

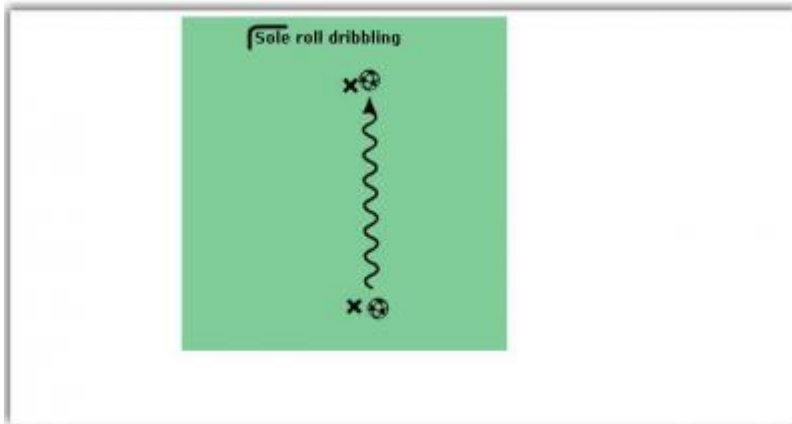


**Date:** 09/03/19 **Group:** Intramural  
**Length:** 50 mins  
**Start Time:** \_\_\_\_\_ **Focus:** Dribbling  
**End Time:** \_\_\_\_\_ **Level:** U7

Length	Start	Drill Name	Category	Notes
10		DOC Warm Up	Warm Up Activities	
5		Sole Roll	Me & the Ball	1 ball
5		Sole roll across your body	Me & the Ball	see video on the drills page 1 ball 2 cones
10		6 & up Knock out	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
10		6 & up Take it to the bank	Recreation Activities	
10		Scrimmage	Recreation Activities	

**Notes:**

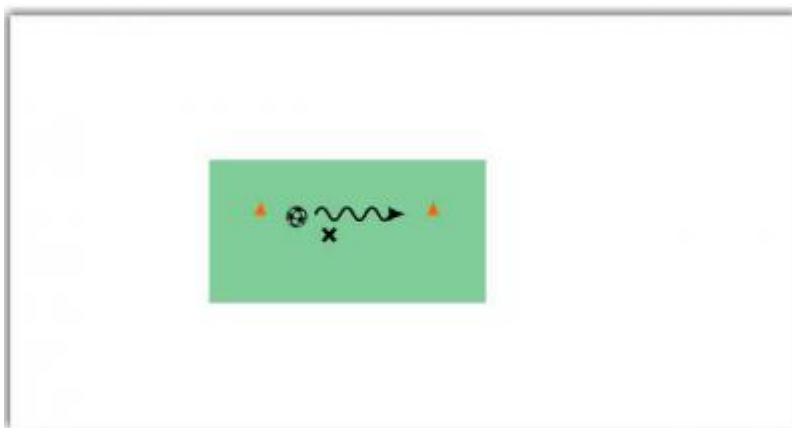
**Drill Title:** Sole Roll (1 Diagram )



Dribble using the sole of your cleat while moving down the field. Turn sideways and drag the ball with the sole of your cleat. Comeback using the other foot.

Key Points: Lightly touch the top of the ball

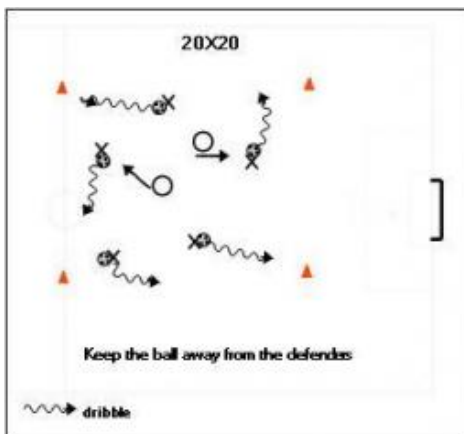
**Drill Title:** Sole roll across your body (1 Diagram )



-Continuous for 1:00

Key Points: Reach across your body

**Drill Title:** 6 & up Knock out (1 Diagram )



Each player with a ball except for two (the defenders).  
On the whistle the 2 players without a ball try to knock the balls from the other players who dribble inside the practice area trying to avoid the players without the ball.

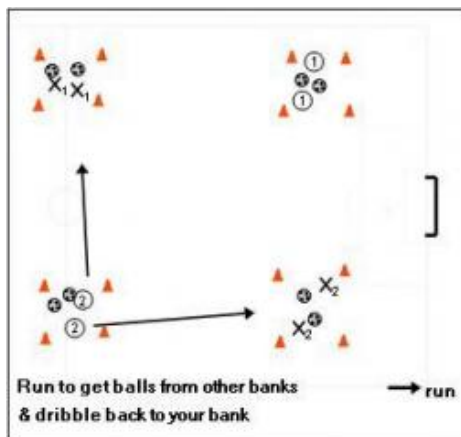
Dribble away from the players without the ball.

If a players ball gets knocked out, they must do 10 toe touches and they are back in the game.

Change the defenders every few minutes so everyone gets a chance.

Key Points: protect your ball from the defenders.

**Drill Title:** 6 & upTake it to the bank (1 Diagram )



Divide the players up between 2-3 boxes (banks)  
Each player with a ball. On the whistle  
the players leave their balls in their bank  
and go and steal balls from other banks  
by dribbling them back to their bank.

The bank with the most balls wins.

Key Points: Dribbling game