

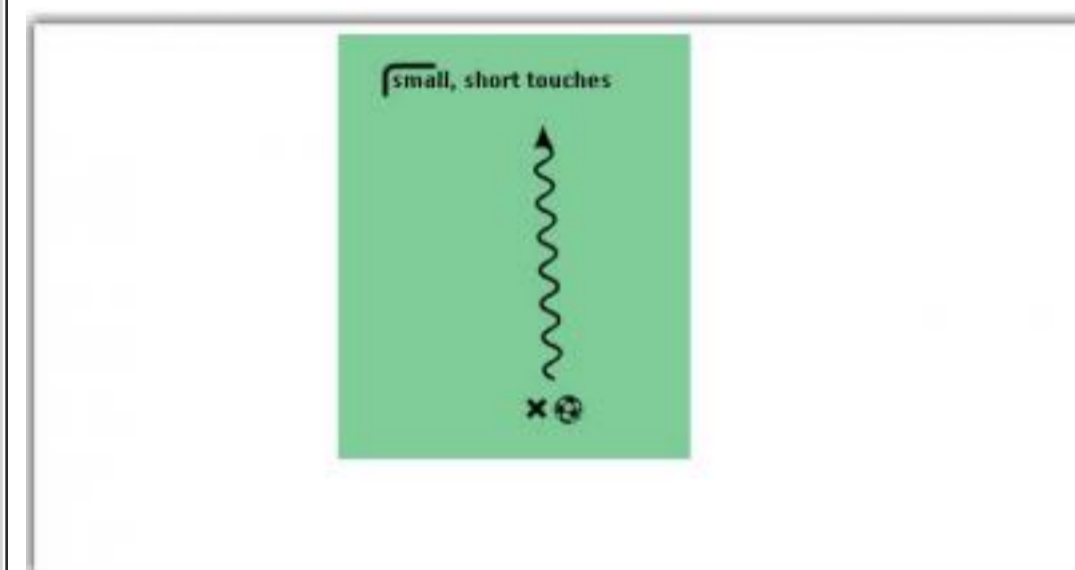


Date: 09/08/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Intramural
Focus: Dribbling
Level: U10

Length	Start	Drill Name	Category	Notes
10	12:00am	DOC Warm Up	Technical Activity	
10	12:10am	Straight dribble with speed	Dribbling	1 ball
10	12:20am	8 & up Chase them down	Finishing	
10	12:30am	1V1 No where to go	Attacking/Dribbling	15X20 yards all the balls all the players surrounding the field.
20	12:40am	Scrimmage	Recreation Activity	

Notes:

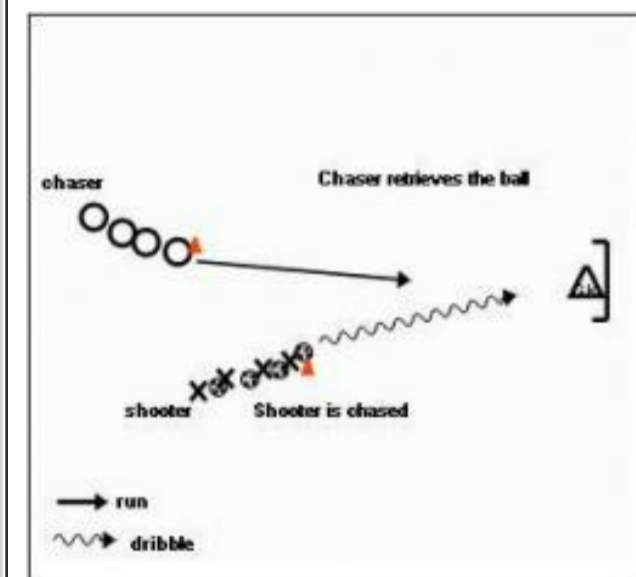
Drill Title: Straight dribble with speed



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

Key Points: Small touches

Drill Title: 8 & up Chase them down



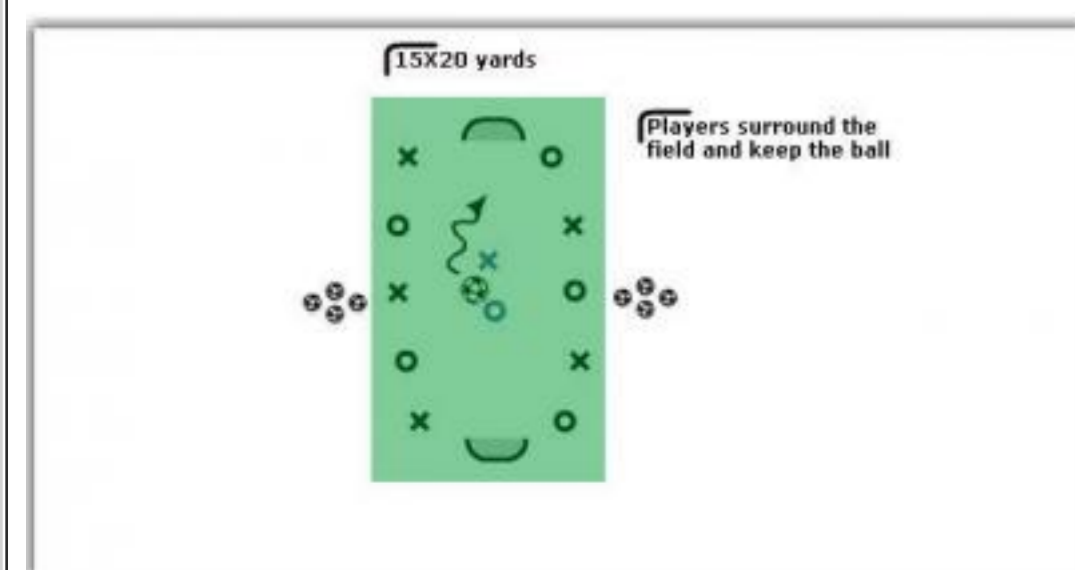
2 lines with players in one line with a ball. The first player in the line with the ball starts to dribble towards the goal. After a few seconds the coach calls out "go" and a player from the other line chases after the player dribbling.

This added pressure makes the player dribbling make a quick decision to shoot.

Switch lines after each turn.

Key Points: Fast shooting game.

Drill Title: 1V1 No where to go



1V1 in the playing area with the other players surrounding the field to keep the ball in play at all times. If the ball goes out of the playing area quickly pass another ball in to the center of the field so the 1v1 players continue to play. Play for 1 minute then quickly switch 1v1 players. You can increase the size and build to 2V2. Play without goalies at first then use larger goals with GK.

Key Points: Protect the ball with your body Quick turns and shots on goal Quick transition