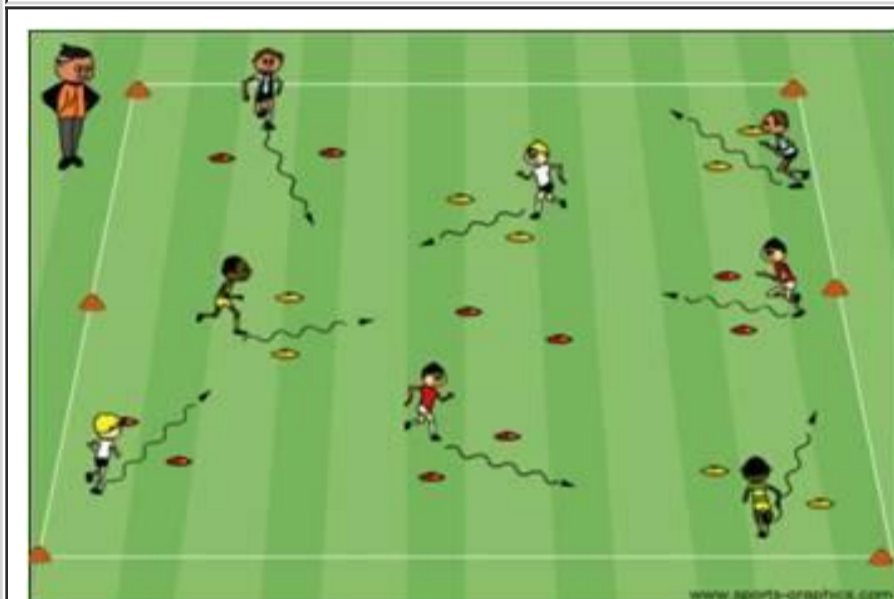


Date: 05/15/21 **Group:** PreK and K
Length: 50 mins
Start Time: 12:00am **Focus:** FUN
End Time: 12:50am **Level:** U6

Length	Start	Drill Name	Category	Notes
8	12:00am	Gate Dribbling	Attacking/Dribbling	Progress: -Players must complete a move before going through a gate -Divide the team in half and have the two groups compete against each other to see which groups goes through more total gates -Allow players to knock the other players balls out while dribbling through gates.
6	12:08am	Sole Roll	Me & the Ball	1 ball
10	12:14am	5 & up Clean the yard	Recreation Activities	
10	12:24am	5 & under Ball hogs	Recreation Activities	8 cones all the balls you have
16	12:34am	Scrimmage	Fun	

Notes:

Drill Title: Gate Dribbling

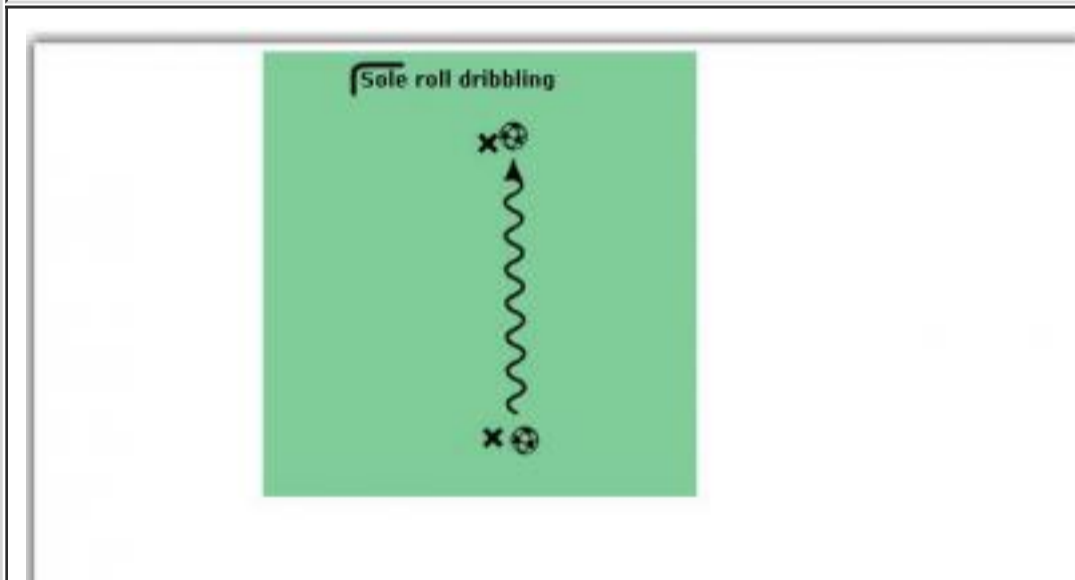


In a 20x25 yard grid set up gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.

Key Points: Dribble with your head up Change direction Change speeds

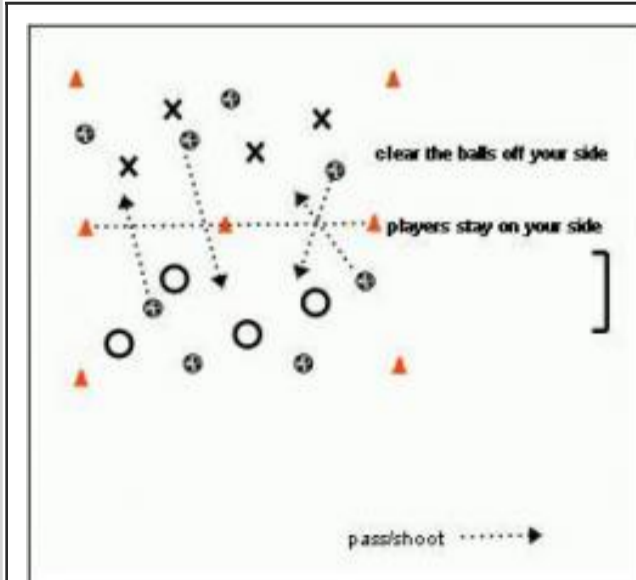
Drill Title: Sole Roll



Dribble using the sole of your cleat while moving down the field. Turn sideways and drag the ball with the sole of your cleat. Comeback using the other foot.

Key Points: Lightly touch the top of the ball

Drill Title: 5 & up Clean the yard



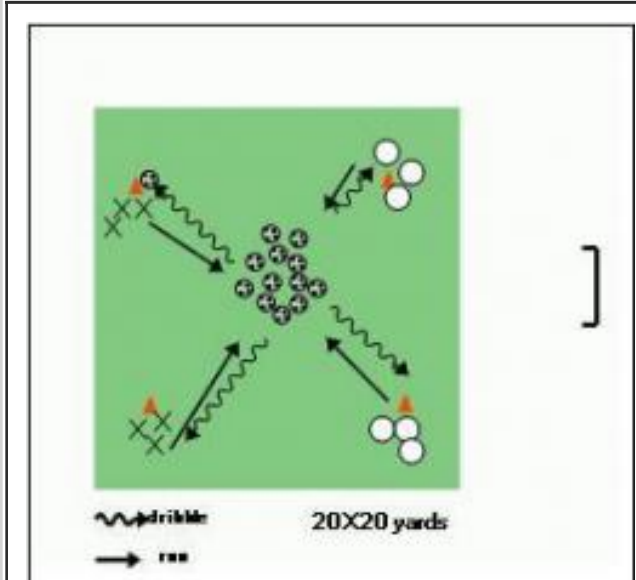
Divide the players up into two teams. Each team spread out on their side of the playing area.

Place the balls evenly around both sides of the playing area. On the coaches whistle try to kick the balls from your side of the field to the other side of the field.

Players cannot go over the half way mark of the field.

Key Points: Fun kicking game

Drill Title: 5 & under Ball hogs



All the balls in the middle. Pairs of players on the 4 corners of the practice area. On the whistle one player from each pair runs to retrieve a ball from the middle and dribbles it back to their home base. Their partner can go get another ball as soon as they get back to their home base. If there are no balls left in the middle you can go steal a ball from other home bases. The pair with the most balls when the play is stopped wins.

Key Points: Get as many balls to your home base.