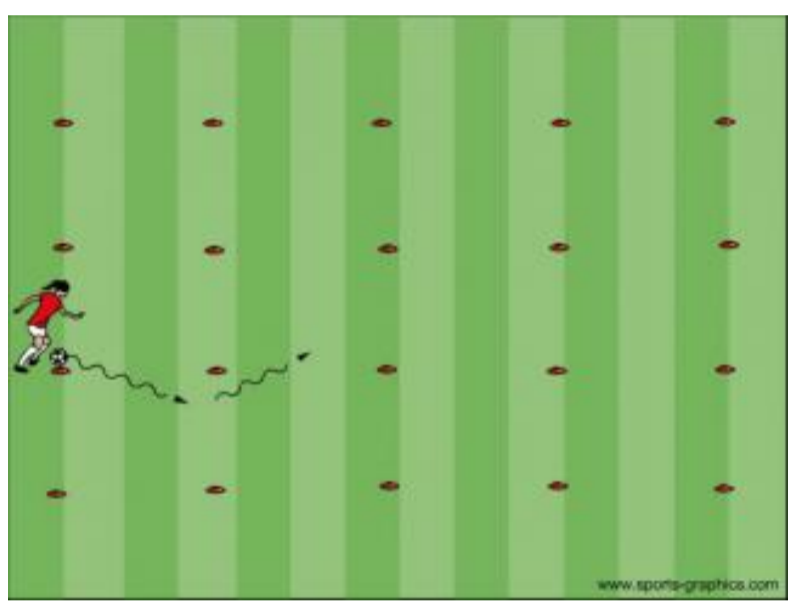


**Date:** 05/11/21 **Group:** Grade 1/2  
**Length:** 55 mins  
**Start Time:** 12:00am **Focus:** Dribbling and ball control  
**End Time:** 12:55am **Level:** U8

Length	Start	Drill Name	Category	Notes
4	12:00am	<b>L-dribble around cones</b>	Warm Up	
4	12:04am	<b>L-Dribble around cones at each other</b>	Warm Up	
4	12:08am	<b>L-Dribble Inside/Outside</b>	Warm up	
4	12:12am	<b>L-Dribble Sole Roll</b>	Warm up	
8	12:16am	<b>5 &amp; up bowling</b>	Recreation Activities	
8	12:24am	<b>6 &amp; up Knock out</b>	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
8	12:32am	<b>Attacking the end line</b>	Attacking/Dribbling	20X15 yard grid Balls with the coach Duplicate this setup if you have a large number of players and use a player as the passer
10	12:40am	<b>Scrimmage</b>	Fun	

**Notes:**

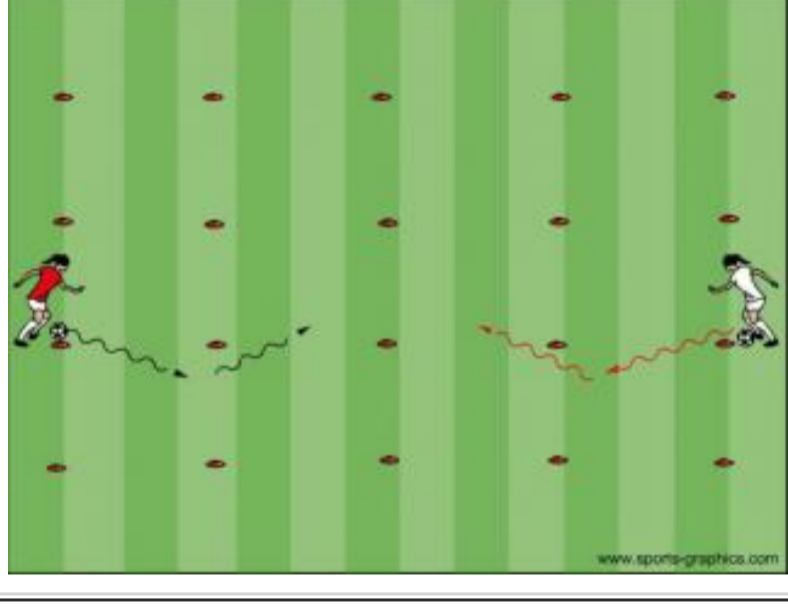
**Drill Title:** L-dribble around cones



Dribble around cones to the other end as quickly as possible with your head up.

**Key Points:** dribble around cones


**Drill Title:** L-Dribble around cones at each other



Divide the group in half with each starting on each end of the lane. First players Start dribbling at the same time and keep their head up as the come together. Continue past each other without hesitating.

**Key Points:** Dribble with traffic


**Drill Title:** L-Dribble Inside/Outside



Dribble the ball using the inside and outside of your favorite foot while staying in your lane. Short, quick touches. Use your weak foot on your next pass.

**Key Points:** Use the inside & outside of the foot

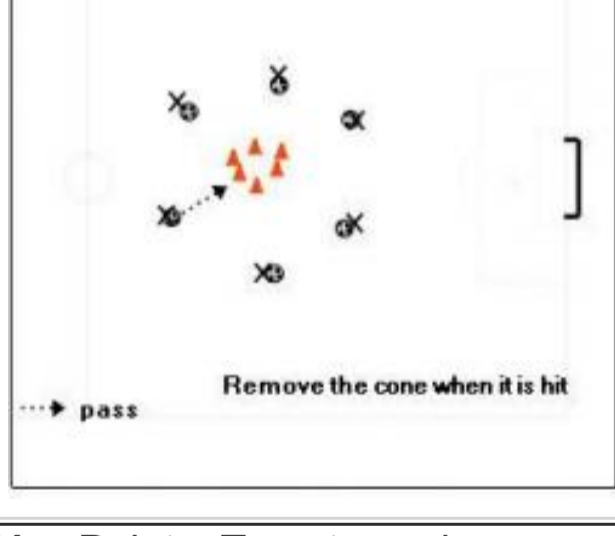
**Drill Title:** L-Dribble Sole Roll



Dribble down the lane facing out while rolling the sole of your shoe over the ball. Face the same way when you come back and use the opposite foot.

**Key Points:** use the sole of your shoe

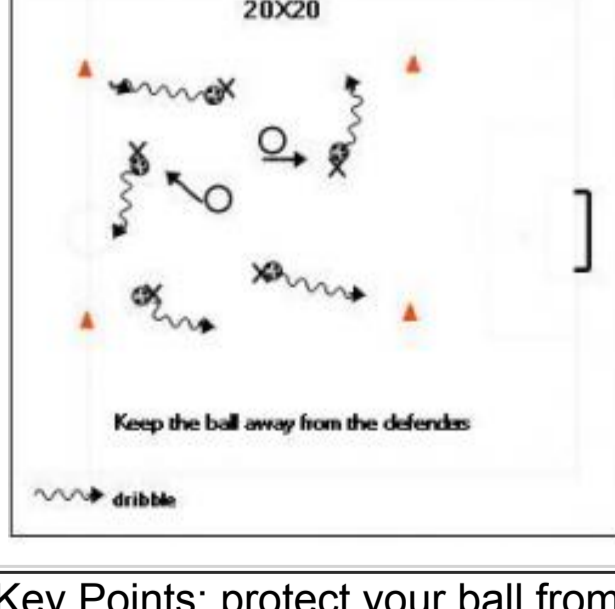
**Drill Title:** 5 & up bowling



Put a bunch of cones or balls in the middle of a circle. Have the players (each with a ball) take turns trying to hit one of the center cones (balls). Each time one is hit remove it until there are no cones (balls) left.

**Key Points:** Target passing

**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.

**Drill Title:** Attacking the end line



Divide your team into 2 groups. Coach has the balls behind one endline. On the coaches command the first player in each line runs around the corner cone. Red player receives a pass from the coach and attacks the endline where the coach is standing and tries to control the ball over the endline for a point. blue shorts defends and tries to win the ball and control the ball over the opposite endline for a point. Attack with speed and make quick decisions. After a few minutes have the groups change sides. Keep the total score to decide the winning group.

**Key Points:** First touch in the direction you want to go Defend with speed but under control