

My Ball



Training Game U6/U8 Players

Skill: Dribbling

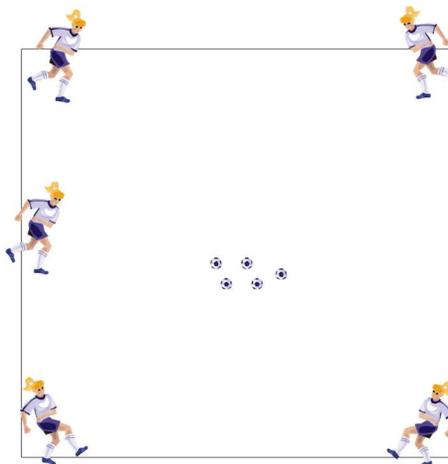
Number Of Players Required: Full team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid Requirement: 20 X 20 yard grid can also use a circle.

Organization: Create a grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: All players are standing on a line (imaginary boundary line that marks the grid) The coach will say Go!, the player must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible. The fastest player wins.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Just have some fun with the game.