



**Date:** 09/18/21  
**Length:** 500 mins  
**Start Time:** 12:00am  
**End Time:** 8:20am  
**Group:** Fundamentals  
**Focus:** FUN  
**Level:** U6

Length	Start	Drill Name	Category	Notes
5	12:00am	<b>Toe touch dance</b>	Me & the Ball	1 ball
8	12:05am	<b>Straight dribble with speed</b>	Me & the Ball	1 ball
10	12:13am	<b>5 &amp; up Ball Pile</b>	Recreation Activities	
8	12:23am	<b>Group dribbles (Cone to Cone)</b>	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

**Ball Skills**

x ⊕

One ball/player  
2-3 minutes/skill

Each player in their own space ]

- 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

small, short touches

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