

Date: 09/07/21 **Group:** Intramural
Length: 50 mins
Start Time: 12:00am **Focus:** Dribbling
End Time: 12:50am **Level:** U7

Length	Start	Drill Name	Category	Notes
10	12:00am	DOC Warm Up	Warm Up Activities	
5	12:10am	Sole Roll	Me & the Ball	1 ball
5	12:15am	Sole roll across your body	Me & the Ball	see video on the drills page 1 ball 2 cones
10	12:20am	6 & up Knock out	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
10	12:30am	6 & up Take it to the bank	Recreation Activities	
10	12:40am	Scrimmage	Recreation Activities	

Notes:

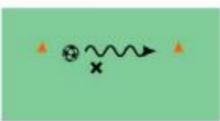
Drill Title: Sole Roll



Dribble using the sole of your cleat while moving down the field. Turn sideways and drag the ball with the sole of your cleat. Comeback using the other foot.

Key Points: Lightly touch the top of the ball

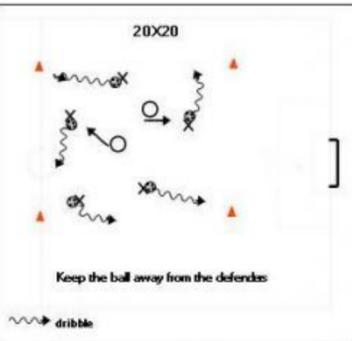
Drill Title: Sole roll across your body



-Continuous for 1:00

Key Points: Reach across your body

Drill Title: 6 & up Knock out



Each player with a ball except for two (the defenders).
On the whistle the 2 players without a ball try to knock the balls from the other players who dribble inside the practice area trying to avoid the players without the ball.

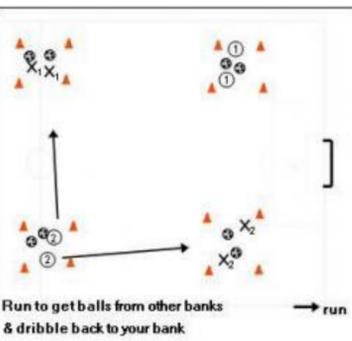
Dribble away from the players without the ball.

If a player's ball gets knocked out, they must do 10 toe touches and they are back in the game.

Change the defenders every few minutes so everyone gets a chance.

Key Points: protect your ball from the defenders.

Drill Title: 6 & up Take it to the bank



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