

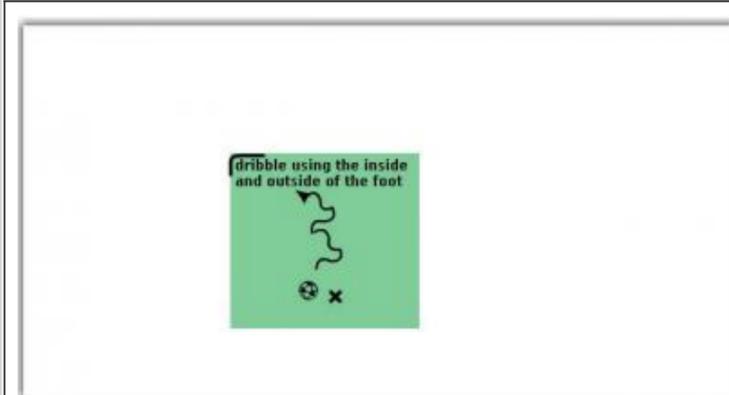


Date: 05/08/21
Length: 50 mins
Start Time: 12:00am
End Time: 12:50am
Group: PreK and K
Focus: FUN
Level: U6

Length	Start	Drill Name	Category	Notes
5	12:00am	Simon Says	Surfaces	
8	12:05am	Dribble inside/outside	Me & the Ball	1 ball
10	12:13am	5 & up race for the goal	Recreation Activities	
10	12:23am	6 & up Knock out	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
15	12:33am	Scrimmage	Fun	

Notes:

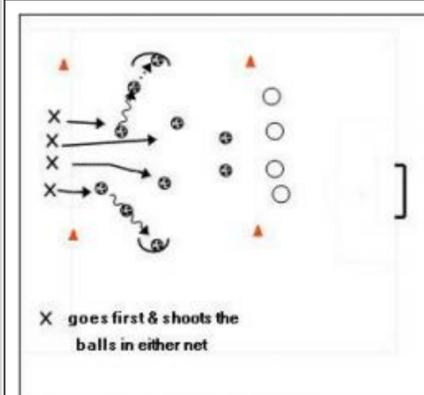
Drill Title: Dribble inside/outside



Dribble straight ahead using the inside and the outside of the foot with multiple touches as you move down the field. Alternate between inside and outside

Key Points: Keep the ball close to you Head up

Drill Title: 5 & up race for the goal

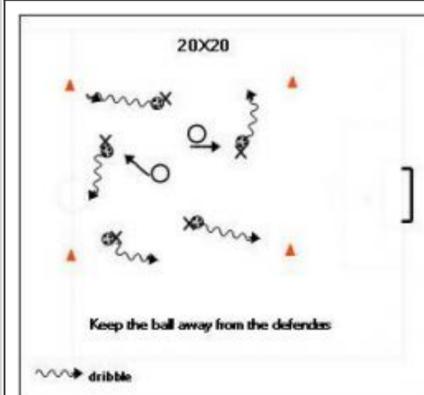


Divide the team in half. Place the balls randomly inside the playing area. On the whistle, players from one team run on to the field and dribble the balls and score goals. They do not finish until all the balls are in the goals. The next team gets to set the balls on the field and then they get a turn.

Time each team to see who gets the balls in the goal the fastest.

Key Points: fun shooting drill

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.