



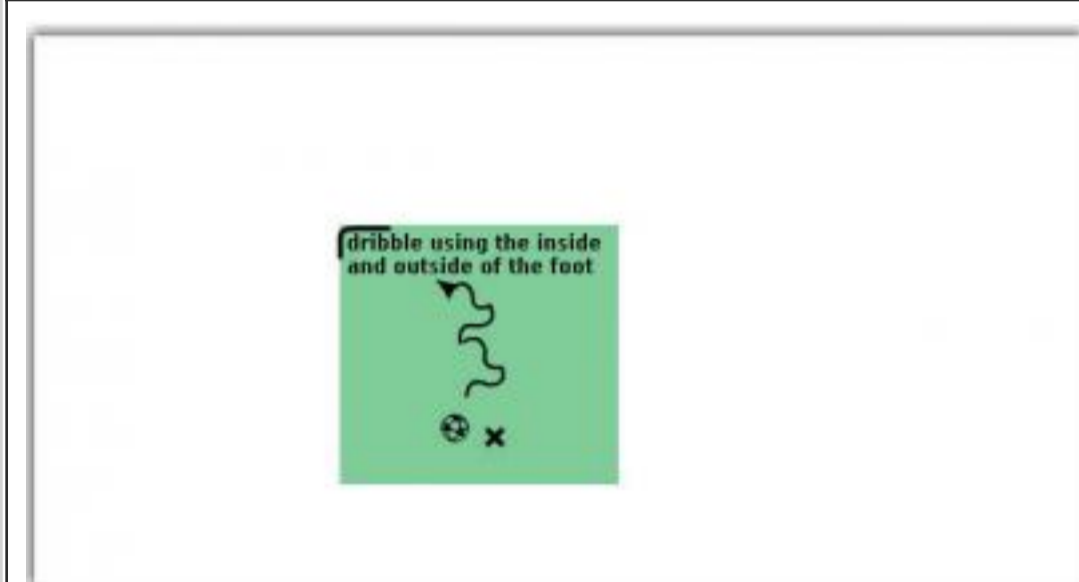
Date: 10/23/21
Length: 50 mins
Start Time: 12:00am
End Time: 12:50am
Group: Boys And Girls
Focus: Fun and Dribbling
Level: U6

| Length | Start | Drill Name | Category | Notes |
|--------|---------|--------------------------------------|-----------------------|-------------------|
| 5 | 12:00am | Dribble inside/outside | Me & the Ball | 1 ball |
| 5 | 12:05am | Figure 8 (both feet) | Me & the Ball | 1 ball 2 cones |
| 10 | 12:10am | 6 & up blockers | Recreation Activities | |
| 10 | 12:20am | 6 & up Cops & robbers | Recreation Activities | |
| 20 | 12:30am | Scrimmage | | |

Notes: For the blockers game, have the coaches be the blockers.

For the skills activities do variations of both feet and different surfaces of the foot.

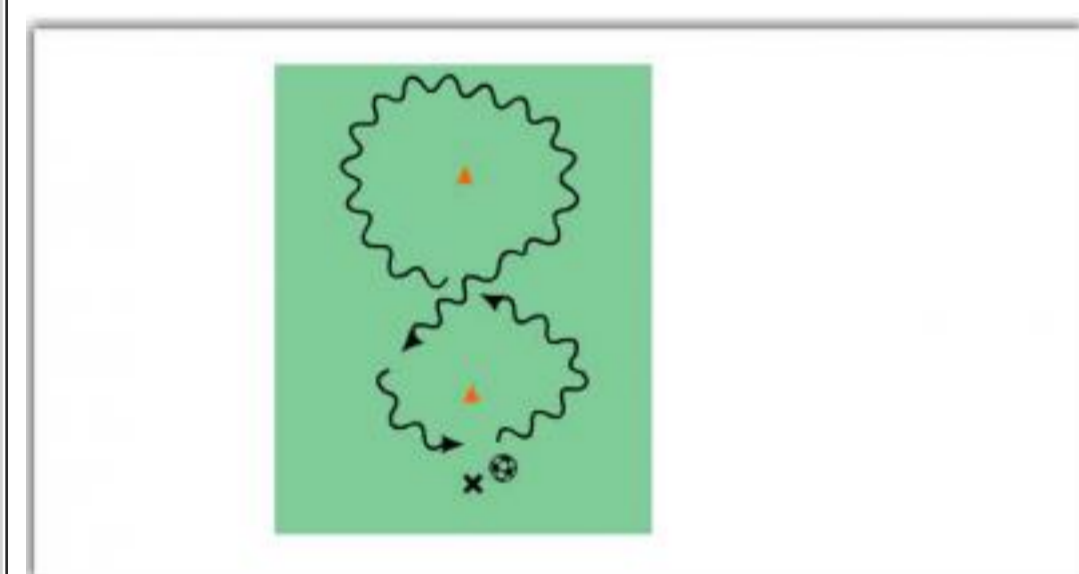
Drill Title: Dribble inside/outside



Dribble straight ahead using the inside and the outside of the foot with multiple touches as you move down the field. Alternate between inside and outside

Key Points: Keep the ball close to you Head up

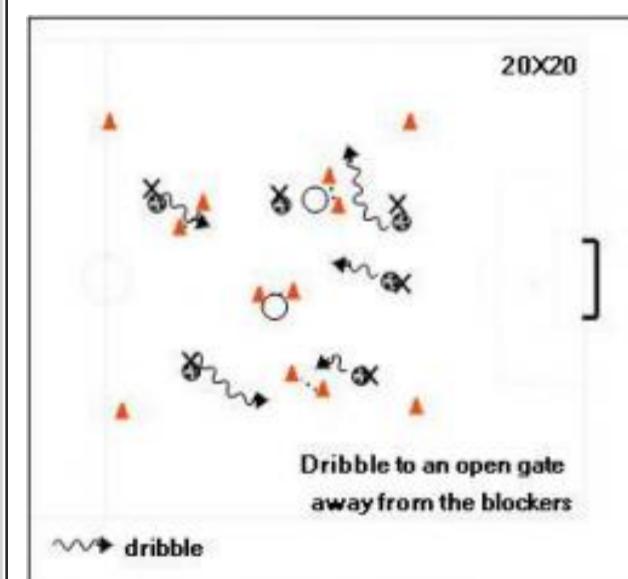
Drill Title: Figure 8 (both feet)



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: 6 & up blockers



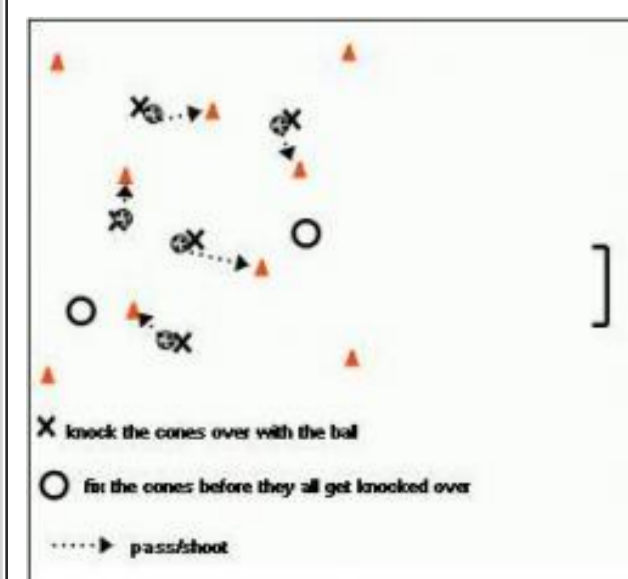
all the players with a ball except 2. The 2 players without a ball try to prevent the other players from dribbling or passing through the gates set up inside the playing area.

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

Drill Title: 6 & up Cops & robbers



The robbers have a ball and try to knock down the cones with the ball. Pick two players to be cops and they try to fix the cones.

See if the robbers can knock down all the cones before the cops are able to fix them.

Key Points: dribbling/passing game