



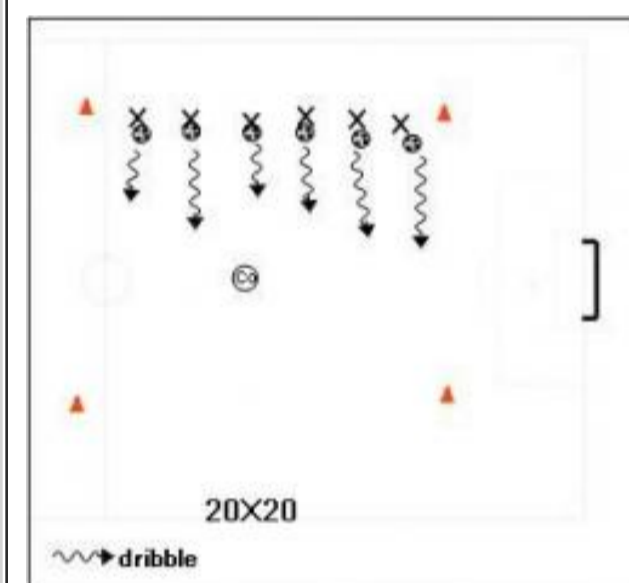
<b>Date:</b>	<u>04/17/21</u>	<b>Group:</b>	<u>K and Pre-K</u>
<b>Length:</b>	<u>50 mins</u>		
<b>Start Time:</b>	<u>12:00am</u>	<b>Focus:</b>	<u>FUN</u>
<b>End Time:</b>	<u>12:50am</u>	<b>Level:</b>	<u>U6</u>

Length	Start	Drill Name	Category	Notes
5	12:00am	<b>Group Warm Up Game - Zoo Game</b>	Warm up	
8	12:05am	<b>5 &amp; up Red light green light</b>	Recreation Activities	
8	12:13am	<b>5 &amp; up Ball Pile</b>	Recreation Activities	
8	12:21am	<b>5 &amp; up Take it to the bank</b>	Recreation Activities	
18	12:29am	<b>Scrimmage - 3v3 games</b>	FUN - Scrimmage time	

**Notes:** First session of the season.

- Introduce rules
- Introduce expectations
- Have a lot of fun with the kids, get them excited about coming back next week!

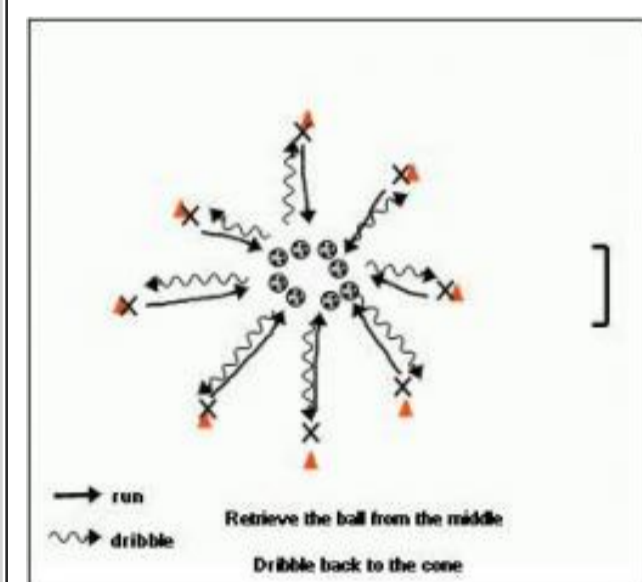
**Drill Title:** 5 & up Red light green light



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

Key Points: Listen for the coaches instructions.

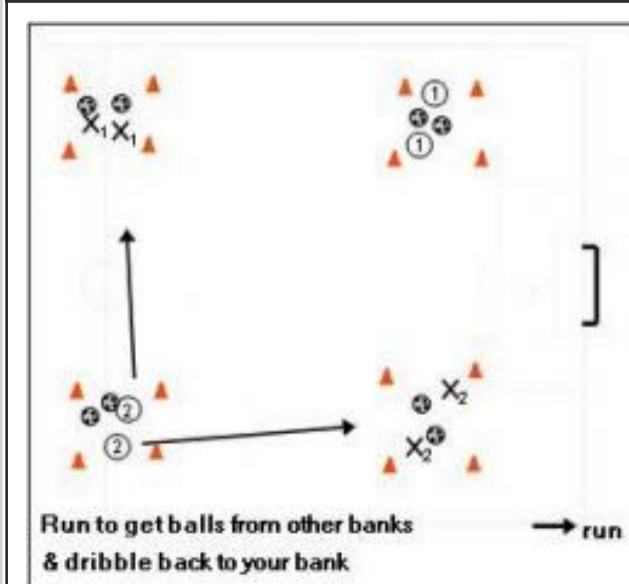
**Drill Title:** 5 & up Ball Pile



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:** 5 & up Take it to the bank



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