MOVE, DRIBBLE, FINISH

WEEK 1 / SESSION 1 / AGES 6-9 / 20 MINUTES

Meet your ball

Move slowly and stop with control.

THE SESSION

00-02 Set up and check in.

02-05 Warm-up: walk with the ball, gentle touches, stop and turn.

05-10 Traffic-light touches: 30-45 sec play, then short pauses; repeat.

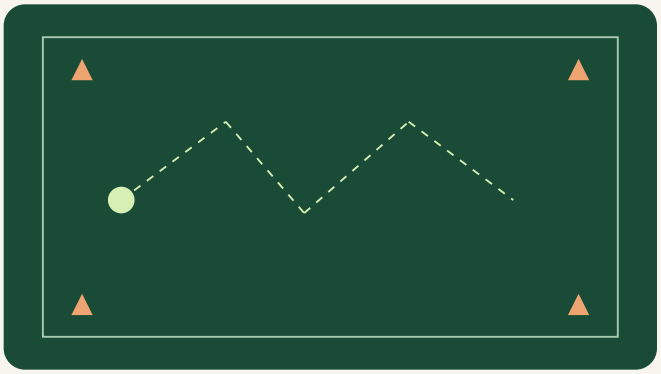
10-11 Water and reset. Take longer if needed.

11-16 Gate explorer: short rounds, pauses and choice.

16-19 Let the child choose the final gate.

19-20 Walk and reflect: Can you tell me one way to keep the ball close?

Traffic-light touches



Space: 6 x 4 m

Mark a rectangle with four flat markers. Parent stands outside the area.

1. Dribble anywhere inside the rectangle at walking speed.

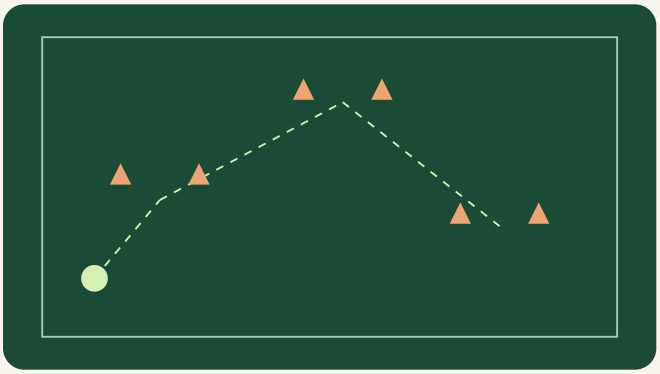
2. Parent says green: move; yellow: tiny touches; red: stop the ball gently with the sole.

3. Look up after each stop. Choose a new direction before moving again.

Cue: Keep the ball close enough to stop.

Easier: Use only green and red. Give three seconds to respond.

Gate explorer



Space: 6 x 4 m

Use six cones to make three gates, each about 1 m wide. Leave room between them.

1. Dribble through any gate, keeping the ball within one step.

2. After crossing, look up and choose a different gate.

3. Parent calls left, middle or right before the next choice; the child finds that gate.

Cue: Look, choose, then move.

Easier: Use two wide gates and let the child choose.

Adult supervision. Clear, level space. Ground passes only; no heading or contact. Stop if uncomfortable.

First edition. Green: child / orange: cones / dashed: suggested route.

PARENT NOTES / ADAPT THE GAME

Traffic-light touches

Easier: Use only green and red. Give three seconds to respond.

Harder: Parent shows hand signals instead of speaking. Look up to spot them.

Ask: What helped you stop the ball without chasing it?

Optional challenge: Count controlled stops in 30 seconds. Repeat once; aim for control, not speed.

Gate explorer

Easier: Use two wide gates and let the child choose.

Harder: Avoid the last gate used and try a different foot on the next trip.

Ask: When was a good moment to look for the next gate?

Optional challenge: Count different gates visited in 30 seconds without losing the ball.

Single-household practice. Use fewer rounds or shorter sessions whenever needed.