



NEW MEXICO
SOCCER ACADEMY

Date:	Week:
Topic: Buttons. Dribbling	Duration:
Theme/Stage:	Extra Equip:
Level: U5/U6	
Coach:	



Set Up: Buttons
Set up a grid with the same number of red and blue cones. Each cone is flipped upside down.

Each player has a ball and must dribble their ball and stop it on or next to a cone, when they do that they can flip the cone over. See how many cones they can flip over in a defined amount of time.

Progress to teams (one team flips blue cones, other team flips red cones)

Web Link for video:

Coaching Points/ Questions

Technical:

- How can you stop the ball on the cone?
- How can you look for cones while you are dribbling?
- How do you avoid other players while dribbling?

Tactical:

What can you do to help your team flip the most cones? (Dribble quickly)

Psychosocial:

Physical:

To Adjust Difficulty:

- Be specific about how players must stop the ball.
- Make the space smaller.

Notes: