

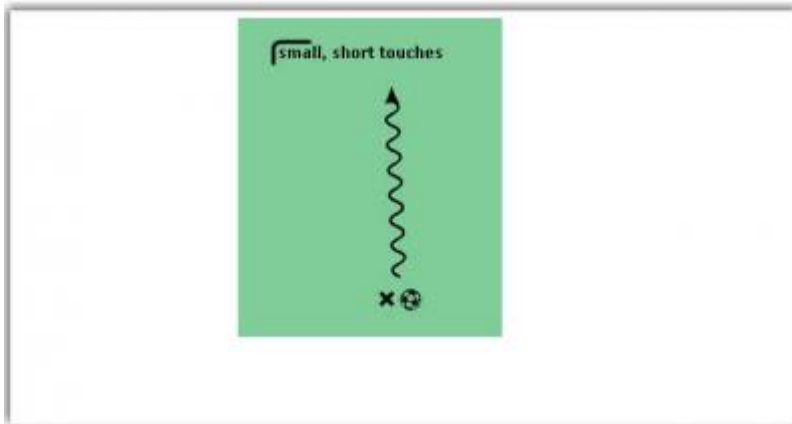


Date: 09/02/19 **Group:** Intramural
Length: 75 mins
Start Time: 12:00am **Focus:** Dribbling
End Time: 1:15am **Level:** U10

Length	Start	Drill Name	Category	Notes
10	12:00am	DOC Warm Up	Technical Activity	
10	12:10am	Straight dribble with speed	Dribbling	1 ball
10	12:20am	8 & up Chase them down	Finishing	
10	12:30am	1V1 No where to go	Attacking/Dribbling	15X20 yards all the balls all the players surrounding the field.
10	12:40am	1V1 Choose A Goal	Attacking/Dribbling	15X20 yards 2 small goals 6 cones balls in each line
20	12:50am	Scrimmage	Recreation Activity	

Notes:

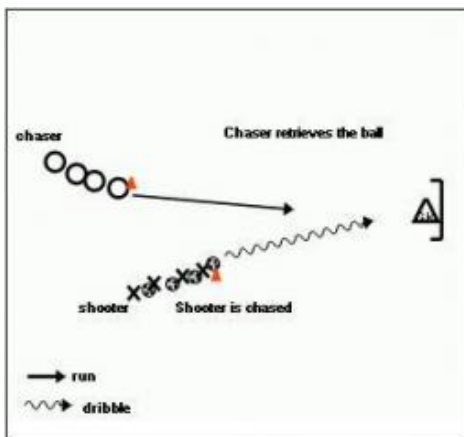
Drill Title: Straight dribble with speed (1 Diagram)



Dribble using the outside or top of the foot with multiple short touches.

Key Points: Small touches

Drill Title: 8 & up Chase them down (1 Diagram)



2 lines with players in one line with a ball.

The first player in the line with the ball starts to dribble towards the goal.

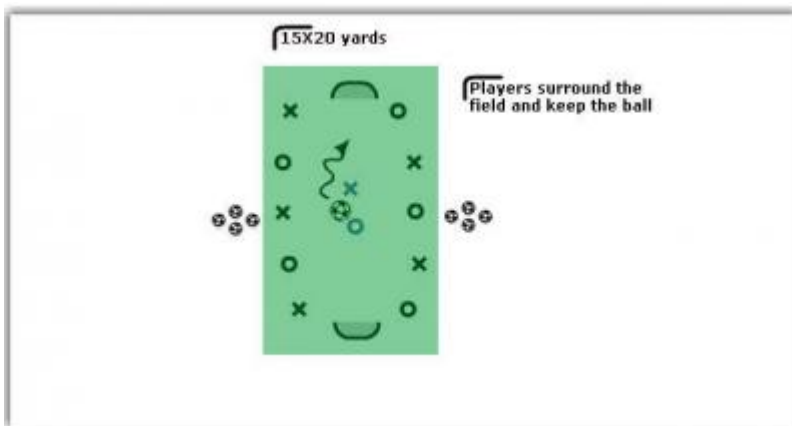
After a few seconds the coach calls out "go" and a player from the other line chases after the player dribbling.

This added pressure makes the player dribbling make a quick decision to shoot.

Switch lines after each turn.

Key Points: Fast shooting game.

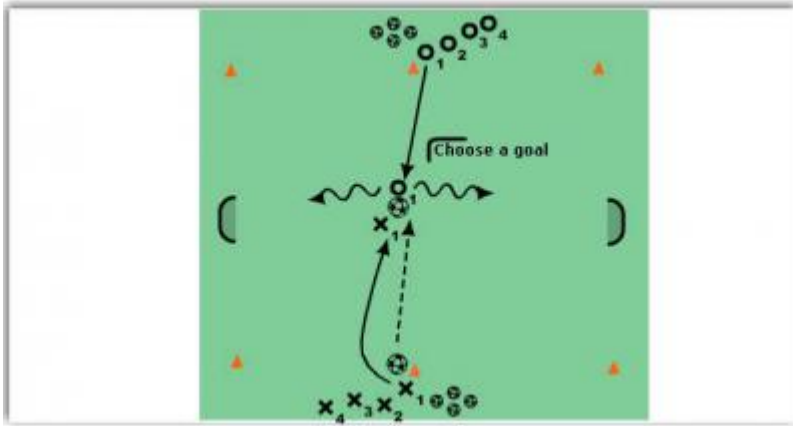
Drill Title: 1V1 No where to go (1 Diagram)



1V1 in the playing area with the other players surrounding the field to keep the ball in play at all times. If the ball goes out of the playing area quickly pass another ball in to the center of the field so the 1v1 players continue to play. Play for 1 minute then quickly switch 1v1 players. You can increase the size and build to 2V2. Play without goalies at first then use larger goals with GK.

Key Points: Protect the ball with your body Quick turns and shots on goal Quick transition

Drill Title: 1V1 Choose A Goal (1 Diagram)



Divide the team in half. X1 passes the ball to O1 and follows their pass to close them down. O1 can dribble the ball and score at either end as X1 tries to tackle them. Once O1 has scored, they have to turn and sprint around the goal opposite to the one they put the ball into, with X1 in pursuit. Once X1 and O1 have sprinted around the goal they rejoin their respective lines. The sequence continues.

Key Points: Quick decision to attack a goal First touch in the direction you intend to go