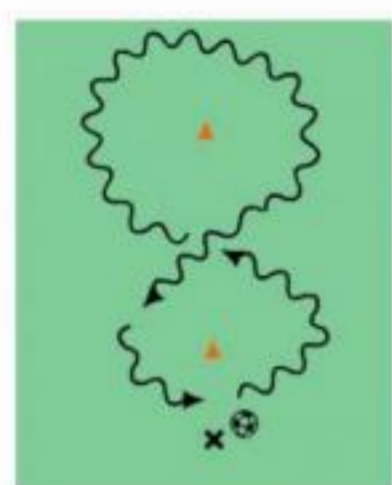


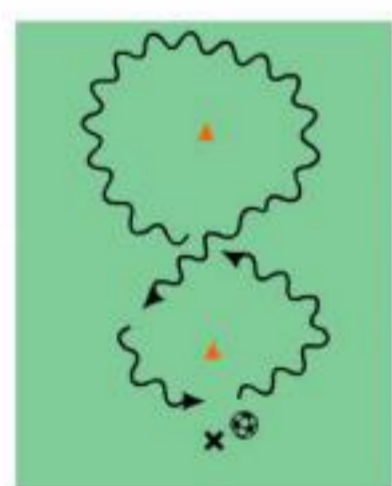
Date:	09/14/21	Group:	Intramural
Length:	50 mins		
Start Time:	12:00am	Focus:	Introduction and Fun
End Time:	12:50am	Level:	U7

Length	Start	Drill Name	Category	Notes
4	12:00am	Figure 8 (one foot)	Me & the Ball	1 ball 2 cones
4	12:04am	Figure 8 (both feet)	Me & the Ball	1 ball 2 cones
4	12:08am	Grid Dribble	Me & the Ball	10 cones 1 ball time the players to add competition
4	12:12am	Juggle on command	Me & the Ball	1 ball
10	12:16am	6 & up Take it to the bank	Recreation Activities	
10	12:26am	6 & up blockers	Recreation Activities	
16	12:36am	Relay Races	Recreation Activities	

Notes:**Drill Title:** Figure 8 (one foot)

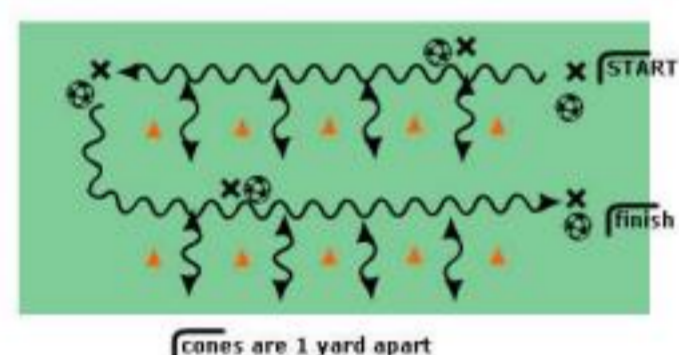
Dribble in a figure 8 pattern with multiple small touches to keep the ball under control. Dribble quickly but under control using one foot only. Use the outside and inside of the foot.

Key Points: Keep ball close to the body Head up

Drill Title: Figure 8 (both feet)

Dribble in a figure 8 pattern with multiple small touches to keep the ball under control. Dribble quickly but under control using both feet.

Key Points: Keep ball close to the body Head up

Drill Title: Grid Dribble

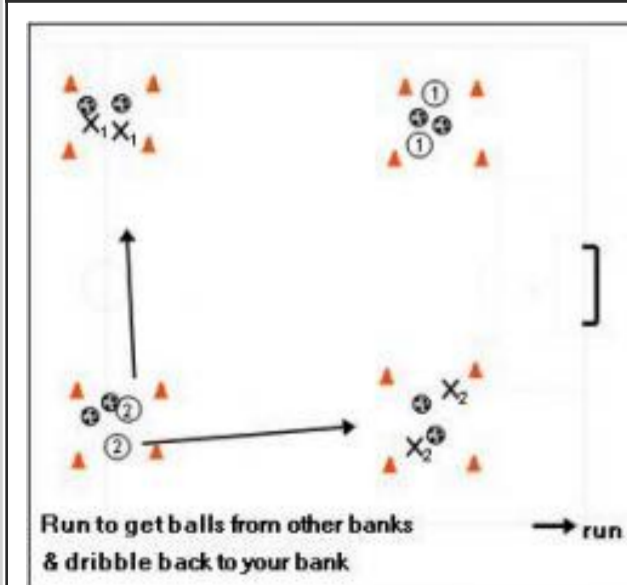
Dribble in and out of the cones using different skills:
 #1-dribble between cones pull back and use L turn to move to next cone. Switch feet on second set of cones.
 #2-dribble between cones pull back then use outside of the foot to move to next cone. Switch feet on second set of cones.
 #3-push in and pull back out with box dribbling to next cone.
 #4-forward toe touches in and backward toe touches out sole roll to next cone.

Key Points: Quick dribble direction changes Good balance

Drill Title: Juggle on command

The coach calls out the sequence to juggle. For example, head thigh, foot. If you have 8 players require at least half of the players to complete the sequence before moving on to the next sequence. Require more combinations to increase the difficulty.

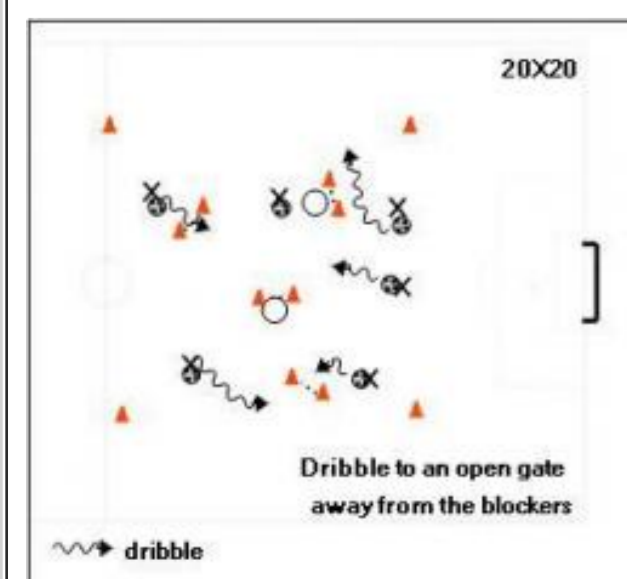
Key Points: The ball should not go much higher than your head

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

Drill Title: 6 & up blockers

all the players with a ball except 2.
 The 2 players without a ball try to prevent the other players from dribbling or passing through the gates set up inside the playing area.

Switch the 2 blockers every few minutes.

Have the players keep track of how many gates they go through.

Key Points: passing/dribbling through a target