



Date:	<u>09/11/21</u>	Group:	<u>Intramural</u>
Length:	<u>50 mins</u>		
Start Time:	<u>12:00am</u>	Focus:	<u>Fun</u>
End Time:	<u>12:50am</u>	Level:	<u>U6</u>

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 & up Take 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

→ run
 ~~~ dribble  
 Retrieve the ball from the middle  
 Dribble back to the cone

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 & up Take it to the bank**

Run to get balls from other banks & dribble back to your bank  
 → run

Divide the players up between 2-3 boxes (banks) Each player with a ball. On the whistle 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.

Key Points: Dribbling game

**Drill Title: 5 & under Ball hogs**

~~~ dribble  
 → run
 20X20 yards

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 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.