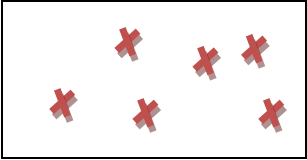
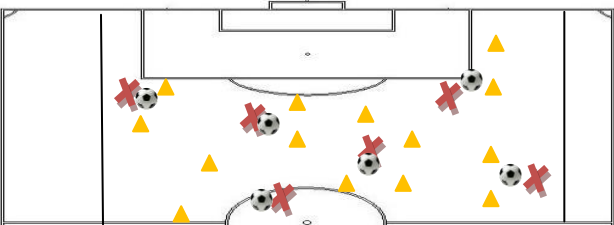
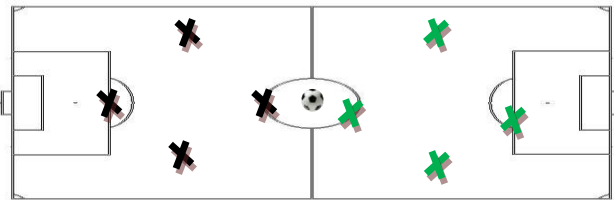




Name: U5 HOT Curriculum  
 Topic: Week 2 Dribbling

WARM-UP BODY PART DRIBBLE	ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;"><b>C</b></p> 	<ul style="list-style-type: none"> <li>• 20x20 area</li> <li>• 6 to 8 player</li> <li>• 1:1 ball ratio</li> <li>• Players dribble the ball and coach calls out different body parts-forehead, elbow, chin, etc</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes listening skills and enforces body awareness</li> <li>• Which hand is your left hand?</li> <li>• FREEZE!! How do we dribble the soccer ball?</li> <li>• Do we dribble with our toe?</li> <li>• Dribbling is “Tiny passes” to yourself</li> </ul>
<p><b>Maze-Game Gate Dribble</b></p> 	<ul style="list-style-type: none"> <li>• 20x20 area as needed</li> <li>• 6 to 8 players</li> <li>• 1:1 ball ratio</li> <li>• Players dribble though the cones</li> </ul>	<ul style="list-style-type: none"> <li>• How do we dribble?</li> <li>• What part of the foot do we use?</li> <li>• How many gates can you dribble though in 30 seconds</li> <li>• Can you beat your last score?</li> <li>• Who can use their other foot?</li> </ul>
<p><b>THE GAME</b></p> 	<ul style="list-style-type: none"> <li>• 3v3 or 4v4</li> </ul>	<ul style="list-style-type: none"> <li>• LET THEM PLAY!</li> <li>• Follow rules of the game</li> </ul>
	<p>Provide praise and encouragement! If a player does something exceptional, ask if they can show their friends how they do it. Let them show off!!</p>	