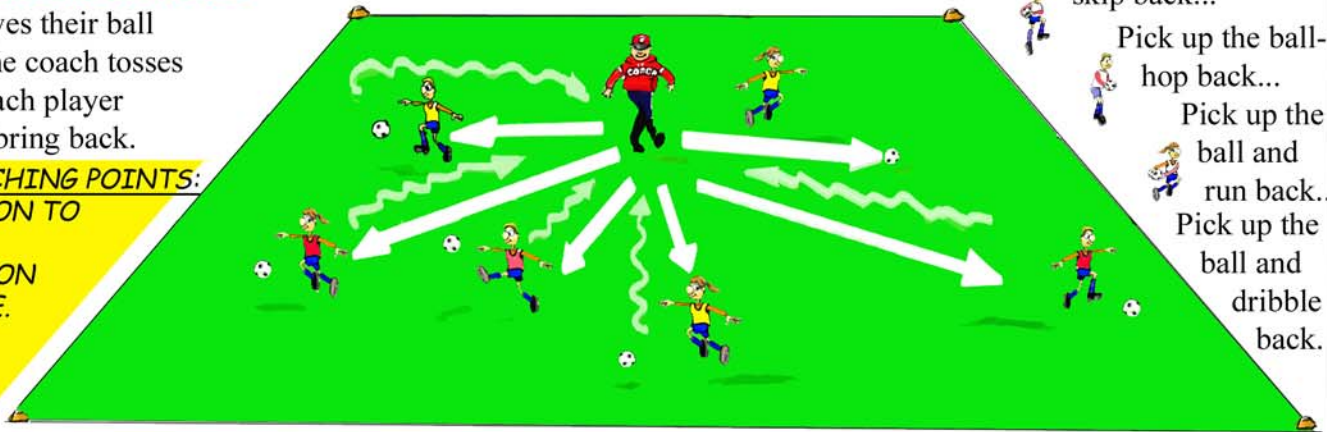
## WARM UP: RETREIVAL ACTIVITY

Each player gives their ball to the coach. The coach tosses a ball out for each player to collect and bring back.

### PURPOSE/COACHING POINTS:

- \*INTRODUCTION TO DRIBBLING.
- \*COORDINATION AND BALANCE.

PLAYERS MUST DRIBBLE WITH HEAD UP!!!



Pick up the ball-skip back...

Pick up the ball-hop back...

Pick up the ball and run back..  
Pick up the ball and dribble back.

## 2ND ACTIVITY: MAZE GAME/RED LIGHT-GREEN LIGHT

All players are in a grid. When the coach says, "Green", players dribble their ball. When the coach says, "Red", players stop the ball with the bottom of their foot.

### GUIDED DISCOVERY QUESTIONS:

- \*WHAT PARTS OF YOUR FOOT CAN YOU USE TO DRIBBLE?
- \*WHERE SHOULD YOUR HEAD BE WHEN NO ONE IS TRYING TO TAKE THE BALL FROM YOU???



Progress to a coach holding a colored cone or t-shirt. The coach now doesn't say anything, simply raises the item up for the players to see...

COACHING POINT: KEEP THE BALL CLOSE...

## 3RD ACTIVITY: DIRECTION GAME

"Traffic" All players on the goal line. They must dribble from one line to the other. The coach calls, "Red" or "Green". Players dribble on "Green" and stop on "Red". If the ball is not stopped, then that player goes back even with the last player. Cones are spread around the area as "Pot-holes"

### GUIDED DISCOVERY QUESTIONS:

- HOW FAR SHOULD THE BALL BE AWAY FROM YOU?
- WHY DO YOU WANT TO AVOID A POT-HOLE???



Again, progress to a coach holding a colored cone or t-shirt. The players now look up and react to the coach's instruction and avoid pot-holes.

## 4TH ACTIVITY: 3V3 GAME-NO GK'S

Encourage players to be brave with the ball!



©2008 BARKEY

www.barkeycreative.com



3v3 is really 1 against 5 at U6