

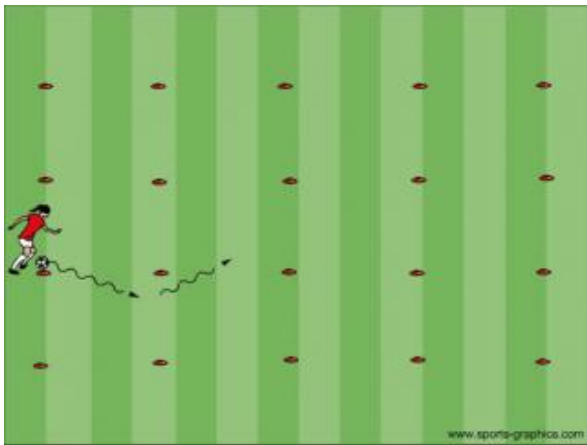


**Date:** 10/05/19      **Group:** Fundamentals  
**Length:** 45 mins  
**Start Time:** 12:00am      **Focus:** Ball control and fun  
**End Time:** 12:45am      **Level:** U6

Length	Start	Drill Name	Category	Notes
5	12:00am	L-dribble around cones	Backyard Activities	
8	12:05am	5 & up Ouch	Recreation Activities	
5	12:13am	L-Straight Dribble	Backyard Activities	
8	12:18am	5 & up Ball Pile	Recreation Activities	
18	12:26am	Scrimmage	FUN	

**Notes:**

**Drill Title:** L-dribble around cones (1 Diagram )



Dribble around cones to the other end as quickly as possible with your head up.

**Key Points:** dribble around cones

**Drill Title:** 5 & up Ouch (1 Diagram )



Players dribble inside the playing area while the coach runs around. Players try to pass the ball to hit the coach.

The coach should make loud "ouch" noises.

Fall down and get up.

If the coach gets hit 5 times they have to do 5 push ups or jumping jacks

**Key Points:** moving target passing game

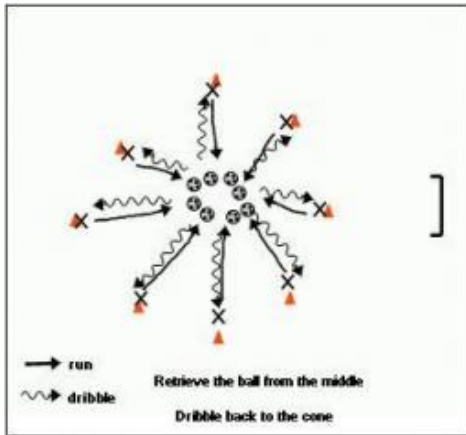
**Drill Title:** L-Straight Dribble (1 Diagram )



Players dribble in their own lane with short quick touches on the ball using their laces or outside of the foot. This is not a race and the ball should remain close to the players while staying in their lane.

**Key Points:** Forward dribble

**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