



**Date:** 08/30/18      **Group:** Intramural  
**Length:** 45 mins  
**Start Time:** \_\_\_\_\_      **Focus:** FUN  
**End Time:** \_\_\_\_\_      **Level:** U6

Length	Start	Drill Name	Category	Notes
10		Toe touch dance	Me & the Ball	1 ball
10		5 & up Ball Pile	Recreation Activities	
10		6 & up blockers	Recreation Activities	
10		6 & up Take it to the bank	Recreation Activities	
5		FUN Game	FUN	

**Notes:** Have fun!!

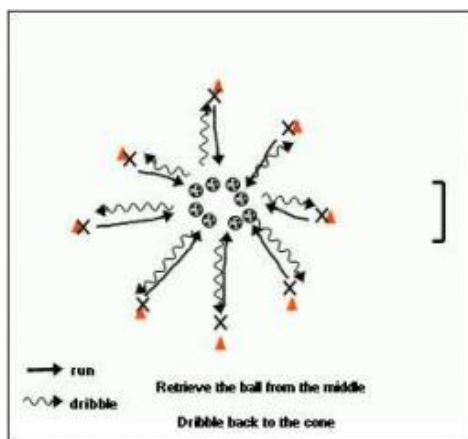
**Drill Title:** Toe touch dance (1 Diagram )



- Continuous for 2:00-3:00
- Alternating feet
- Keep the ball in the same area

Key Points: Lightly touching the ball

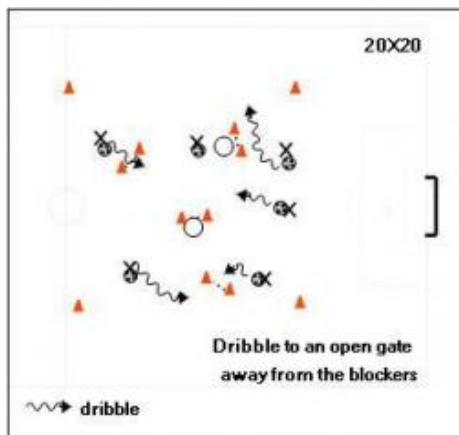
**Drill Title:** 5 & up Ball Pile (1 Diagram )



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 blockers (1 Diagram )



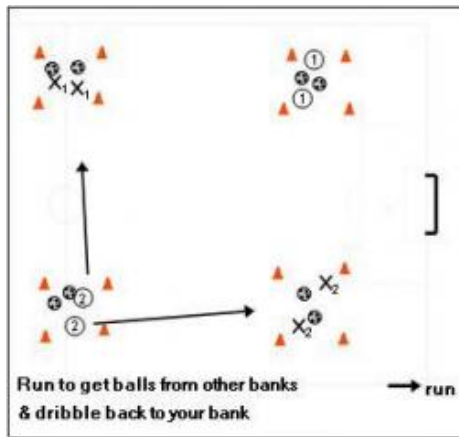
all the players with a ball except 2.  
The 2 players without a ball try to prevent the other players from dribbling or passing through the gates set up inside the playing area.

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:** 6 & upTake 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