

6U/8U - AGILITY & BALANCE

5 DOT DRILL

SETUP

- Use tape to form the 5 dot drill on the floor.
Dots are about 12 inches apart.

① MOVEMENT

- Using 2 feet player jumps from dot #1.
- Forward to dot #5 (center), then forward to dot #2.
- Backward to dot #5 (center).
- Forward to dot #3.
- Backward to dot #5 (center), then backward to dot #4.
- Forward to dot #5 (center).
- Backward to dot #1.
- Repeat for entire timed repetition.

Set up a couple 5 dot drills and make it into a race once the players get the pattern and technique down.

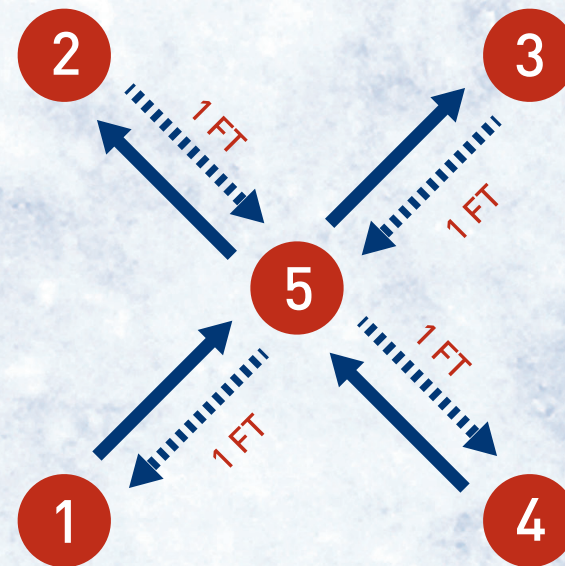
ADVANCED

Perform exercise hopping on 1 foot.



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HOP & CATCH

SETUP

- Divide players into partners and position them 5 feet apart.
- Each group has 1 tennis ball.

① MOVEMENT

- Play catch while hopping on one foot (switch feet each repetition).
- Throws can be overhand or underhand.
- Throw ball with dominant hand.

ADVANCED

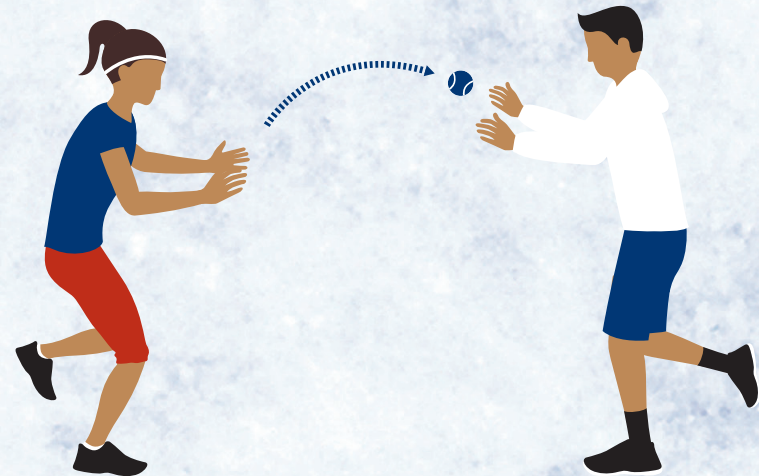
Catch and/or throw with non-dominant hand.

If too advanced, modify exercise: throw, catch, then hop, stop hopping and throw to partner. Repeat.



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HOP & CATCH



①



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HOP SCOTCH

SETUP

- Use 5 hula hoops, chalk, or tape 5 X's on the ground.

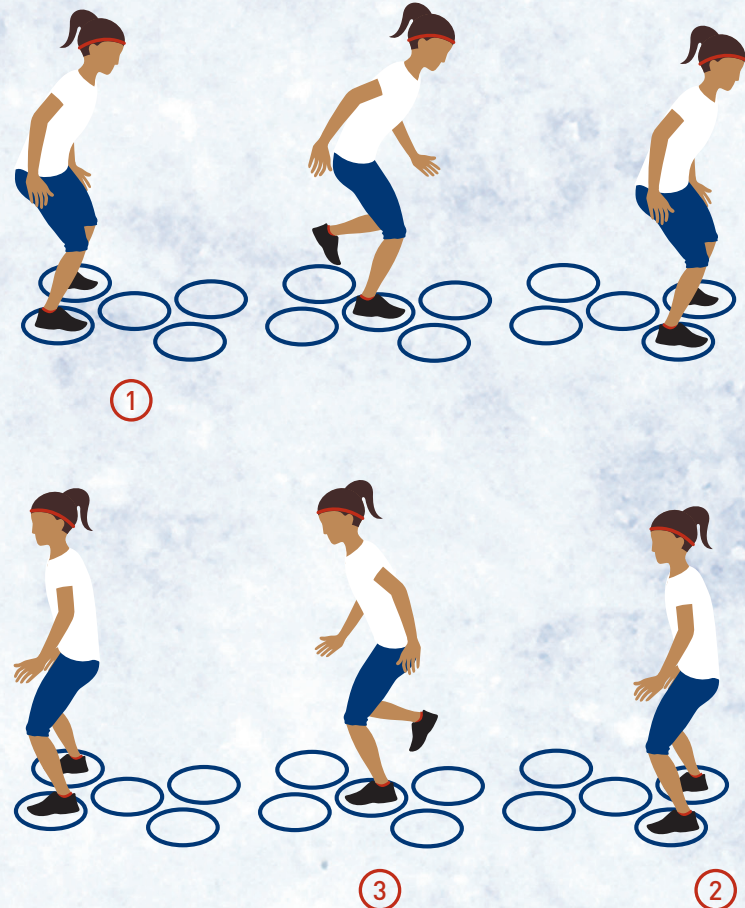
MOVEMENT

- 1 • Jump forward in a 2-1-2 progression.
- 2 • Jump 180 degrees on 4th jump and repeat 2-1-2 progression back to starting position.
- 3 • Switch using left and right foot on single leg jumps.



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HOP SCOTCH



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IRISH DANCE

SETUP

- Use soccer ball, plyo box or bleacher step.

① MOVEMENT

- Stand tall maintaining an upright position.
- Alternate tapping bottom of feet on top of the ball.
- Perform as many touches as possible in time allowed.
- Players should make this into a competition with themselves and teammates.
- Each repetition player should try to beat their last score (number of touches).

ADVANCED

Use a soccer ball. With toe on the ball hop in a circle both ways. Hop alternating right foot and left foot taps while moving in a circle.

Keep repetitions to 20-30 seconds of active time followed by 20-30 seconds of recovery time.



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IRISH DANCE



①



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IVM SPRINTS

SETUP "I," "V," "M"

- Set up 2 cones to form the pattern of the letter I.
- Set up 3 cones to form the pattern of the letter V.
- Set up 5 cones to form the pattern of the letter M.

① MOVEMENT "I"

- Run Forward to cone #2, pivot and run forward to cone #1.

② MOVEMENT "V"

- Run forward from cone #1 to cone #2, pivot and run forward from cone #2 to cone #3.

③ MOVEMENT "M"

- Run forward to each cone crossing over and exploding to the next cone.

ADVANCED

All drills can be done facing forward, backward, or facing one direction the entire repetition, transitioning from forward to backward.



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IVM SPRINTS

