



Date: _____ **Group:** Intramural

Length: 60 mins

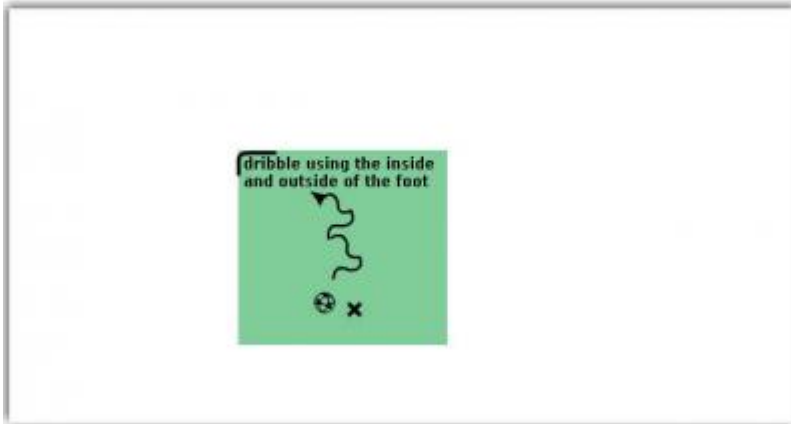
Start Time: _____ **Focus:** Dribbling

End Time: _____ **Level:** U8

Length	Start	Drill Name	Category	Notes
10		DOC Warm Up	Technical Introduction	
7		Dribble inside/outside	Me & the Ball	1 ball
7		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	
15		Scrimmage	Recreation Activities	

Notes:

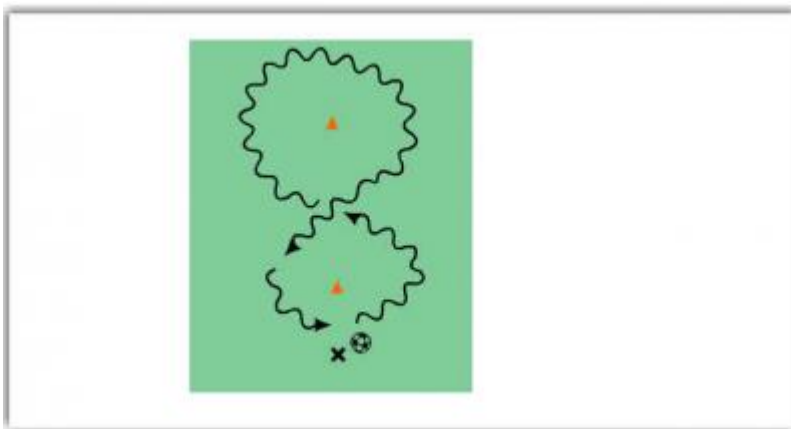
Drill Title: Dribble inside/outside (1 Diagram)



Dribble straight ahead using the inside and the outside of the foot with multiple touches as you move down the field. Alternate between inside and outside

Key Points: Keep the ball close to you Head up

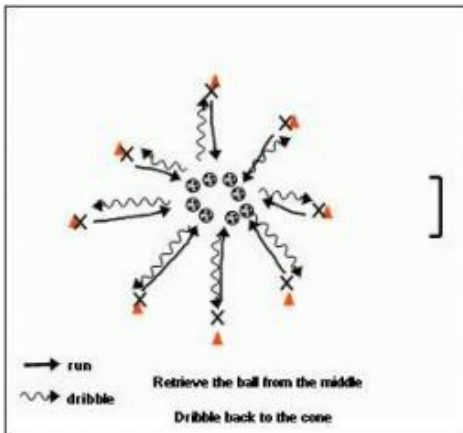
Drill Title: Figure 8 (both feet) (1 Diagram)



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

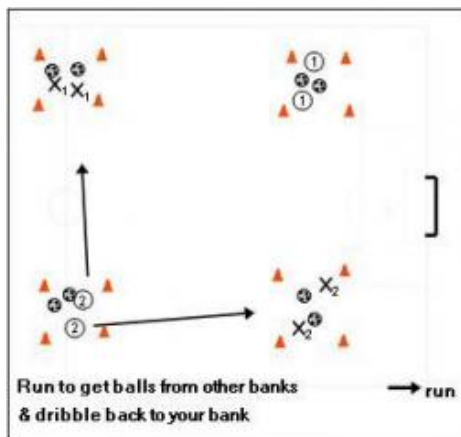
Drill Title: 5 & up Ball Pile (1 Diagram)



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 & 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