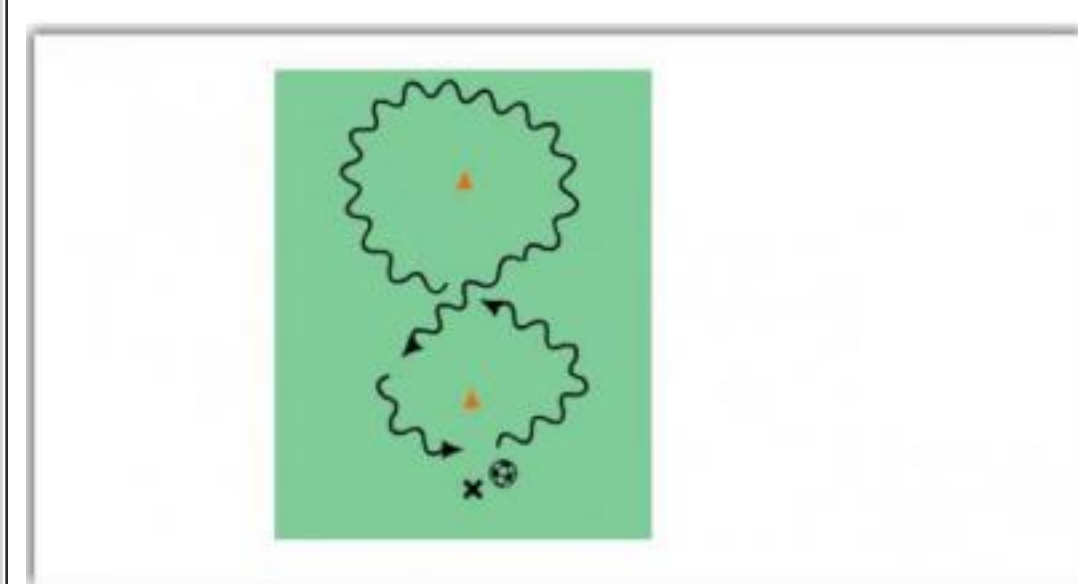


**Date:** 04/13/21  
**Length:** 55 mins  
**Start Time:** 12:00am  
**End Time:** 12:55am  
**Group:** Grade 1/2  
**Focus:** Introduction and Fun  
**Level:** U8

Length	Start	Drill Name	Category	Notes
4	12:00am	<b>Figure 8 (one foot)</b>	Me & the Ball	1 ball 2 cones
4	12:04am	<b>Figure 8 (both feet)</b>	Me & the Ball	1 ball 2 cones
10	12:08am	<b>6 &amp; up Take it to the bank</b>	Recreation Activities	
4	12:18am	<b>Grid Dribble</b>	Me & the Ball	10 cones 1 ball time the players to add competition
10	12:22am	<b>6 &amp; up blockers</b>	Recreation Activities	
16	12:32am	<b>Relay Races</b>	Recreation Activities	

**Notes:** Make the first day a fun game, include games with skills

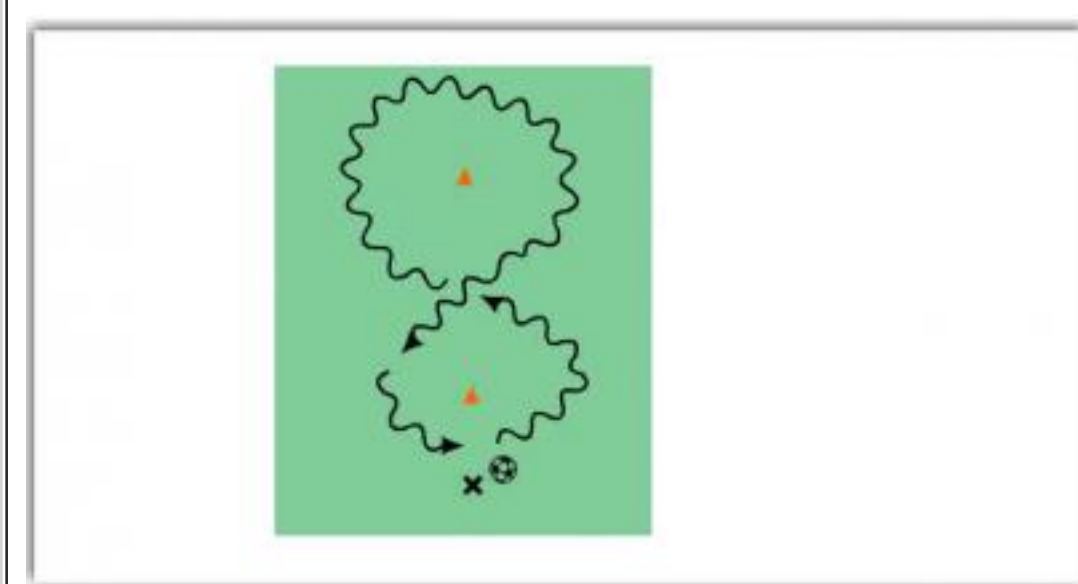
**Drill Title:** Figure 8 (one foot)



Dribble in a figure 8 pattern with multiple small touches to keep the ball under control. Dribble quickly but under control using one foot only. Use the outside and inside of the foot.

**Key Points:** Keep ball close to the body Head up

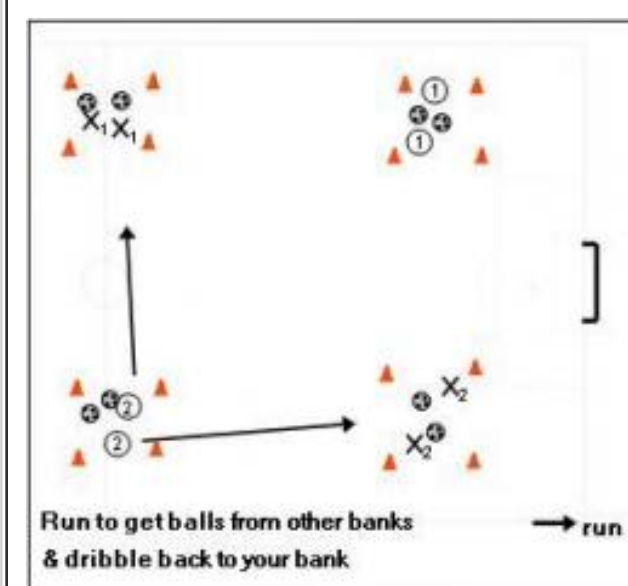
**Drill Title:** Figure 8 (both feet)



Dribble in a figure 8 pattern with multiple small touches to keep the ball under control. Dribble quickly but under control using both feet.

**Key Points:** Keep ball close to the body Head up

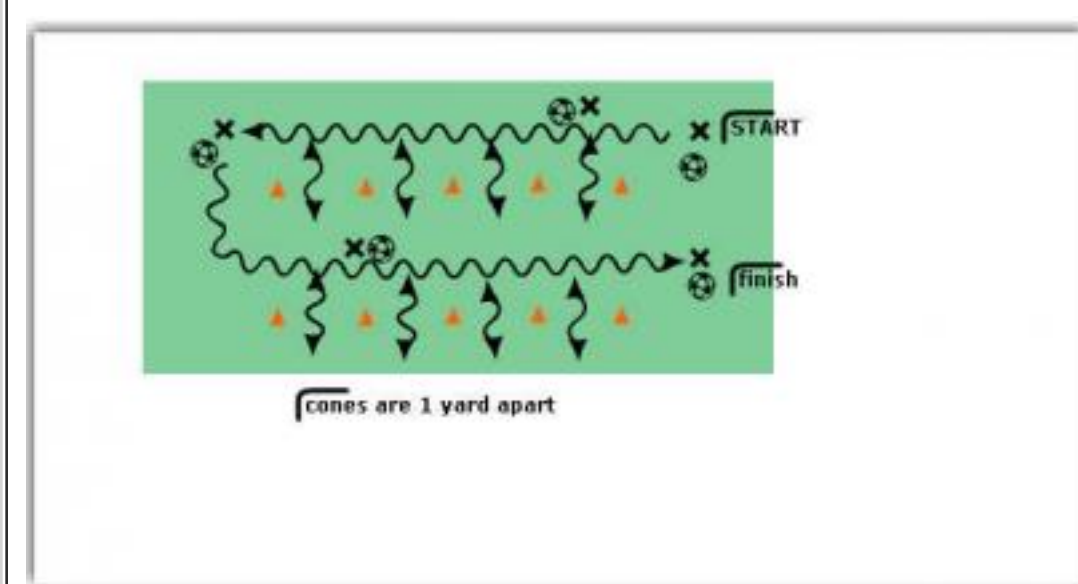
**Drill Title:** 6 & up Take it to the bank



Divide the players up between 2-3 boxes (banks)  
 Each player with a ball. On the whistle the players leave their balls in their bank and go and steal balls from other banks by dribbling them back to their bank.  
 The bank with the most balls wins.

**Key Points:** Dribbling game

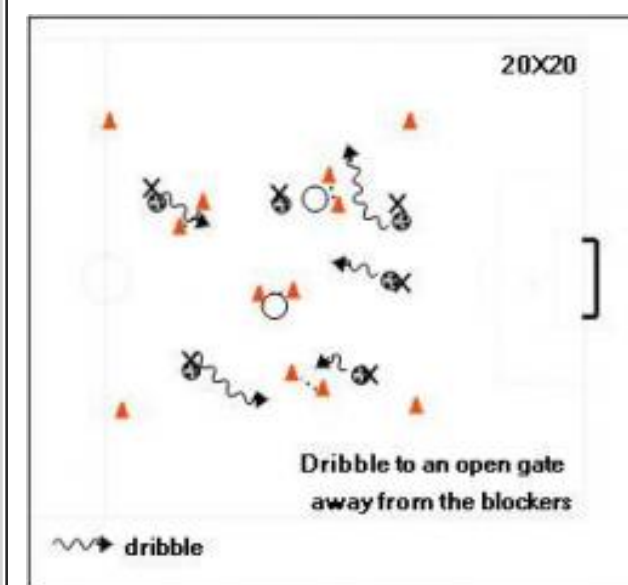
**Drill Title:** Grid Dribble



Dribble in and out of the cones using different skills:  
 #1-dribble between cones pull back and use L turn to move to next cone. Switch feet on second set of cones.  
 #2-dribble between cones pull back then use outside of the foot to move to next cone. Switch feet on second set of cones.  
 #3-push in and pull back out with box dribbling to next cone.  
 #4-forward toe touches in and backward toe touches out sole roll to next cone.

**Key Points:** Quick dribble direction changes Good balance

**Drill Title:** 6 & up blockers



all the players with a ball except 2.  
 The 2 players without a ball try to prevent the other players from dribbling or passing through the gates set up inside the playing area.  
 Switch the 2 blockers every few minutes.  
 Have the players keep track of how many gates they go through.

**Key Points:** passing/dribbling through a target