



**5 min** - Again go re-introduce yourself and then let the kids introduce themselves in order to learn names. You may want to again have them say their name and favorite animal, food, game, etc, however, do something different from the prior practice. Have a review conversation about the object of the game (score goals and stop the other team from scoring) and use of hands (only on throw-ins). Ask them questions. Talk a little bit about dribbling to avoid the other team.

**5 min** - "Coach Says"

5 min - The Big Snake

**10 min** - Lion King

**25 mins** - Play a 3v3 game of four 5 min quarters. 1 min rests between quarters. 2 min half-time.



## Training Game U-6 Players

### “Coach Says”

**Skill:** Dribbling

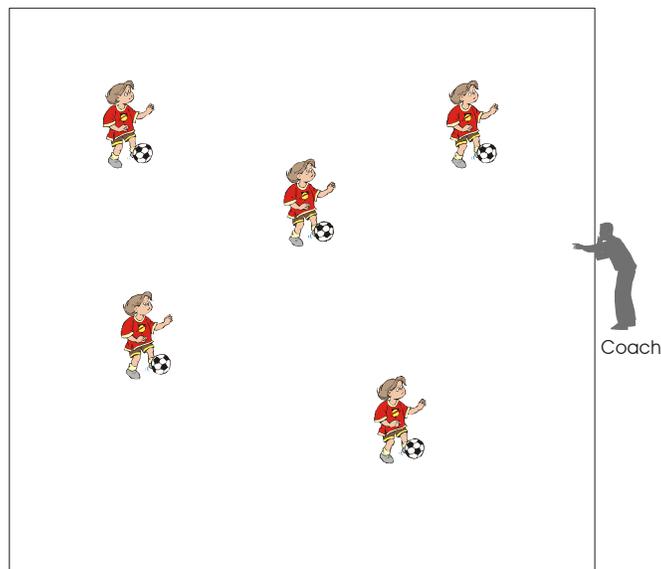
**Number of Players Required:** Full U-6 team

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

**Grid Requirement:** 20 X 20 yard grid

**Organization:** Create a 20 X 20 yard grid marked with cones. All players are required to stay in the grid and each player must have their own soccer ball.

**How the Game Is Played:** The coach will explain that he or she will tell the players exactly what he would like the players to do. Like: STOP, START, SIT DOWN, SIT ON BALL, ONE FOOT ON BALL, SPEED UP, SLOW DOWN, ELBOW ON BALL, and so on. They must only react if “Coach Says” precedes the direction. Players should continue old activity if “Coach Says” did not precede direction.



**Variations:** None



## Training Game U-6 Players

### The Big Snake

**Skill:** Dribbling

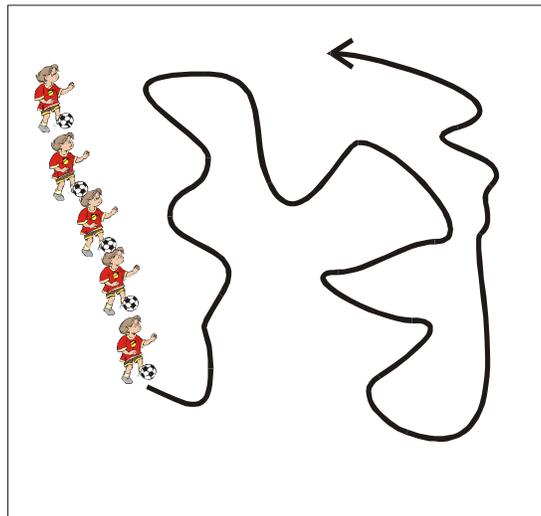
**Number Of Players Required:** Full U-6 team

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

**Grid Requirement:** 20 X 20 yard grid

**Organization:** Create a 20 X 20 yard 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:** The players' dribble around the area. All players form a snake like line; each player has a ball at his feet and must follow the lead player (the head of the snake). When the coach yells "new snake" the player at the back of the snake runs to the front and becomes the head of the snake.



**Variations:** Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Ensure that all players become the head of the snake at one time or another. Have the players add their favorite soccer fake (move) when they are the head of the snake.



## Training Game U-6 Players

### Lion King

**Skill:** Dribbling

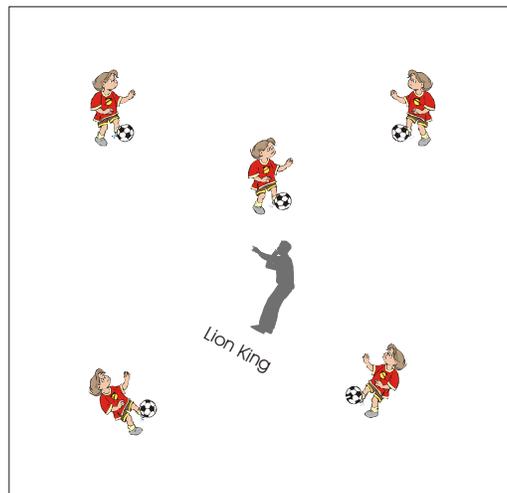
**Number Of Players Required:** Full U-6 team

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

**Grid Requirement:** 20 X 20 yard grid

**Organization:** Create a 20 X 20 yard 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:** At the start of the game, players lie face down on the ground with their heads on the ball and their eyes closed. When the coach shouts, "Mufasa," the players jump up and dribble their ball to the coach. Players must attempt to grab the coach's hand as he moves around the grid.



**Variations:** Allow players to only use left foot, right foot. The Coach needs to vary the speed at which they tag.