



**Date:** 09/28/19 **Group:** Fundamentals

**Length:** 45 mins

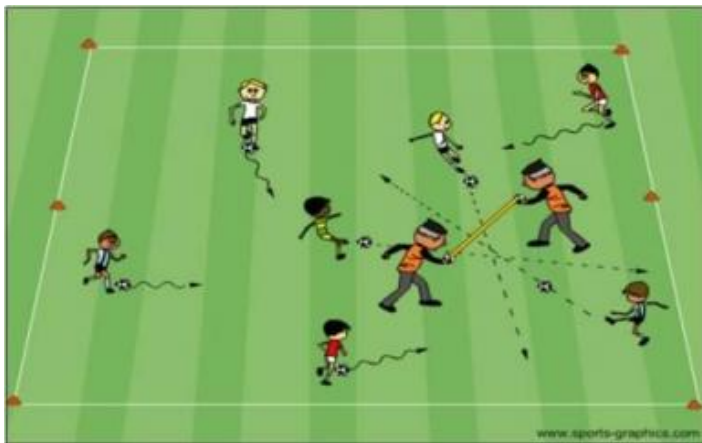
**Start Time:** 12:00am **Focus:** Fun and individual skills

**End Time:** 12:45am **Level:** U6

Length	Start	Drill Name	Category	Notes
9	12:00am	6 & up Moving Goal	Recreation Activities	
9	12:09am	6 & up blockers	Recreation Activities	
9	12:18am	5 & up Egg hunt	Recreation Activities	
20	12:27am	Scrimmage		

**Notes:**

**Drill Title:** 6 & up Moving Goal (1 Diagram )

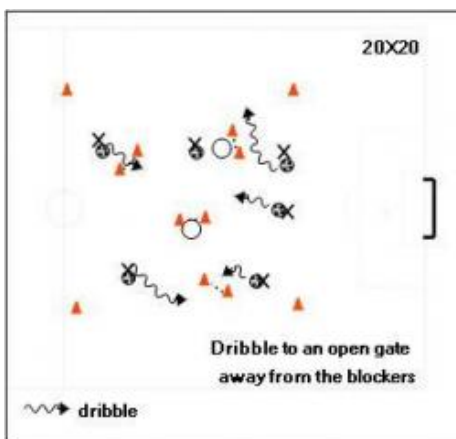


All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.

Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.

Key Points: Head up Change of direction

**Drill Title:** 6 & up blockers (1 Diagram )



all the players with a ball except 2.

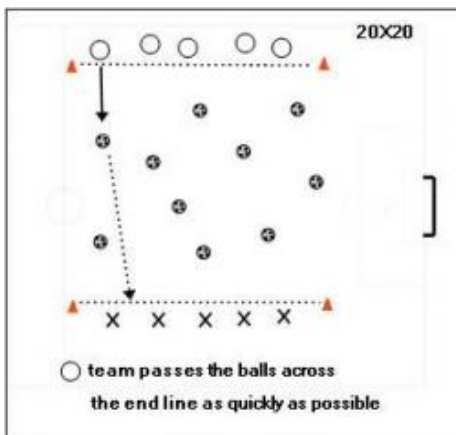
The 2 players without a ball try to prevent the other players from dribbling or passing through the gates set up inside the playing area.

Switch the 2 blockers every few minutes.

Have the players keep track of how many gates they go through.

Key Points: passing/dribbling through a target

**Drill Title:** 5 & up Egg hunt (1 Diagram )



One team goes at a time. All the balls are randomly placed inside the playing area. On the whistle the first team clears the balls over a designated endline.

When all the balls are cleared the next team sets them up inside the playing area and then it is their turn.

Key Points: clearing the ball from the field.