

06/01/21 Date: 55 mins Length:

12:00am **Start Time:**

12:55am **End Time:**

Dribbling and attacking

Grade 1/2

U8 Level:

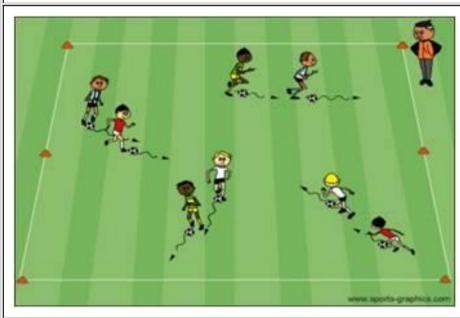
Group:

Focus:

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.

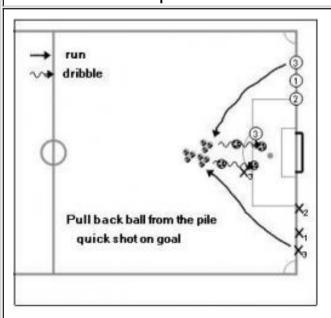
Coach: Call the change from leader to shadow

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