



**Date:** 09/09/19      **Group:** Intramural  
**Length:** 50 mins  
**Start Time:** 12:00am      **Focus:** Introduction and Fun  
**End Time:** 12:50am      **Level:** U7

Length	Start	Drill Name	Category	Notes
4	12:00am	Figure 8 (one foot)	Me & the Ball	1 ball 2 cones
4	12:04am	Figure 8 (both feet)	Me & the Ball	1 ball 2 cones
4	12:08am	Grid Dribble	Me & the Ball	10 cones 1 ball time the players to add competition
4	12:12am	Juggle on command	Me & the Ball	1 ball
10	12:16am	6 & up Take it to the bank	Recreation Activities	
10	12:26am	6 & up blockers	Recreation Activities	
16	12:36am	Relay Races	Recreation Activities	

**Notes:**



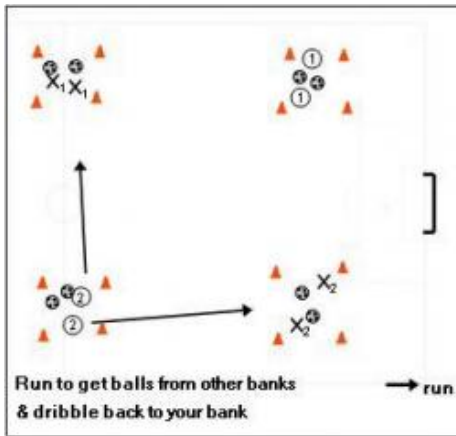
**Drill Title:** Juggle on command (1 Diagram )



The coach calls out the sequence to juggle. For example, head thigh, foot. If you have 8 players require at least half of the players to complete the sequence before moving on to the next sequence. Require more combinations to increase the difficulty.

**Key Points:** The ball should not go much higher than your head

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

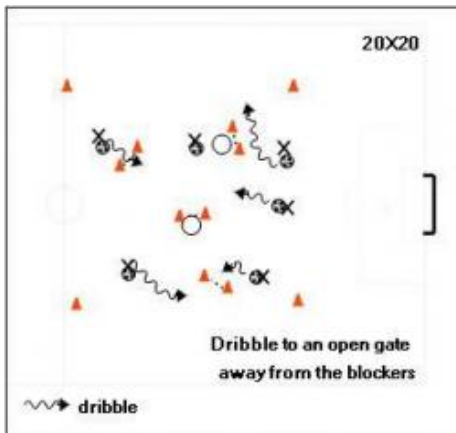


Divide the players up between 2-3 boxes (banks)  
Each player with a ball. On the whistle the players leave their balls in their bank and go and steal balls from other banks by dribbling them back to their bank.

The bank with the most balls wins.

**Key Points:** Dribbling game

**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