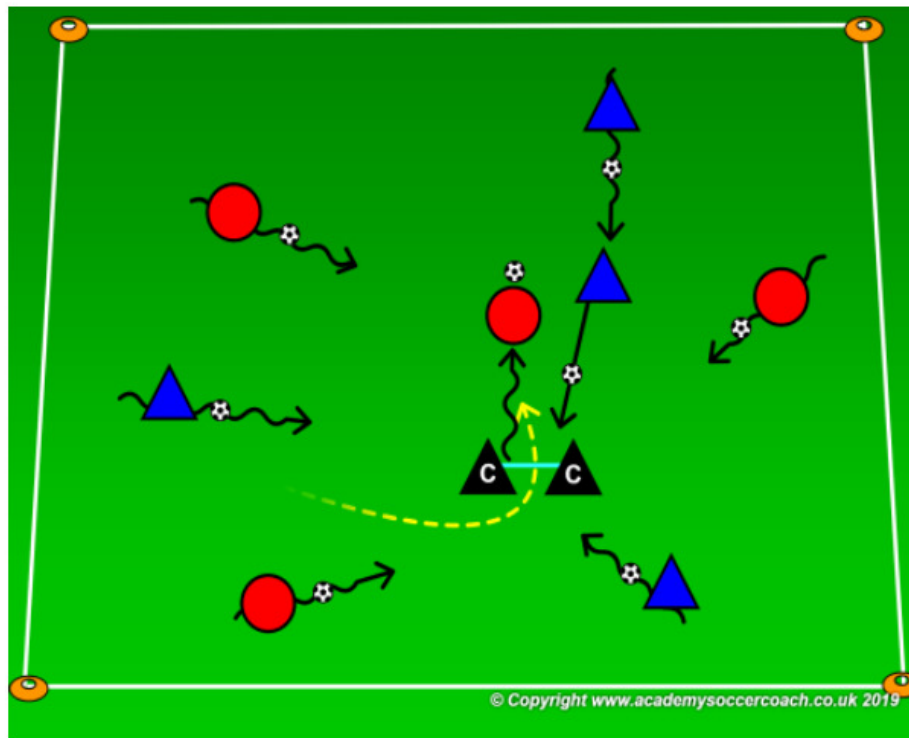


## U6 – Dribbling (surfaces of the foot)



**Objective:** Improve the player's ability to maneuver the ball with different surfaces of the foot.

**Organization:** In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval. **Rules:** Play begins as soon as the moving tunnel starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot.

**Key Words:** Move toward the tunnel. Watch out for traffic around the tunnel.

**Guided Questions:** When should you move fast to the tunnel? Why would you slow down and wait?

**Answers:** If there is an opening to the tunnel, move to it fast and score. If there is a lot of traffic around the tunnel, wait briefly for the opening to clear.

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