



Date: 05/01/21
Length: 50 mins
Start Time: 12:00am
End Time: 12:50am
Group: PreK and K
Focus: FUN
Level: U6

Length	Start	Drill Name	Category	Notes
5	12:00am	Pull back - DOC Warm up - Group other soccer dribble touches	Me & the Ball	1 ball
10	12:05am	5 & up Ball Pile	Recreation Activities	
10	12:15am	Steal the Bacon	Recreation Activities	Split the group into two teams. each team has a safe zone to keep their soccer ball. They must go to opposing team's safe zone and steal the soccer ball (bacon) and dribble it back to their own safe zone. Play two 4 minute rounds with 2 minute break in between
10	12:25am	6 & up Take it to the bank	Recreation Activities	
10	12:35am	Scrimmage	Fun game	

Notes:

Drill Title: Pull back - DOC Warm up - Group other soccer dribble touches

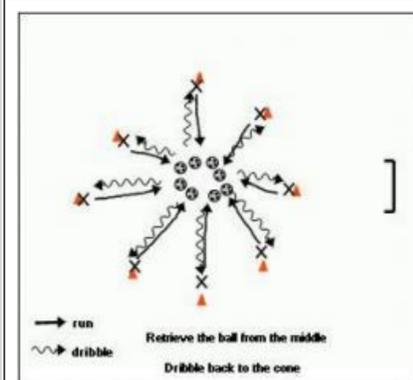


Stop the ball with the sole of the shoe with the other foot planted next to the ball. Pull the ball back with your body turning towards the ball.

If you are using your right foot to pull the ball back you would turn your body clockwise. Never losing site of the ball while your body shields the ball.

Key Points: Basic pull back move.

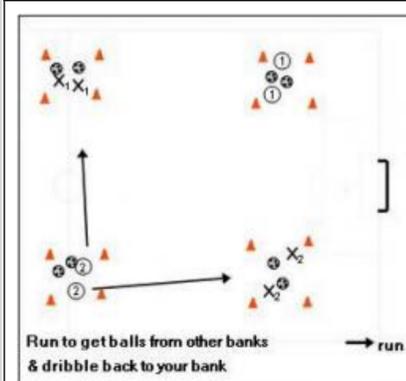
Drill Title: 5 & up Ball Pile



All the balls in a pile in the middle of a circle. On the whistle, the players run to get a ball from the pile and pull it back and dribble to their cone.

Key Points: Practice pull back and dribbling in a crowd

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