

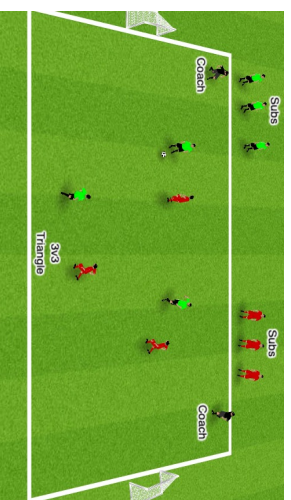
Indy 500

- Setup a track of your choosing
- Have Players Pair Up
- Half in "Pit Lane" / "Start Line"
- Green light = Go
- Red light = Stop
- Pump Your Tires = Toe Taps
- Crash = Roll over
- Once they complete 1 lap / partner goes



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 5: 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

