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Practice with a plan

Date:	09/14/19	**Group:**	Fundamentals
Length:	500 mins		
Start Time:		**Focus:**	FUN
End Time:		**Level:**	U6

Length	Start	Drill Name	Category	Notes
5		Toe touch dance	Me & the Ball	1 ball
8		Straight dribble with speed	Me & the Ball	1 ball
10		5 & up Ball Pile	Recreation Activities	
8		Group dribbles (Cone to Cone)	Practicing Skills	Each player should have their own cone, on coach's command, players will dribble the ball to a different cone and perform a pull back.

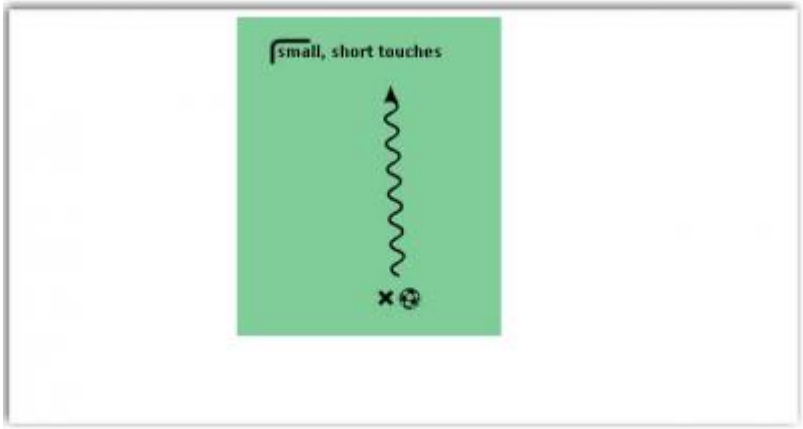
Notes: Pre-K - 45 minutes
K - 50 minutes

Drill Title: Toe touch dance (1 Diagram)

-Continuous for 2:00-3:00
-Alternating feet
-Keep the ball in the same area

Key Points: Lightly touching the ball

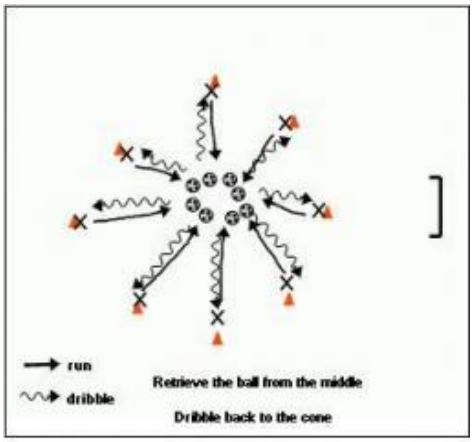
Drill Title: Straight dribble with speed (1 Diagram)



Dribble using the outside or top of the foot with multiple short touches.

Key Points: Small touches

Drill Title: 5 & up Ball Pile (1 Diagram)



All the balls in a pile in the middle of a circle.
On the whistle, the players run to get
a ball from the pile and pull it back
and dribble to their cone.

Key Points: Practice pull back and dribbling in a crowd