



Date: 10/14/19 **Group:** Intramural
Length: 50 mins
Start Time: _____ **Focus:** Dribble and change of direction
End Time: _____ **Level:** U7

Length	Start	Drill Name	Category	Notes
8		Technical Warm Up	Warm Up	
8		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.
8		Dribbling with traffic	Attacking/Dribbling	8 cones all players with a ball
8		Dribble with pressure	Attacking/Dribbling	8 cones players on the outside of the neutral area with a ball.
8		6 & up Cops & robbers	Recreation Activities	
10		Scrimmage	Fun	

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

Keep transition time between stations as quick as possible, time will be short due to loss of daylight.

Drill Title: Gate Dribbling (1 Diagram)

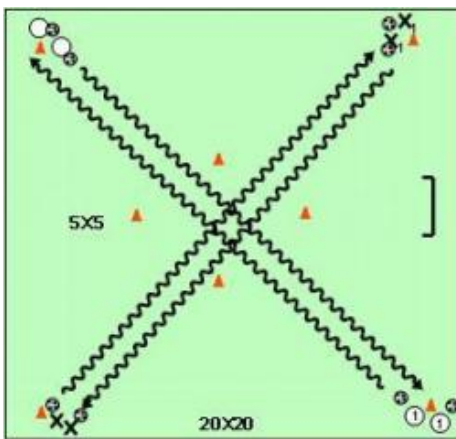


In a 20x25 yard grid set up gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

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

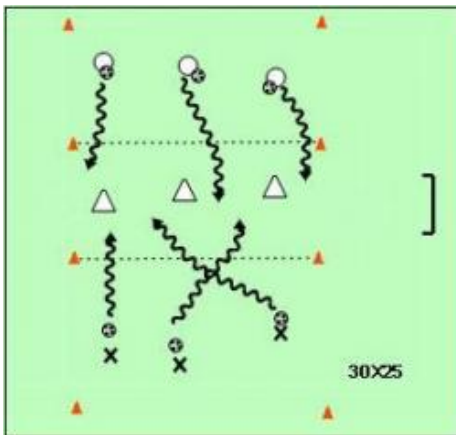
Drill Title: Dribbling with traffic (1 Diagram)



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

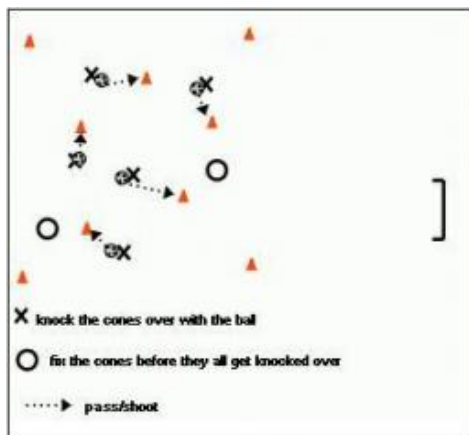
Drill Title: Dribble with pressure (1 Diagram)



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

Drill Title: 6 & up Cops & robbers (1 Diagram)



The robbers have a ball and try to knock down the cones with the ball. Pick two players to be cops and they try to fix the cones.

See if the robbers can knock down all the cones before the cops are able to fix them.

Key Points: dribbling/passing game