

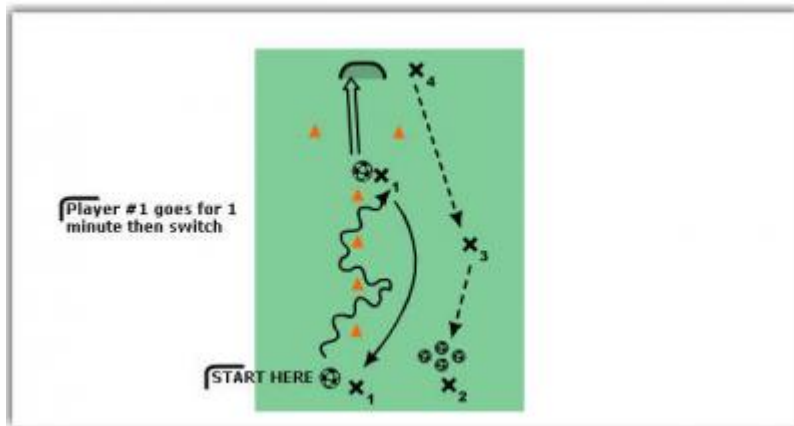


Date: 10/21/19 **Group:** Intramural
Length: 50 mins
Start Time: 12:00am **Focus:** _____
End Time: 12:50am **Level:** U8

Length	Start	Drill Name	Category	Notes
6	12:00am	Warm up	Technical Warm up	
8	12:06am	<u>Dribble & Shoot</u>	Fun games	Small pop up goal (use cones if needed) 6 cones per station 4 balls
8	12:14am	<u>6 & up Knock out</u>	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
8	12:22am	Foxes and Hounds	Fun games	
8	12:30am	Freeze Tag	Fun games	
15	12:38am	Scrimmage	FUN	

Notes:

Drill Title: Dribble & Shoot (1 Diagram)

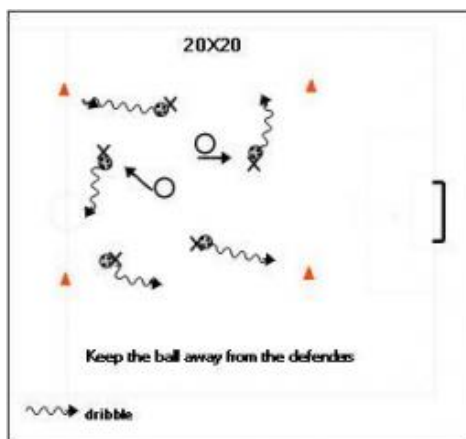


Player #1 goes for 1 minute and tries to dribble around the cones and score a goal before running back to retrieve another ball and repeat. Count how many goals are scored in one minute. X4 retrieves the ball from the goal and passes to X3 who passes to X2 who sets up the next ball.

Each player gets a chance. Duplicate this set up as needed depending on the number of players at your practice.

Key Points: Dribble under control

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 player's 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.