



Traffic

Age Group

U5 to U11



Stage of Session

Middle



Category

Dribbling



Duration

10 Minutes



Description

All the players dribble a ball in a square. They must avoid other balls and players and continuously move. On the coaches call, stop with the foot on the ball; drag back turn with the ball; do a magic wand.

Objectives

- Awareness.
- Close control of the ball.
- Use left and right foot.
- Advanced protection of the ball

Variations

- You must kick someone else's ball away without losing your own. (DYFP '20. Tag game' p50)
- Coach uses hand signals to make a call. Players must watch the coach.
- Set up two sets of squares. Half the players are in one square and half in the other. On a signal they need to swap squares with the other team. (DYFP '8. Changing the square' p44)

Further development

- One player without the ball who tries to kick others' balls out of the square. (DYFP '22. Maintaining ball possession' p51)
- Players in pairs share a ball. On the coach's call they pass the ball to their partner. (CGF middle 'pairs in a square' p66)

Related activities

- Players are in pairs. Coach calls a team colour. The players of that colour have to dribble the ball out of the squares and control the ball on either end line. The other players leave their ball in the square and try to dispossess the dribbles of the ball and take the ball back to the centre square. (DYFP '24. Escape' p51)

Coaches notes

Remind them to use both feet.

