



Date: 09/23/19 **Group:** Intramural
Length: 50 mins
Start Time: _____ **Focus:** Dribble and ball control
End Time: _____ **Level:** U7

Length	Start	Drill Name	Category	Notes
5		Free dribble	Warm up	
9		Gate Dribbling	Attacking/Dribbling	Progress: -Players must complete a move before going through a gate -Divide the team in half and have the two groups compete against each other to see which groups goes through more total gates -Allow players to knock the other players balls out while dribbling through gates.
10		Shadow Dribble	Attacking/Dribbling	
9		Dribble with pressure	Attacking/Dribbling	8 cones players on the outside of the neutral area with a ball.
10		Scrimmage	FUN	

Notes: Set up the activities into stations, each station should run between 8-9 minutes.

Drill Title: Gate Dribbling (1 Diagram)



In a 20x25 yard grid set up gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.

Key Points: Dribble with your head up Change direction Change speeds

Drill Title: Shadow Dribble (1 Diagram)



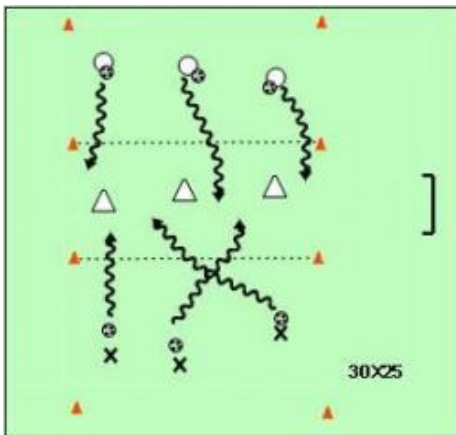
Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.

Coach: Call the change from leader to shadow

Version 2: Use only favorite foot or other foot.
Version 3: Leader must make a move.

Key Points: dribble with your head up

Drill Title: Dribble with pressure (1 Diagram)



Divide your team into 3 groups. 2 groups with a ball the middle group are the defenders. The outside groups try to dribble through the neutral area without having the ball stolen or kicked away by the defenders. Defenders cannot leave the neutral area.
1 point for the defenders when they kick a ball away.
Change roles every 2-3 minutes.

Key Points: Dribble while pressured by defenders