

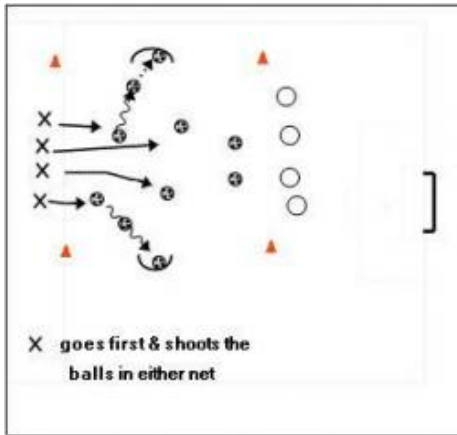


Date: 09/21/19 **Group:** Fundamentals
Length: 45 mins
Start Time: 12:00am **Focus:** _____
End Time: 12:45am **Level:** U6

Length	Start	Drill Name	Category	Notes
8	12:00am	5 & up race for the goal	Recreation Activities	
8	12:08am	5 & up Center stage	Recreation Activities	
8	12:16am	6 & up Cops & robbers	Recreation Activities	
20	12:24am	scrimmage	End game	

Notes:

Drill Title: 5 & up race for the goal (1 Diagram)

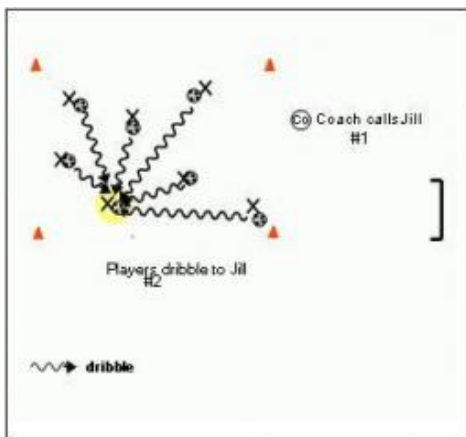


Divide the team in half. Place the balls randomly inside the playing area. On the whistle, players from one team run on to the field and dribble the balls and score goals. They do not finish until all the balls are in the goals. The next team gets to set the balls on the field and then they get a turn.

Time each team to see who gets the balls in the goal the fastest.

Key Points: fun shooting drill

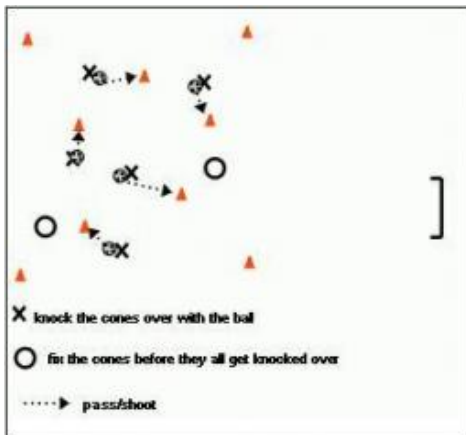
Drill Title: 5 & up Center stage (1 Diagram)



Players dribble their ball in the playing area. The coach calls out a players name and they stop dribbling while the other players must dribble to this highlighted player.

Key Points: Dribbling and listening for directions

Drill Title: 6 & up Cops & robbers (1 Diagram)



The robbers have a ball and try to knock down the cones with the ball. Pick two players to be cops and they try to fix the cones.

See if the robbers can knock down all the cones before the cops are able to fix them.

Key Points: dribbling/passing game