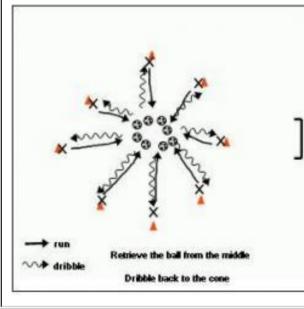
Prepared by: Edgar de Leon

youthSoccer 101.com	Date:	09/11/21	Group:	Intramural
Practice with a plan	Length: 50	50 mins		
	Start Time:	12:00am	Focus:	Fun
	End Time:	12:50am		U6
			Level:	00

Length	Start	Drill Name	Category	Notes
8	12:00am	Basic dribbling skills (Warm up	Warm Up	
8	12:08am	5 & up Ball Pile	Recreation Activities	
8	12:16am	6 & upTake it to the bank	Recreation Activities	
8	12:24am	5 & under Ball hogs	Recreation Activities	8 cones all the balls you have
18	12:32am	Scrimmage		

## Notes:

Drill Title: 5 & up Ball Pile



All the balls in a pile in the middle of a circle. On the whistle, the players run to get a ball from the pile and pull it back and dribble to their cone.

Key Points: Practice pull back and dribbling in a crowd

## **Drill Title:** 6 & upTake it to the bank Divide the players up between 2-3 boxes (banks) Each player with a ball. On the whistle \$.0 the players leave their balls in their bank and go and steal balls from other banks by dribbling them back to their bank. The bank with the most balls wins. 400 12 Run to get balls from other banks run & dribble back to your bank Key Points: Dribbling 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. 20X20 yards

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