

Date: 04/27/21
Length: 55 mins
Start Time: 12:00am
End Time: 12:55am
Group: Grade 1/2
Focus: Dribbling
Level: U8

Length	Start	Drill Name	Category	Notes
4	12:00am	CE-In, In, In, Out	Backyard Activities	On your toes Light on your feet Good balance
4	12:04am	CE-Inside Control-clear space	Backyard Activities	
4	12:08am	CE-Inside control-L move	Backyard Activities	
4	12:12am	CE-Double L turns	Backyard Activities	
10	12:16am	Stay Close	Defending	4 cones 1 ball per pair
10	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
14	12:36am	scrimmage		

Notes:

Drill Title: CE-In, In, In, Out

Tap the ball 3 times alternating feet then push the ball with the outside of the foot on the 4th touch to move the ball into new space. Repeat in the other direction to return to the original starting point. Repeat this for a certain period of time increasing your speed.

Key Points: Inside foot control & clearing space

Drill Title: CE-Inside Control-clear space

Sole to inside then push with outside of opposite foot into space. Gather the ball and repeat with other foot.

Key Points: Clear space from defender

Drill Title: CE-Inside control-L move

Start with pulling the ball back with the sole of your foot and pushing out with the inside of the other foot (L shape). Repeat this movement tracing an L shape each time.

Key Points: L movement

Drill Title: CE-Double L turns

Preform L turns with the right foot consecutively without that foot touching the ground. Rotating in a counter clockwise direction. Change feet and now move in a clockwise direction.

1 set=1:00 minute Do 3 sets.

Key Points: L turns while turning

Drill Title: Stay Close

Divide the team up into pairs with one player with the ball. On the coaches command the player with the ball (offender) tries to dribble away from their partner without the ball (defender). When the coach yells "freeze" if the defender is within an arms length of the offender they get a point. If not the offender gets a point. Change partners after a few tries. Keep track of your points. Restrict defenders to walking speed to help get the drill going.

Key Points: Defenders keeping the attacker close to them.

Drill Title: 6 & up Knock out

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.