



Date: _____ **Group:** Intramural _____

Length: 45 mins _____

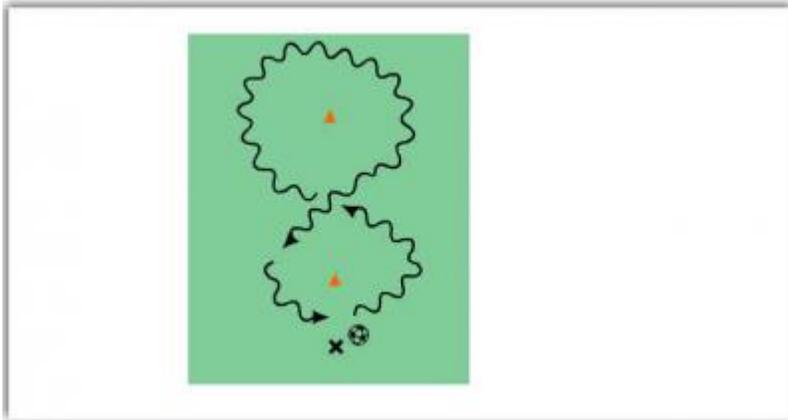
Start Time: _____ **Focus:** Fun _____

End Time: _____ **Level:** U6 _____

Length	Start	Drill Name	Category	Notes
8		Basic dribbling skills (Warm up	Warm Up	
8		Figure 8 (both feet)	Me & the Ball	1 ball 2 cones
10		5 & up Ball Pile	Recreation Activities	
10		6 & up Take it to the bank	Recreation Activities	
10		5 & under Ball hogs	Recreation Activities	8 cones all the balls you have
10		5 & up Red light green light	Recreation Activities	

Notes:

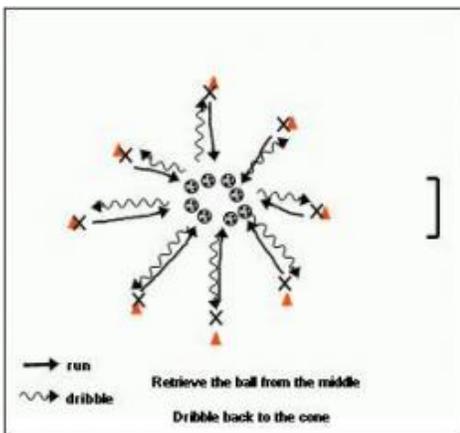
Drill Title: Figure 8 (both feet) (1 Diagram)



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

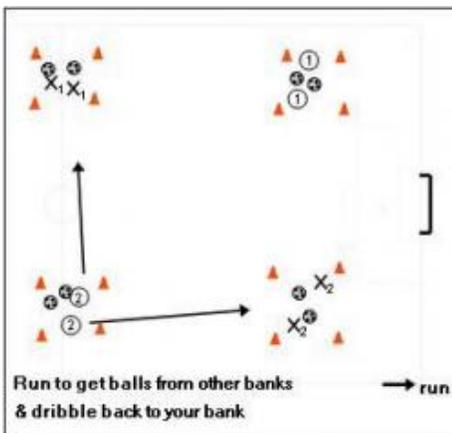
Drill Title: 5 & up Ball Pile (1 Diagram)



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 Take it to the bank (1 Diagram)

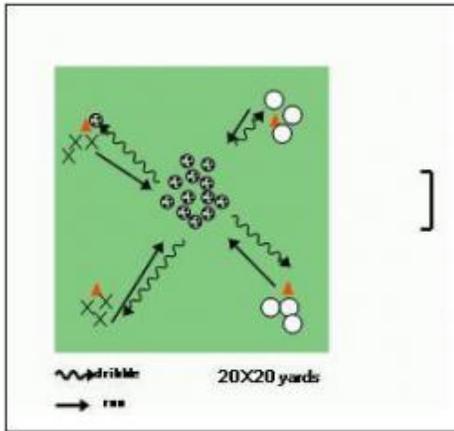


Divide the players up between 2-3 boxes (banks) Each player with a ball. On the whistle the players leave their balls in their bank and go and steal balls from other banks by dribbling them back to their bank.

The bank with the most balls wins.

Key Points: Dribbling game

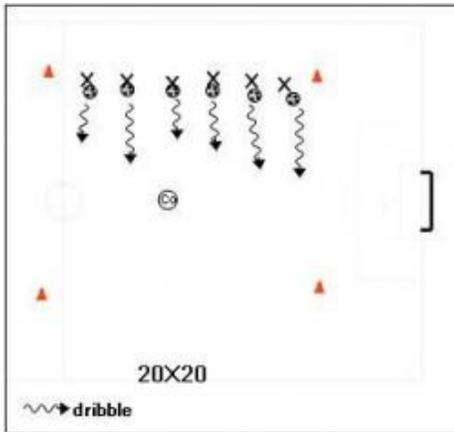
Drill Title: 5 & under Ball hogs (1 Diagram)



All the balls in the middle.
Pairs of players on the 4 corners of the practice area.
On the whistle one player from each pair runs to retrieve a ball from the middle and dribbles it back to their home base.
Their partner can go get another ball as soon as they get back to their home base.
If there are no balls left in the middle you can go steal a ball from other home bases.
The pair with the most balls when the play is stopped wins.

Key Points: Get as many balls to your home base.

Drill Title: 5 & up Red light green light (1 Diagram)



Line the players up on a sideline.
Green light means dribble.
Red light means stop dribbling.

Key Points: Listen for the coaches instructions.