



Date: 09/25/18 **Group:** Fundamentals
Length: 45 mins
Start Time: 12:00am **Focus:** Fun and individual skills
End Time: 12:45am **Level:** U6

Length	Start	Drill Name	Category	Notes
8	12:00am	L-Straight Dribble	skills	
8	12:08am	L-dribble around cones	skills	
8	12:16am	6 & up Moving Goal	Recreation Activities	
8	12:24am	6 & up blockers	Recreation Activities	
8	12:32am	5 & up Egg hunt	Recreation Activities	

Notes: Separate the group by gender, then smaller groups. Coach/Player ratio should be 10-1

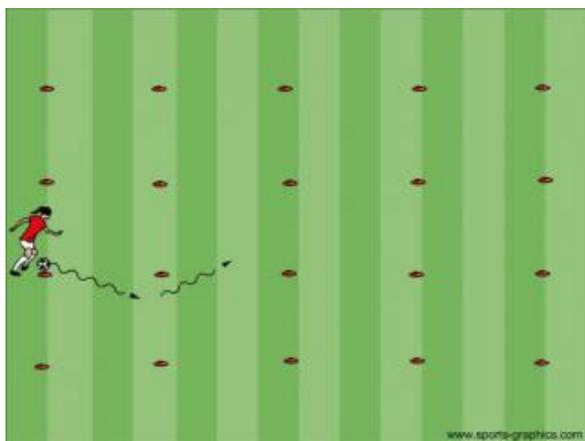
Drill Title: L-Straight Dribble (1 Diagram)



Players dribble in their own lane with short quick touches on the ball using their laces or outside of the foot. This is not a race and the ball should remain close to the players while staying in their lane.

Key Points: Forward dribble

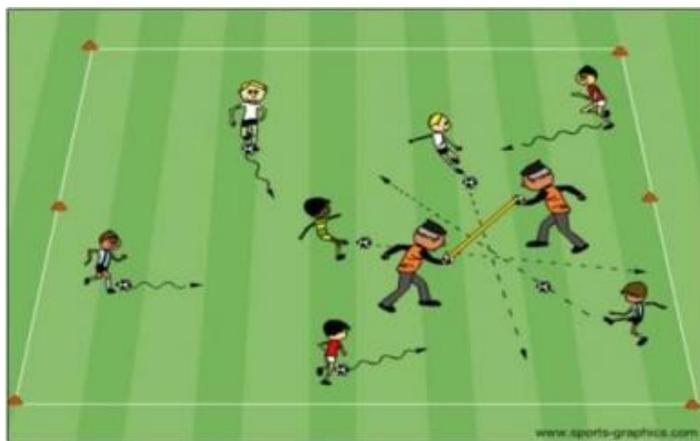
Drill Title: L-dribble around cones (1 Diagram)



Dribble around cones to the other end as quickly as possible with your head up.

Key Points: dribble around cones

Drill Title: 6 & up Moving Goal (1 Diagram)

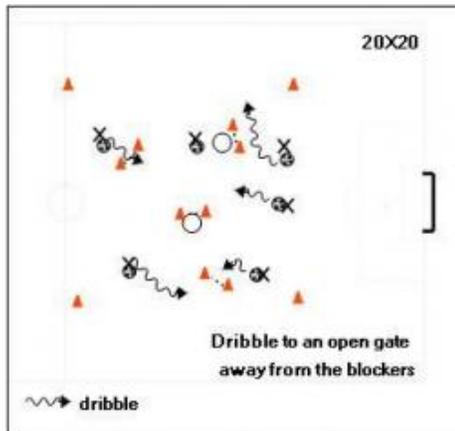


All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.

Coaches: Move around into open space so that the players have to dribble around and kick their ball through a moving target.

Key Points: Head up Change of direction

Drill Title: 6 & up blockers (1 Diagram)



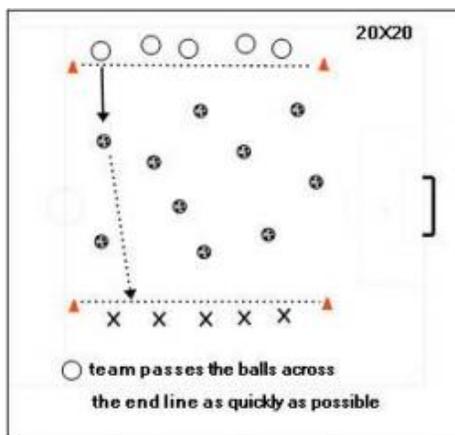
all the players with a ball except 2.
The 2 players without a ball try to prevent the other players from dribbling or passing through the gates set up inside the playing area.

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: 5 & up Egg hunt (1 Diagram)



One team goes at a time. All the balls are randomly placed inside the playing area. On the whistle the first team clears the balls over a designated endline.

When all the balls are cleared the next team sets them up inside the playing area and then it is their turn.

Key Points: clearing the ball from the field.