



Date: _____ **Group:** Intramural

Length: 75 mins

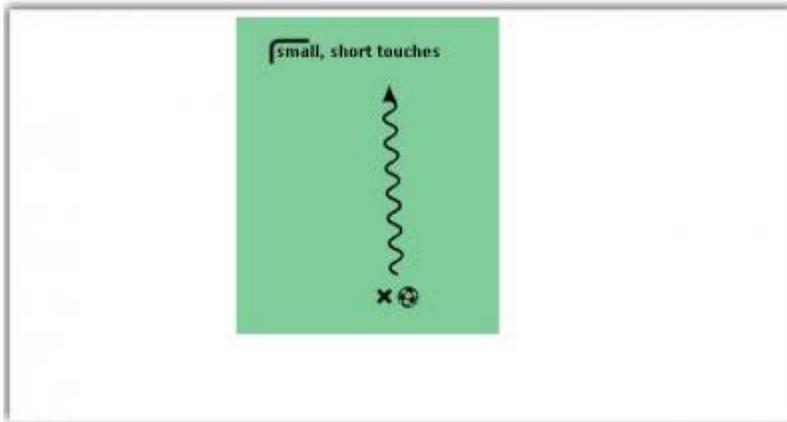
Start Time: _____ **Focus:** Dribbling

End Time: _____ **Level:** U10

Length	Start	Drill Name	Category	Notes
10		DOC Warm Up	Technical Activity	
10		Straight dribble with speed	Dribbling	1 ball
1		8 & up Running with the ball	Dribbling	1 ball per group 8 cones Progress-require toe touches in the center diamond before leaving the center.
10		8 & up Chase them down	Finishing	
10		Snake 1	Dribbling game	
10		1V1 No where to go	Attacking/Dribbling	15X20 yards all the balls all the players surrounding the field.
10		1V1 Choose A Goal	Attacking/Dribbling	15X20 yards 2 small goals 6 cones balls in each line
14		Scrimmage	Recreation Activity	

Notes:

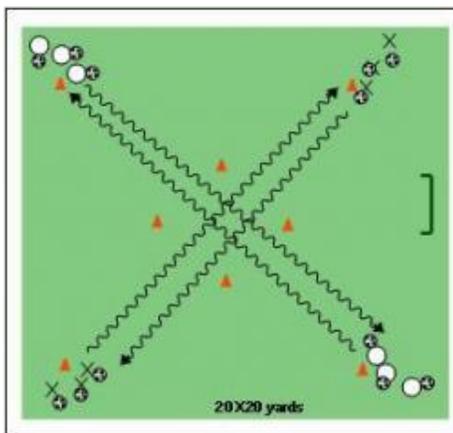
Drill Title: Straight dribble with speed (1 Diagram)



Dribble using the outside or top of the foot with multiple short touches.

Key Points: Small touches

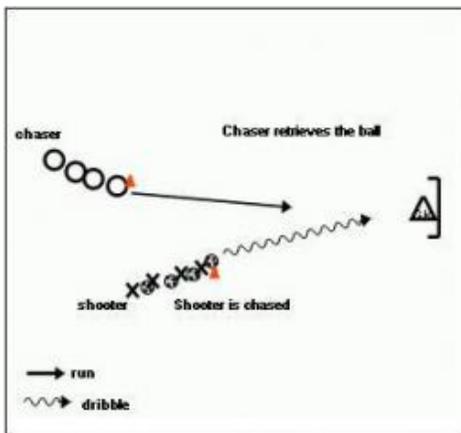
Drill Title: 8 & up Running with the ball (1 Diagram)



split the team into 4 groups. One ball for each group. On the whistle the first player in each line dribble through the center diamond with their head up. Dribble the ball to the opposite line and the next player in line dribbles.

Key Points: dribble with your head up

Drill Title: 8 & up Chase them down (1 Diagram)



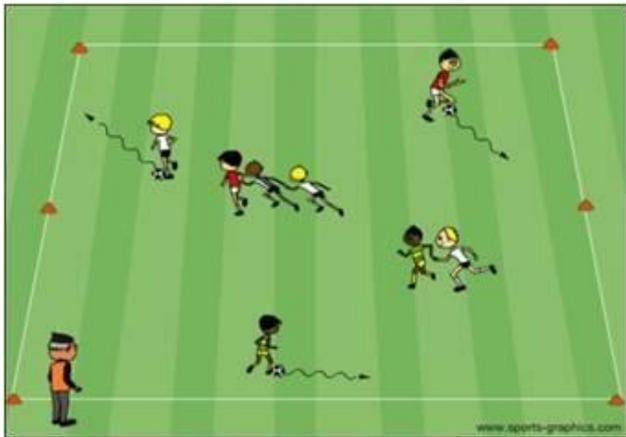
2 lines with players in one line with a ball. The first player in the line with the ball starts to dribble towards the goal. After a few seconds the coach calls out "go" and a player from the other line chases after the player dribbling.

This added pressure makes the player dribbling make a quick decision to shoot.

Switch lines after each turn.

Key Points: Fast shooting game.

Drill Title: Snake 1 (1 Diagram)

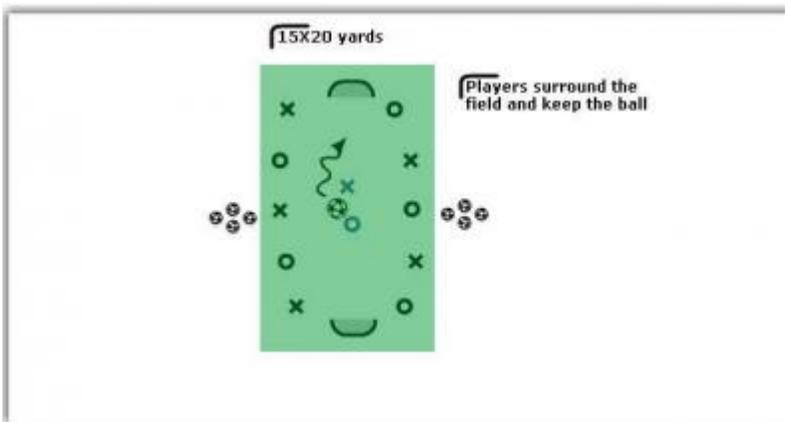


All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players. The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts.

Coach: Encourage the snake players to hiss.

Key Points: dribbling with pressure

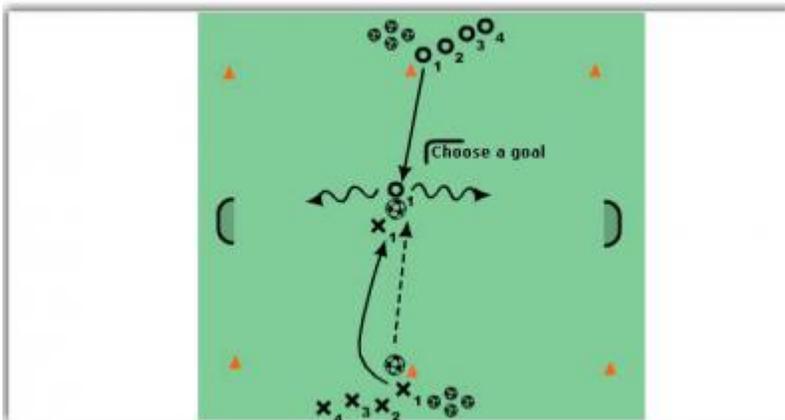
Drill Title: 1V1 No where to go (1 Diagram)



1V1 in the playing area with the other players surrounding the field to keep the ball in play at all times. If the ball goes out of the playing area quickly pass another ball in to the center of the field so the 1v1 players continue to play. Play for 1 minute then quickly switch 1v1 players. You can increase the size and build to 2V2. Play without goalies at first then use larger goals with GK.

Key Points: Protect the ball with your body Quick turns and shots on goal Quick transition

Drill Title: 1V1 Choose A Goal (1 Diagram)



Divide the team in half. X1 passes the ball to O1 and follows their pass to close them down. O1 can dribble the ball and score at either end as X1 tries to tackle them. Once O1 has scored, they have to turn and sprint around the goal opposite to the one they put the ball into, with A1 in pursuit. Once X1 and O1 have sprinted around the goal they rejoin their respective lines. The sequence continues.

Key Points: Quick decision to attack a goal First touch in the direction you intend to go