

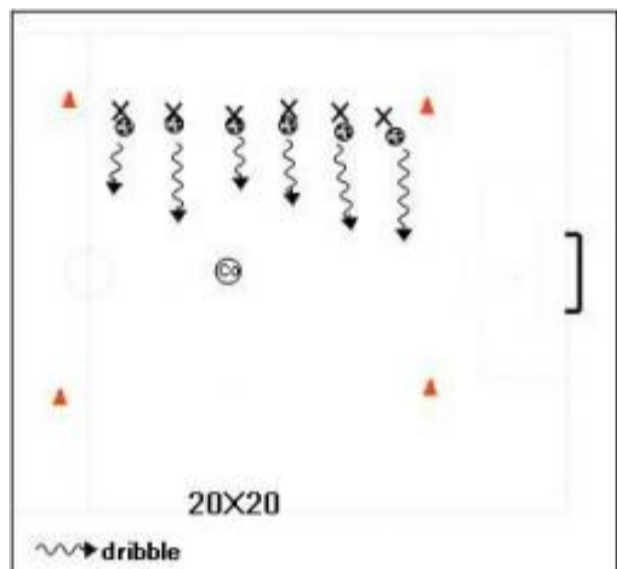


<b>Date:</b>	<u>06/05/21</u>	<b>Group:</b>	<u>PreK and K</u>
<b>Length:</b>	<u>50 mins</u>		
<b>Start Time:</b>	<u>12:00am</u>	<b>Focus:</b>	<u>FUN</u>
<b>End Time:</b>	<u>12:50am</u>	<b>Level:</b>	<u>U6</u>

Length	Start	Drill Name	Category	Notes
7	12:00am	<b>5 &amp; up Red light green light</b>	Warm up	
8	12:07am	<b>Freeze Tag</b>	Recreational Activities	
8	12:15am	<b>6 &amp; up Knock out</b>	Recreation Activities	20X20 yard box 4 cones to outline the playing area each player with a ball except two
8	12:23am	<b>6 &amp; up Cops &amp; robbers (coaches are robbers)</b>	Recreation Activities	
15	12:31am	<b>Scrimmage - 3v3 games small sided</b>	Scrimmage	

**Notes:**


**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:** 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.

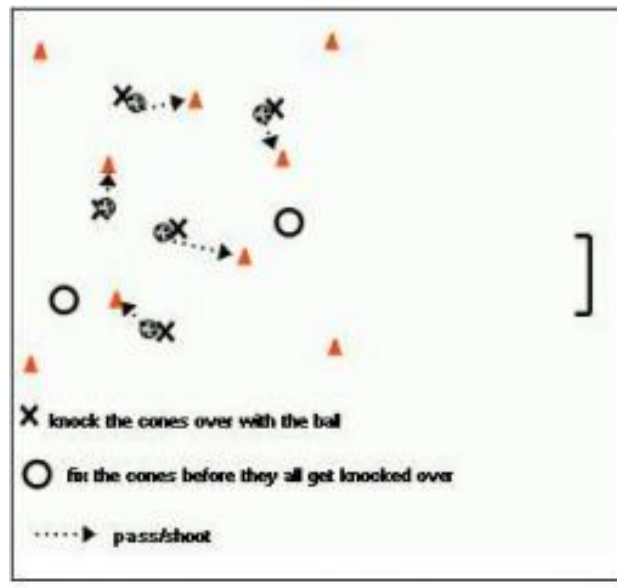
Dribble away from the players without the ball.

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