

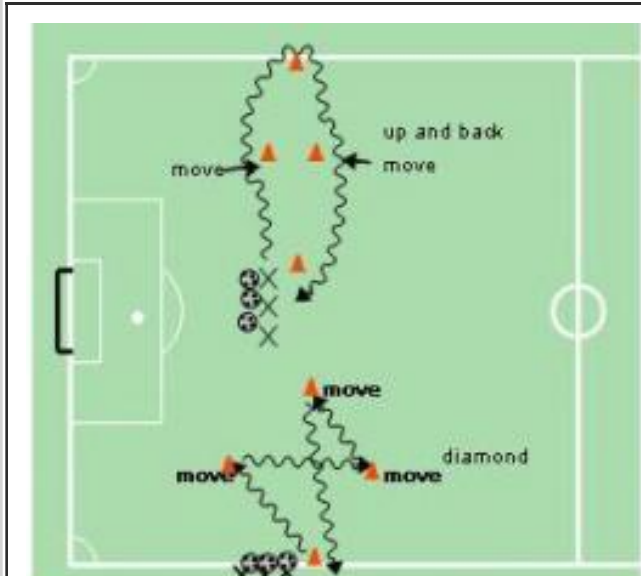


**Date:** 04/26/21  
**Length:** 60 mins  
**Start Time:** 12:00am  
**End Time:** 1:00am  
**Group:** Grade 3 & 4  
**Focus:** Dribbling and Passing  
**Level:** U10

Length	Start	Drill Name	Category	Notes
10	12:00am	<b>Technical Warm Up</b>	Warm Up	
10	12:10am	<b>Box dribbling</b>	Attacking/Dribbling	Next player goes when the first player gets to the second cone. Switch the starting cone after a few minutes so players work on the move going the other way.
10	12:20am	<b>Team dribble</b>	Attacking/Dribbling	8 cones 4 for the grid & 4 for the center line all players with a ball When switching fields require players to dribble to the opposite endline (not just over the half field line)
10	12:30am	<b>Baseball Passing</b>	Passing/receiving	Nobody leaves their base in this drill. 4 cones 4 players 2 balls Baseball diamond about 10 yard base paths.
15	12:40am	<b>Game play</b>	game play	

**Notes:** This practice session re-introduces the passing concept and pairs it with dribbling.

**Drill Title:** Box dribbling

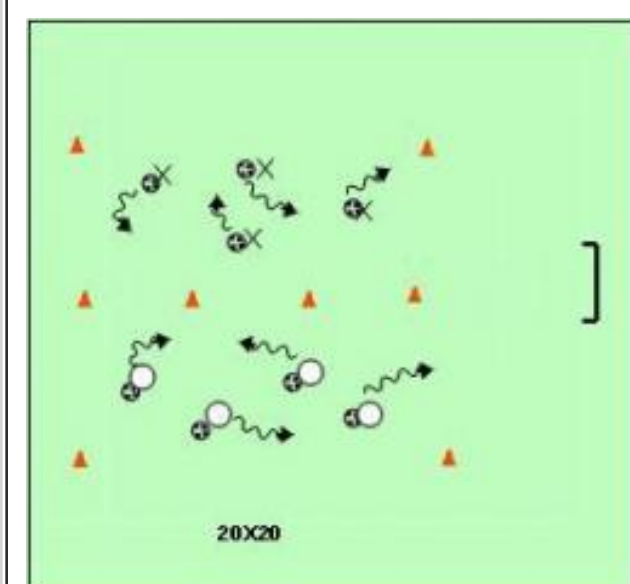


Groups of 3 or 4  
 Set up the first grid with 2 cones in the middle(defenders).  
 Up and back doing scissors, double scissors, sole role around middle cones.

Part 2-Spread 2 middle cones out to make a diamond and have players do reverse moves- pull back, cryuff, step over at the three cones.

**Key Points:** Repetitive dribbling moves Good warm up exercises

**Drill Title:** Team dribble



Divide the team in half and have the players dribble on their half of the field.  
 Coach calls out "switch" players leave their ball & dribble with a team mates ball-stay on their half.  
 "switch fields" players dribble to opposite half of the field with their ball.  
 First team with everyone on their half wins a point. Play to 5 wins.

**Key Points:** Head up while dribbling Quick change of direction Dribble with pace

**Drill Title:** Baseball Passing



Home plate is the player working.  
 They must pass to player that does not have the ball and cannot pass back to where the ball came from.

Balls start at 1st and 3rd base.  
 Anyone on a base always passes to home plate only.

**Key Points:** Excellent passing drill that makes players think ahead.