



## Parallel Lines

### Age Group

U5 to U9



### Stage of Session

Middle



### Category

Dribbling



### Duration

10 Minutes



### Description

Set up two parallel lines 2 metres apart and have the players stand away from these lines. Give pairs of players animal names. Set a ball on the first line. When the coach calls an animal name these two players dribble between the two lines. The first to cross 4 lines wins.

### Objectives

- Dribbling skills
- Turning
- Control the ball

### Variations

- Vary the distance between the lines, up to about 5m. The more confined the space the more control they require.
- When the player has completed their run they must pass to one of their team who has to control the ball on the line.
- Go around cones when they turn. Turn one way and then the other.

### Further development

- Ask the players to try different types of turning and see which one they think is the quickest. Try exterior, interior, the sole and the heel. Get different players to show different turning techniques.

### Related activities

- *Team Parallel Lines.* Set up two teams, one on each side. They must dribble across the grid and back to the start.
- *Crocodile.* Get the players not to touch the ball in the central portion, they must pass the ball between the lines – but not too hard. Start with 1m wide, then move to 2, 3 & 4m. Crocodile will eat anyone who touches the ball in the river (between the two rows of cones).

### Coaches notes

*Remind them to use both feet. Ask players how they think they can speed up their run.*

## Parallel Lines

