



Date: 05/22/21
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
10	12:00am	Shadow Dribble	Attacking/Dribbling	
10	12:10am	U6-8 Target Practice	Attacking/Dribbling	
10	12:20am	6 & up Knock out	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
16	12:30am	Scrimmage	Fun	

Notes:

Drill Title: Shadow Dribble



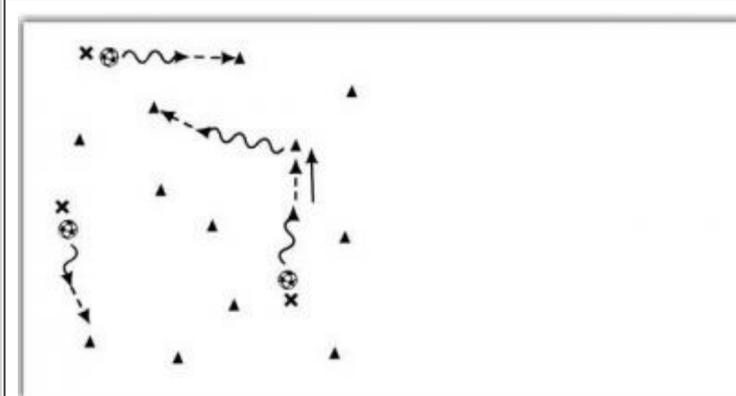
Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.

Coach: Call the change from leader to shadow

Version 2: Use only favorite foot or other foot.
 Version 3: Leader must make a move.

Key Points: dribble with your head up

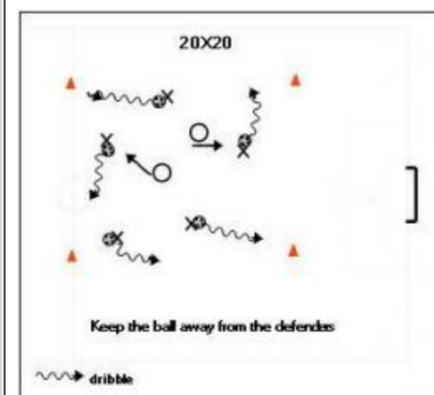
Drill Title: U6-8 Target Practice



Randomly place disc's around playing area. Each player has a ball. Players dribble around, then pass their ball and try to hit a disc. Play 30-60 sec rounds, have players keep track of how many disc's they can hit.

Key Points: Keep ball under control. Dribble towards disc getting close enough to hit it. Quickly get your ball after shot and go after another target.

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.