

# **U6/U7 Basics: Dribbling, Passing, and Shooting Exercises**

## **Dribbling**

- Cone Maze: Set up cones and encourage kids to dribble around them.
- Red Light, Green Light: Stop and go on coach's command while dribbling.

## **Passing**

- Target Passing: Use small cones or buckets as targets for short passes.
- Pass and Move: Pairs passing to each other, taking a step back after each pass.

## **Shooting**

- Goal Scoring Races: Dribble to a marked spot, then shoot at a goal.
- Target Shooting: Points for hitting designated areas of the goal.