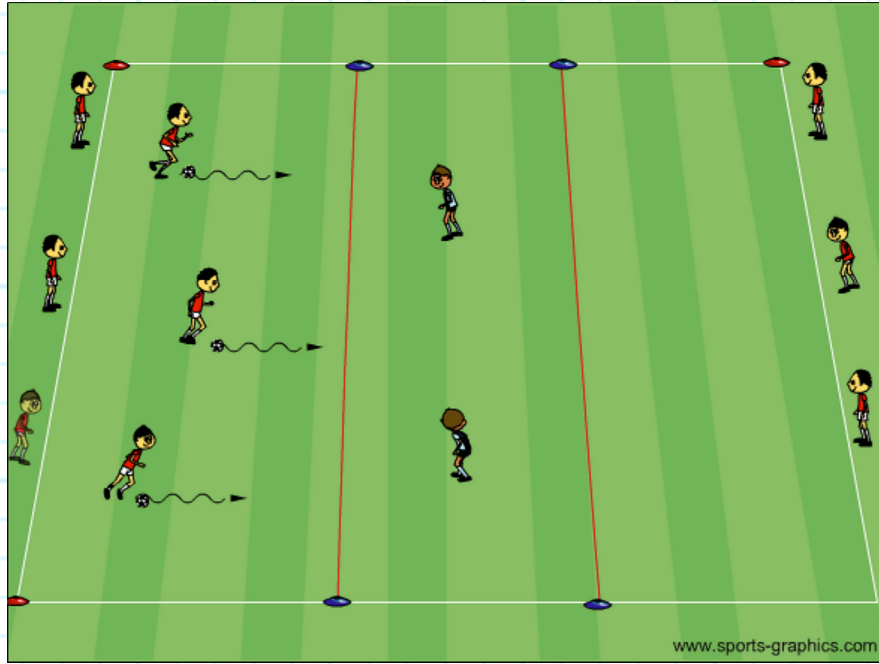




NEW MEXICO  
SOCCER ACADEMY

Date:	Week:
Topic: Burque Bulldogs. Dribbling at an opponent	Duration:
Theme/Stage:	Extra Equip:
Level: U6	
Coach:	



### Set Up: Burque Bulldogs

In a 15Wx20L yard grid, the dribblers will try to cross the city by eluding the Bulldogs. Place two Bulldogs inside a 5x15 yard area in the middle of the grid. Place half of the players (Dribblers) with a ball at each end of the grid. On coach's command, one group of dribblers will try to cross the city. As soon as one gets to the opposite line the next dribbler waiting goes. If the bulldog dispossesses the dribbler he/she switches with the bulldog.

Web Link for video:

### Coaching Points/ Questions

#### Technical:

- What part of the foot should you use to dribble?
- How do you keep the ball close?
- What can you do to beat a defender?
- How can you stop the dribbler?

#### Tactical:

- Why would you want to keep the ball close?

#### Psychosocial:

#### Physical:

### To Adjust Difficulty:

- Change grid size
- Add or remove Bulldogs.
- Confine bulldogs to a specific (central part of the grid)

Notes: