

Date: 05/18/21
Length: 55 mins
Start Time: 12:00am
End Time: 12:55am
Group: Grade 1/2
Focus: Change of directions
Level: U8

Length	Start	Drill Name	Category	Notes
10	12:00am	Steal and Shield	Attacking/Dribbling	4 cones 1 ball per pair
12	12:10am	Sweat Box	Attacking/Dribbling	if a player gets beat more than 5 times swap them for a player on the opposite team.
0	12:22am	Tag with a ball	Attacking/Dribbling	3 cones all players with a ball 5X5X5 yard triangle
12	12:22am	Circle pass & follow	Passing/receiving	2 balls-a few cones to form a circle Start with one ball until the players understand the movement. Quick runs from passer to middle player. Check to the ball. Give a good passing lane.
15	12:34am	scrimmage		

Notes:

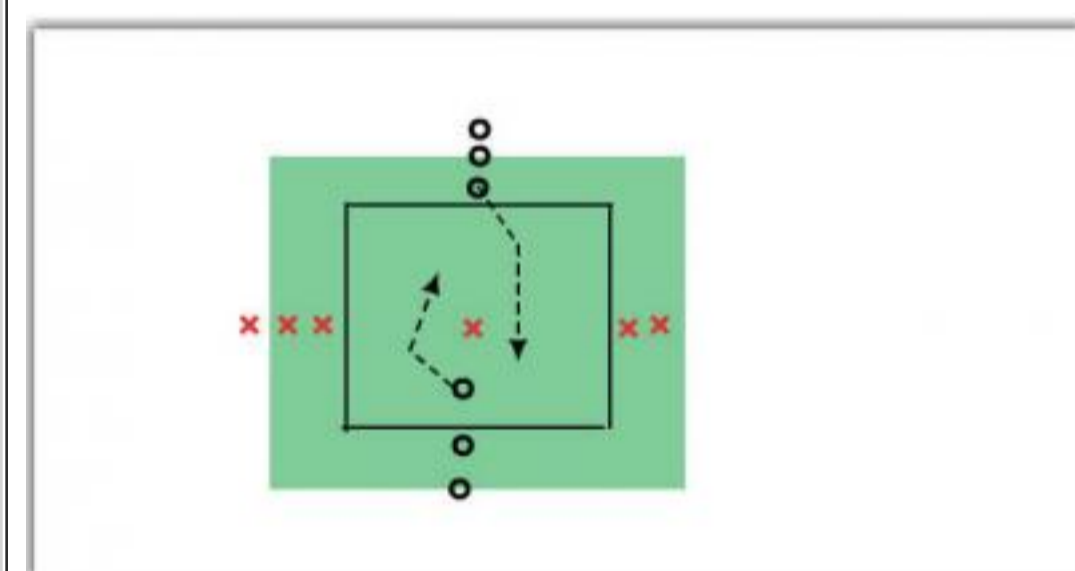
Drill Title: Steal and Shield



Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.

Key Points: Body sideways on to opponent Use arm to protect and know where defender is going Knees bent Turn as defender attacks or reaches for the ball

Drill Title: Sweat Box

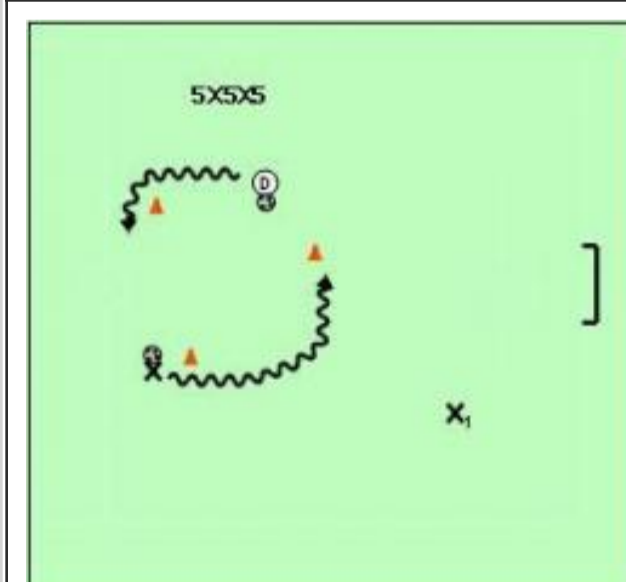


In a square x vs 0 one player in the middle, 0 takes on x as soon as he exits the next 0 enters going across the square, If x steals the ball or forces 0 out of bounds that 0 becomes the defender.

Recommended ages U10 and up

Key Points: Speed of play Attack front foot Awareness

Drill Title: Tag with a ball



2-3 players per triangle. 2 players start the activity with a ball. One of the players is designated the chaser and tries to tag the other person. Players must not run through the triangle. Play this for a set period of time then switch roles. Rotate the 3rd player in after each game.

Progress: Chaser with no ball

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

Drill Title: Circle pass & follow



Players form a circle with one player in the middle with a ball. Middle player passes to a random player outside the circle who passes back. The middle player passes to the player to the right of that player and replaces the player who passed to them (on the outside of the circle) and the drill continues.

Key Points: Circle passing to help move into space. Do not run in the path of the pass.