



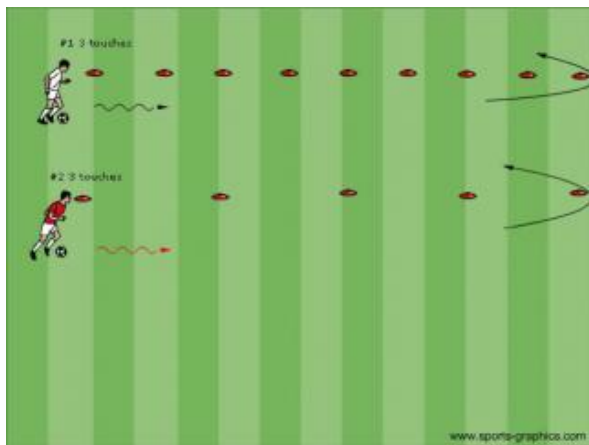
Date: 09/30/19 **Group:** Intramural
Length: 50 mins
Start Time: _____ **Focus:** Dribble
End Time: _____ **Level:** U8

Length	Start	Drill Name	Category	Notes
10		Technical Warm up	Warm up	
8		Speed Dribble	Backyard Activities	
8		4 goal shooting	Shooting	Outside players retrieve the ball after each shot and get ready to pass again. Keep track of goals for each group.
8		Attack to goal	Shooting	Make moves prior to getting to close to the defender.
8		8 & up Grab a ball and shoot	Recreation Activities	Add a goalkeeper. Return to their team with their ball.
12		Scrimmage	Fun	

Notes: set up the exercises in stations and rotate every 8 minutes.

Warm up should be all technical touches.

Drill Title: Speed Dribble (1 Diagram)

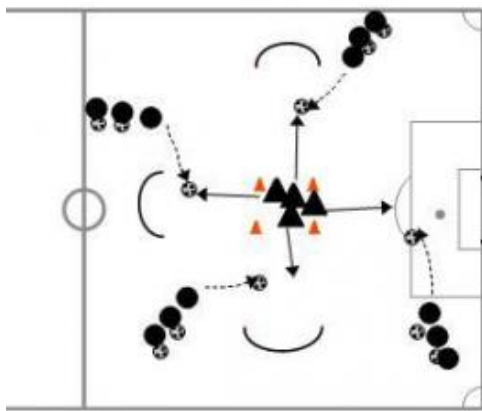


Each lane contains 9 cones about 5 yards apart. Various dribbling exercises

- 1-dribble along side the cones with 3 touches on the ball before reaching the next cone.
- 2-remove 4 cones (every other cone) still require 3 touches in between each cone.
- 3-scissor every two cones
- 4-Cruyff after 2 cones, scissor and continue to the end
- 5-double scissor every 2 cones

Key Points: Set up lanes

Drill Title: 4 goal shooting (1 Diagram)



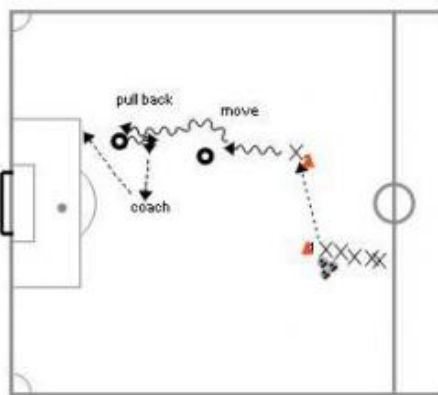
Set up 4 goals and divide your team up into 5 groups with no more than 4 players in each group. One group at each goal and one group starts in the middle.

Each player in the middle group will leave the center and go to a goal. They will receive a pass from a player at that goal and take a one time shot. After shooting they must return to the center area and go clockwise to the next goal. All the middle players will be shooting at the same time.

Once they go around twice the drill stops and the groups rotate. Middle players should get 8 shots each.

Key Points: You will need at least 2 pop up goals for this one. For accurate shooting

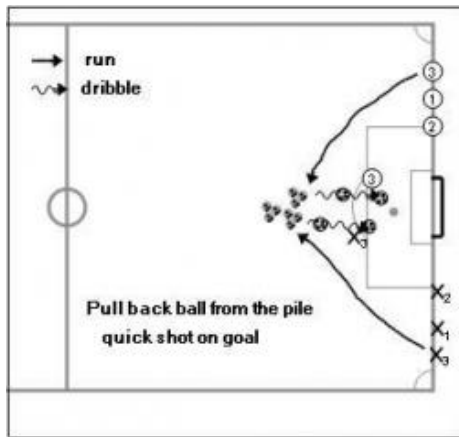
Drill Title: Attack to goal (1 Diagram)



Line one passes to the player checking from line 2. Player from line 2 dribbles to the cone (pretend defender) and makes a move to the outside and approaches 2nd defender and pulls the ball back. Does a give and go with the coach and goes to goal for a shot.

Key Points: Works on dribbling to goal. Moves and give and go.

Drill Title: 8 & up Grab a ball and shoot (1 Diagram)



Divide the team in half and assign a number to each player.
The coach calls out a number and these players must run to the ball pile and dribble the ball and score.

Key Points: shooting game