



Date: 06/07/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am

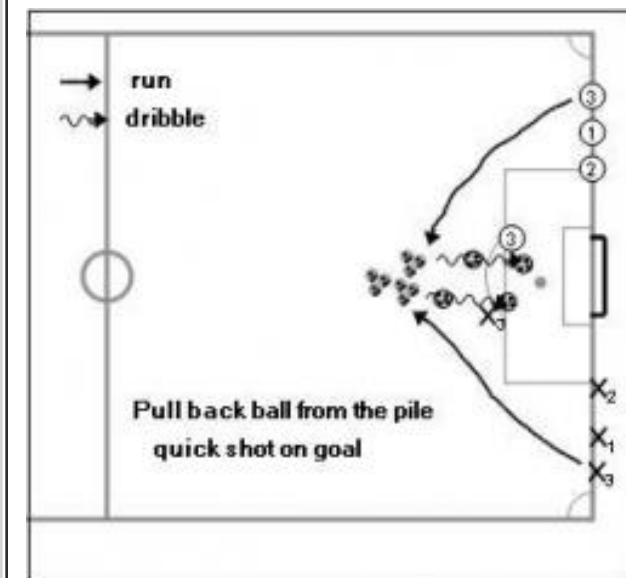
Group: Intramural
Focus: attacking
Level: U10

Length	Start	Drill Name	Category	Notes
12	12:00am	Technical Warm up	Warm up	
8	12:12am	8 & up Grab a ball and shoot	Recreation Activities	Add a goalkeeper. Return to their team with their ball.
35	12:20am	Small sided games vs. Other teams	Fun	

Notes: Warm up should be all technical touches.

Adjust timing of stations on daylight.

Drill Title: 8 & up Grab a ball and shoot



Divide the team in half and assign a number to each player.
 The coach calls out a number and these players must run to the ball pile and dribble the ball and score.

Key Points: shooting game