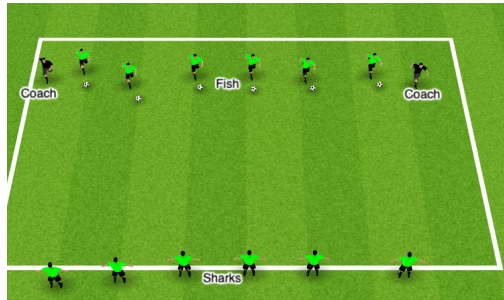


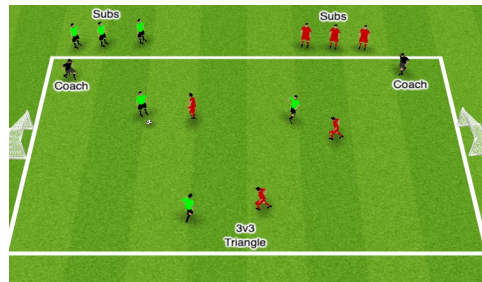
Shark Attack

- Split Group in Half
- Half with a Ball are the Minos
- Half without are the Sharks
- At the "GO" the Minos start to dribble towards the Sharks
- "Shark Attack" Minos turn and head back "home"
- Sharks try to steal their ball
- Switch after a few rounds



Small Sided Game

- 3v3
- Look for Triangles
- Ball goes out - Coach puts new ball in
- After a goal / teams reset in own half
- Flow of Game takes precedent over stoppages
- Subs = every 2-3 mins
- Repeat: "Spread out" / "Head Up"



Coaches can go from activity to gameplay and back again multiple times throughout the session & add in any of the other dribbling games they know!!

VANCOUVER UNITED FC

Game. Club. Community.

FIRST KICKS WEEK 10: U6 "DRIBBLING & GAME PLAY"

Technical Support



- Connect with your Technical Lead with Q's
- Staff are "ON Field" to run activities with you
- Keep it Fun & Safe for ALL
- If the ball(s) are rolling; you're doing great!
- Your energy becomes their energy
- Do Not hesitate to ask Staff for help
- Add wrinkles that go with the Topic

