



Date: 10/30/21
Length: 50 mins
Start Time: 12:00am
End Time: 12:50am
Group: Intramural
Focus: FUN
Level: U6

Length	Start	Drill Name	Category	Notes
7	12:00am	Toe touch dance	Me & the Ball	1 ball
7	12:07am	5 & up Ball Pile	Recreation Activities	
7	12:14am	6 & up blockers	Recreation Activities	
7	12:21am	6 & upTake it to the bank	Recreation Activities	
22	12:28am	Scrimmage	FUN	

Notes: Have fun!!

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: 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

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 & upTake 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