



Date: 06/01/21
Length: 55 mins
Start Time: 12:00am
End Time: 12:55am
Group: Grade 1/2
Focus: Dribbling and attacking
Level: U8

| Length | Start | Drill Name | Category | Notes |
|--------|---------|--|-----------------------|--|
| 8 | 12:00am | Shadow Dribble | Warm up | |
| 8 | 12:08am | 8 & up Grab a ball and shoot | Recreation Activities | Add a goalkeeper. Return to their team with their ball. |
| 40 | 12:16am | Small side games friendlies vs. other teams | | |

Notes: Last session of the year.

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: 8 & up Grab a ball and shoot



Divide the team in half and assign a number to each player. The coach calls out a number and these players must run to the ball pile and dribble the ball and score.

Key Points: shooting game