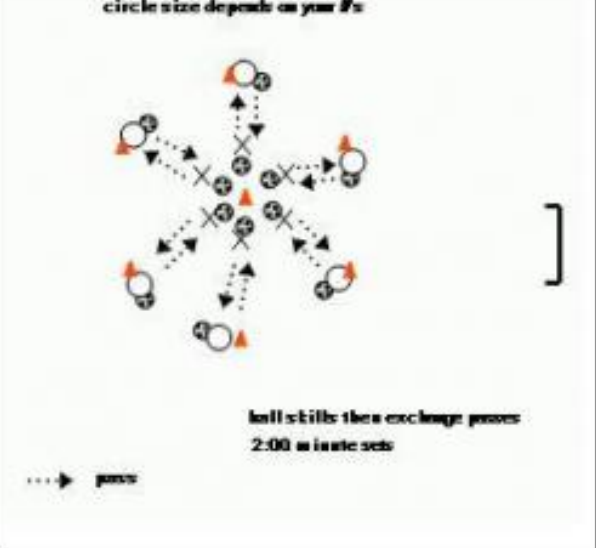


Date: 05/25/21
Length: 55 mins
Start Time: 12:00am
End Time: 12:55am
Group: Grade 1/2
Focus: Dribbling and ball control
Level: U8

Length	Start	Drill Name	Category	Notes
8	12:00am	Circle work	Technical Warm Up Activities	
7	12:08am	Straight dribble with speed	Me & the Ball	1 ball
7	12:15am	6 & up Cops & robbers	Recreation Activities	
7	12:22am	5 & under Ball hogs	Recreation Activities	8 cones all the balls you have
10	12:29am	8 & up defend the ring	Recreation Activities	
12	12:39am	scrimmage		

Notes:

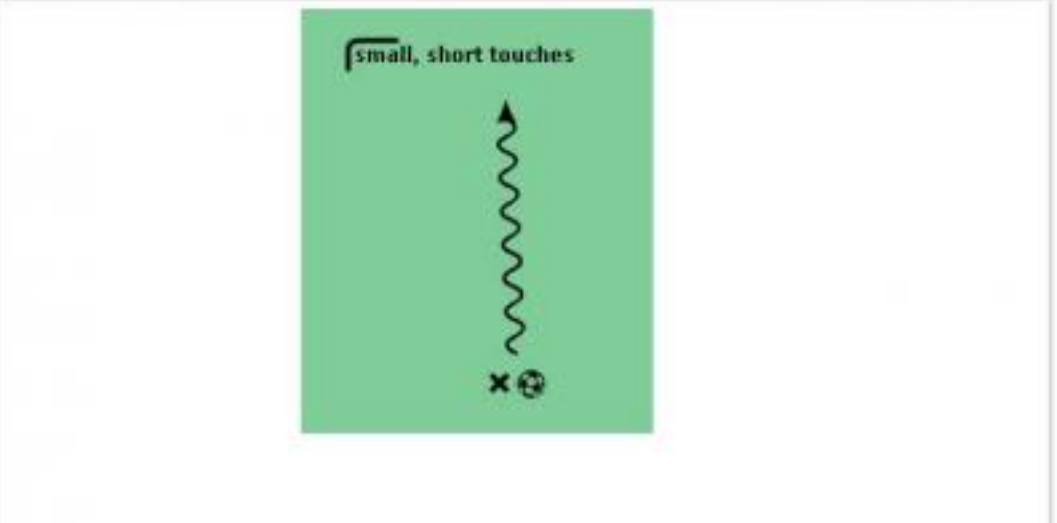
Drill Title: Circle work



Divide the team in half. Half the players start in the middle with a ball. The other half start at a cone with a ball. Start by having the players in the middle do 10 toes touches on their ball. Immediately turn (without their ball) and move towards the player at the cone where they exchange 5 passes. The middle players return to their ball and perform another ball skill. Continue for 2 minutes and switch middle players. Suggested ball skills: stationary, boxing dribble, scissor moves over the ball, stationary sole rolls.

Key Points: Good team warm up drill.

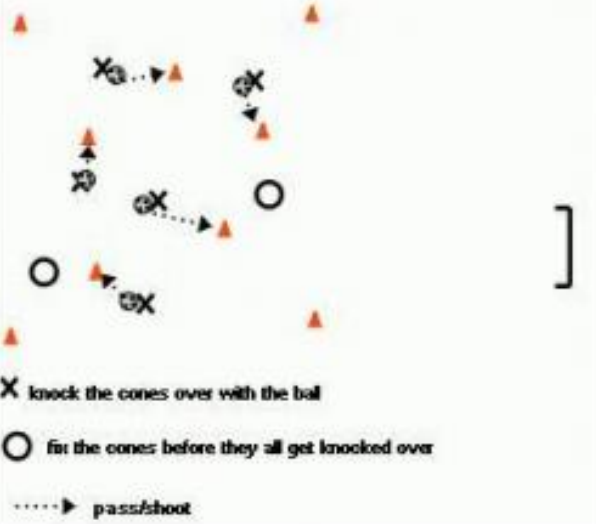
Drill Title: Straight dribble with speed



Dribble using the outside or top of the foot with multiple short touches.

Key Points: Small touches

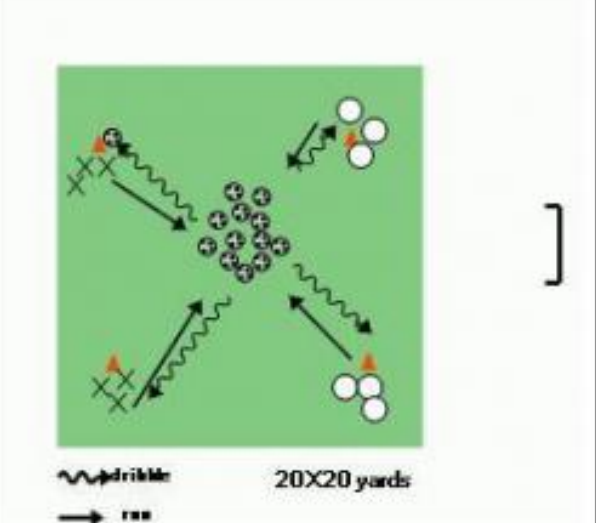
Drill Title: 6 & up Cops & robbers



The robbers have a ball and try to knock down the cones with the ball. Pick two players to be cops and they try to fix the cones. See if the robbers can knock down all the cones before the cops are able to fix them.

Key Points: dribbling/passing game

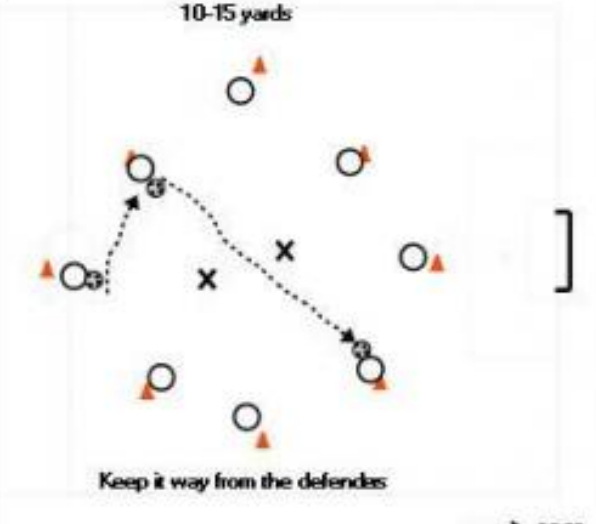
Drill Title: 5 & under Ball hogs



All the balls in the middle. Pairs of players on the 4 corners of the practice area. On the whistle one player from each pair runs to retrieve a ball from the middle and dribbles it back to their home base. Their partner can go get another ball as soon as they get back to their home base. If there are no balls left in the middle you can go steal a ball from other home bases. The pair with the most balls when the play is stopped wins.

Key Points: Get as many balls to your home base.

Drill Title: 8 & up defend the ring



Make a circle with cones. 2 players in the middle of the circle. Outside players play keepaway from the inside players. If an inside player steals the ball they switch places with the player they stole the ball from.

Key Points: keepaway