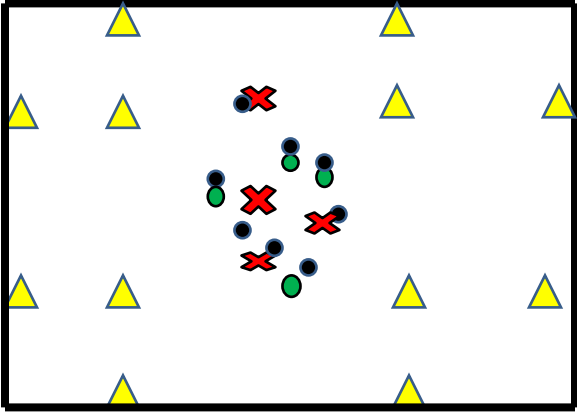


Practice Activity

| | | | |
|-------------------------|---------------------------|-------|-----------|
| Age Group | U6 | Topic | Dribbling |
| Activity Name | Restaurant Dribbling Game | | |
| Key Learning Outcome(s) | | | |

| | |
|---|---|
| <p>Illustration Diagram</p> <ul style="list-style-type: none"> - ---- player path - ——— ball path - x attacker - o defender  | <p>Organization:</p> <p>To include</p> <ul style="list-style-type: none"> - 20x 20 Area - Each player with a ball - One square for every two players |
|---|---|

Instructions

1. Name each square (Restaurant, Place, TV show, etc)
2. Coach calls out the name of the square and players have to dribble to that square.

Coaching Points

1. Surfaces of feet
2. Head up
3. When to keep the ball close or far?

Progressions/Regressions

1. Call out multiple squares
2. Have a rover, shark or coach become an obstacle they have to go around