



Date:	<u>04/24/21</u>	Group:	<u>PreK and K</u>
Length:	<u>50 mins</u>		
Start Time:	<u>12:00am</u>	Focus:	<u>FUN</u>
End Time:	<u>12:50am</u>	Level:	<u>U6</u>

Length	Start	Drill Name	Category	Notes
5	12:00am	Group Warm Up	Warm up	
5	12:05am	Figure 8 (both feet)	Me & the Ball	1 ball 2 cones
8	12:10am	6 & up Knock out	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
8	12:18am	6 & up Cops & robbers (coaches are robbers)	Recreation Activities	
16	12:26am	Scrimmage - 3v3 games small sided	Scrimmage	

Notes:

Drill Title: Figure 8 (both feet)

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: 6 & up Knock out

Each player with a ball except for two (the defenders).
On the whistle the 2 players without a ball try to knock the balls from the other players who dribble inside the practice area trying to avoid the players without the ball.

Dribble away from the players without the ball.

If a players ball gets knocked out, they must do 10 toe touches and they are back in the game.

Change the defenders every few minutes so everyone gets a chance.

Key Points: protect your ball from the defenders.

Drill Title: 6 & up Cops & robbers (coaches are robbers)

The robbers have a ball and try to knock down the cones with the ball. Pick two players to be cops and they try to fix the cones.

See if the robbers can knock down all the cones before the cops are able to fix them.

Key Points: dribbling/passing game