

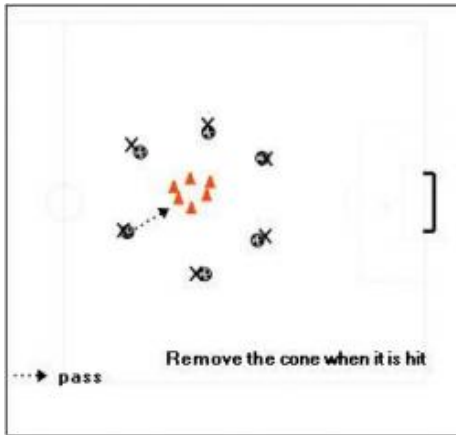


Date: 10/07/19 **Group:** Intramural
Length: 50 mins
Start Time: 12:00am **Focus:** Dribbling and ball control
End Time: 12:50am **Level:** U7

Length	Start	Drill Name	Category	Notes
10	12:00am	DOC Warm up	Warm up	
8	12:10am	5 & up bowling	Recreation Activities	
8	12:18am	Dribbling with traffic	Attacking/Dribbling	8 cones all players with a ball
8	12:26am	6 & up Knock out	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
10	12:34am	Scrimmage		

Notes: Coaches, please make sure that all exercises involved kids having the ball at their feet. We are going to back track a bit and re-focus on ball management and individual work. No lines longer than 3 kids when possible.

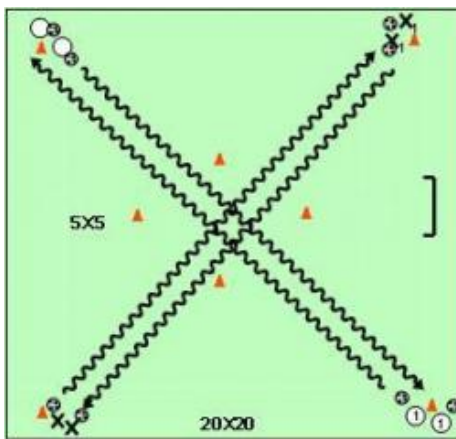
Drill Title: 5 & up bowling (1 Diagram)



Put a bunch of cones or balls in the middle of a circle.
Have the players (each with a ball)
take turns trying to hit one of the center cones (balls). Each time one is
hit remove it until there are no cones (balls) left.

Key Points: Target passing

Drill Title: Dribbling with traffic (1 Diagram)



Divide the team up between 4 cones with each player with a ball.
The first player in each line starts at the same time and drbbles through the
center diamond to the opposite cone.
The next player leaves when the player gets to the cone.
Progress:require a move before the diamond.

Key Points: Dribbling through a crowded area

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.