

09/18/21 Date: Length:

Group:

Fundamentals

Start Time:

500 mins 12:00am

FUN Focus:

End Time:

8:20am

U6 Level:

Length	Start	Drill Name	Category	Notes
5	12:00am	Toe touch dance	Me & the Ball	1 ball
8	12:05am	Straight dribble with speed	Me & the Ball	1 ball
10	12:13am	5 & up Ball Pile	Recreation Activities	
8	12:23am	Group dribbles (Cone to Cone)	Practicing Skills	Each player should have their own cone, on coach's command, players will dribble the ball to a different cone and perform a pull back.

Notes: Pre-K - 45 minutes

K - 50 minutes

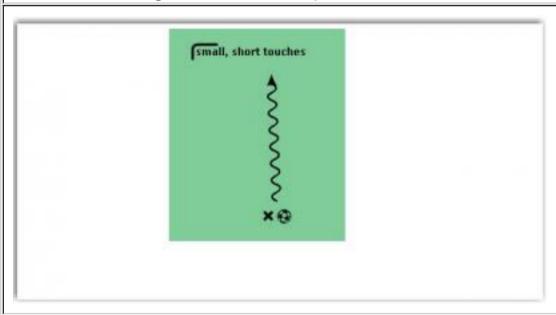
Drill Title: Toe touch dance



- -Continuous for 2:00-3:00
- -Alternating feet -Keep the ball in the same area

Key Points: Lightly touching the ball

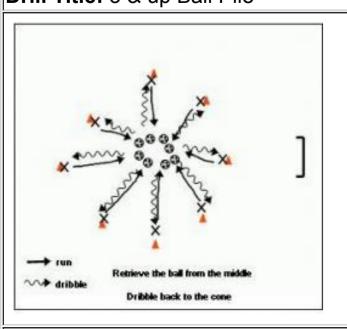
Drill Title: Straight dribble with speed



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

Key Points: Small touches

Drill Title: 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