

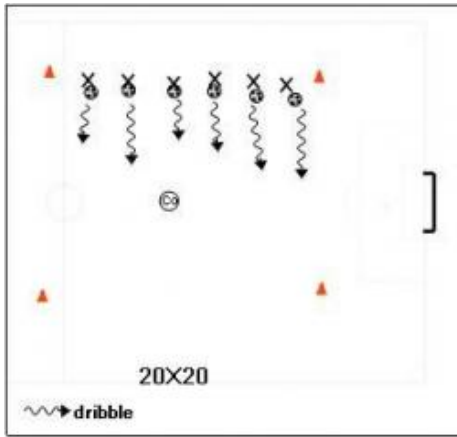


Date: 10/19/19 **Group:** Fundamentals
Length: 45 mins
Start Time: 12:00am **Focus:** Dribbling and Fun
End Time: 12:45am **Level:** U6

Length	Start	Drill Name	Category	Notes
6	12:00am	5 & up Red light green light	Recreation Activities	
8	12:06am	Zoo Game	Dribbling	have kids dribble with a specific skill linked to an animal. cheetah - dribble fast. rabbit - toe touches. snake - swerve dribble. penguin - foundation dribble.
8	12:14am	5 & up Clean the yard	Recreation Activities	
8	12:22am	Foxes and Hounds - use pinnies as tails for Foxes	FUN & Dribbling	
18	12:30am	Scrimmage		

Notes: lines no bigger than 2-3 per line. Every player should have a ball at their feet at all times. Game focused activities will keep kids engaged in the practice

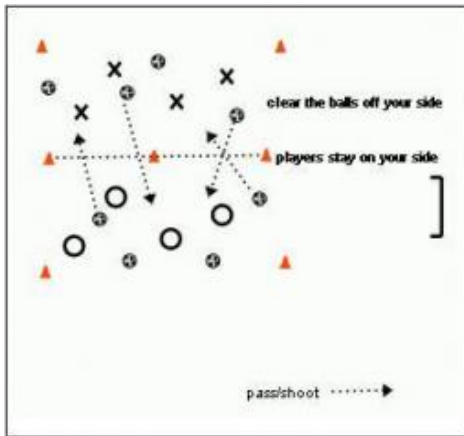
Drill Title: 5 & up Red light green light (1 Diagram)



Line the players up on a sideline.
Green light means dribble.
Red light means stop dribbling.

Key Points: Listen for the coaches instructions.

Drill Title: 5 & up Clean the yard (1 Diagram)



Divide the players up into two teams.
Each team spread out on their side of the playing area.

Place the balls evenly around both sides of the playing area. On the coaches whistle try to kick the balls from your side of the field to the other side of the field.

Players cannot go over the half way mark of the field.

Key Points: Fun kicking game