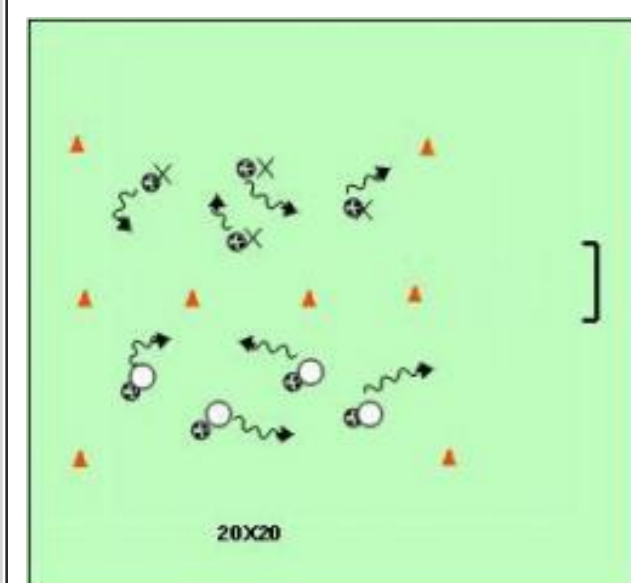


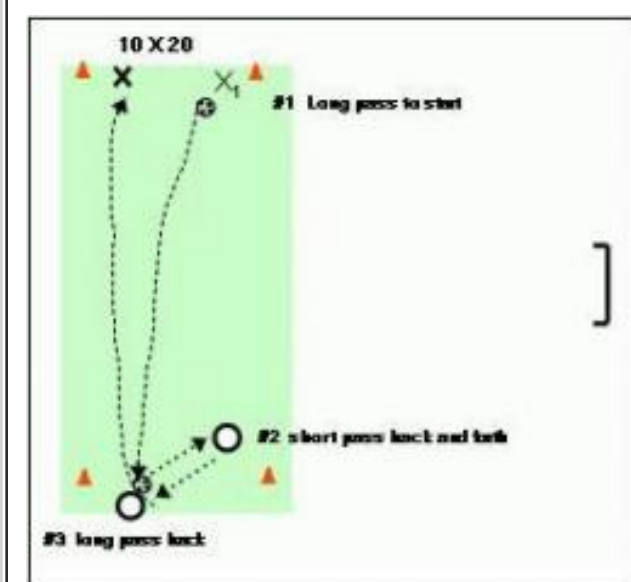
Date: 09/29/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Intramural
Focus: Attacking in numbers
Level: U10

Length	Start	Drill Name	Category	Notes
10	12:00am	Changes of direction	Warm Up	
10	12:10am	Team dribble	Warm up	8 cones 4 for the grid & 4 for the center line all players with a ball When switching fields require players to dribble to the opposite endline (not just over the half field line)
10	12:20am	2 pair passing	Passing/receiving	Length of drill: 15 mins One ball per grid 4 cones per grid
10	12:30am	2v1 attacking	Attacking/Dribbling	have players set up in groups 4 to rotate defender every go, swap attackers every 5.
16	12:40am	Scrimmage	End game	

Notes:**Drill Title:** Team dribble

Divide the team in half and have the players dribble on their half of the field. Coach calls out "switch" players leave their ball & dribble with a team mates ball-stay on their half. "switch fields" players dribble to opposite half of the field with their ball. First team with everyone on their half wins a point. Play to 5 wins.

Key Points: Head up while dribbling Quick change of direction Dribble with pace

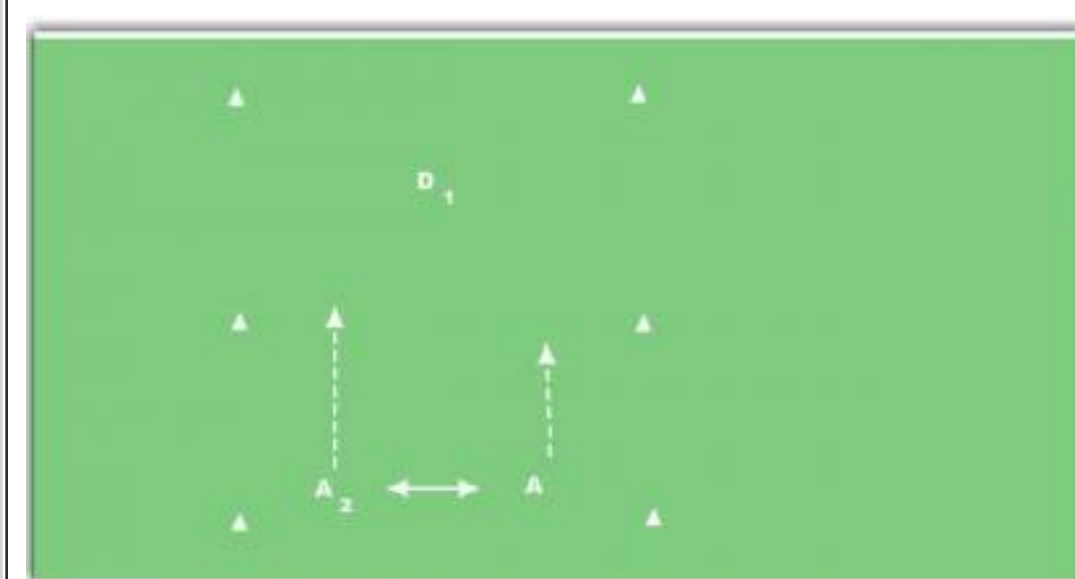
Drill Title: 2 pair passing

Groups of 4 in pairs. Start with a long ball to the player across from them who immediately traps the long ball and plays a short pass to their partner who gives it right back for the partner to play a long ball back to the other pair. This sequence continues.

Start with a short practice area then make it longer as the players make good passes.

Duplicate this depending on how many players you have at practice.

Key Points: Focuses on short passing the switching the ball to another area.

Drill Title: 2v1 attacking

A and A2 play 5 passes maximum between them then both players turn and attack D, the aim is to either combine to get past D or take the player on 1v1 to get to the end line.

+ add goals in corner of the box or the center

Key Points: Attack space Draw in player Support Play wide or over lap