



## Training Game U-6 Players

### The Big Snake

**Skill:** Dribbling

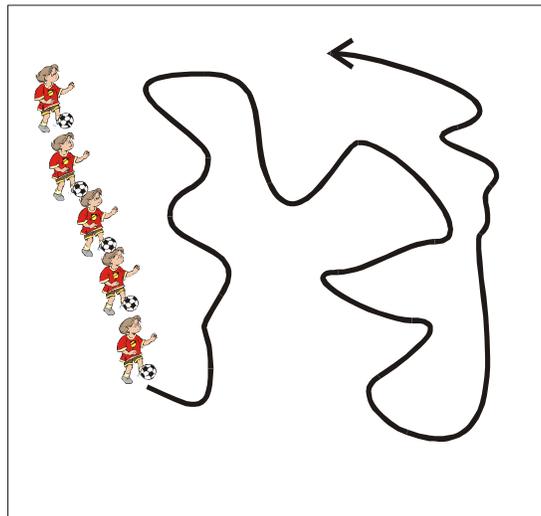
**Number Of Players Required:** Full U-6 team

**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

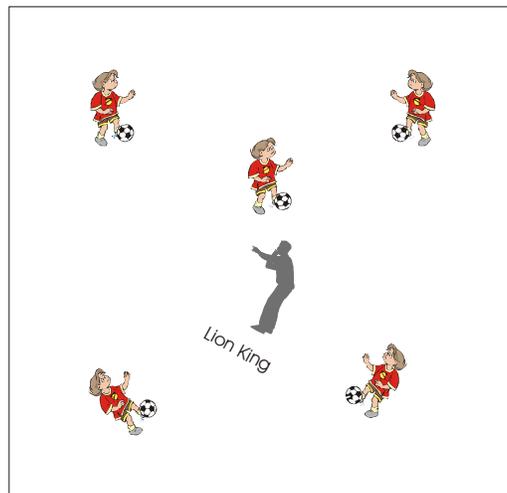
**Number Of Players Required:** Full U-6 team

**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.



## Training Game U-6 Players

### LA Freeway

**Skill:** Dribbling

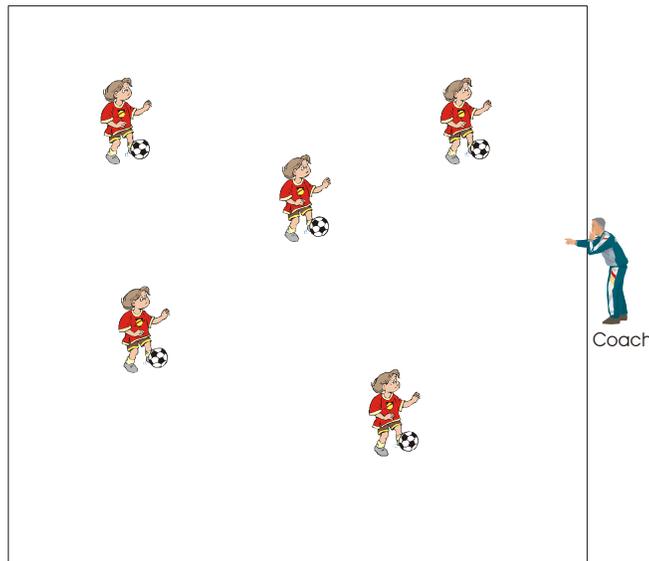
**Number Of Players Required:** Full U-6 team

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

**Grid Requirement:** 15 X 15 yard grid

**Organization:** Create a 15 X 15 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:** All players dribble around in the grid. They must react to the following directions given by the LAPD (the coach). "Green" is go, "Yellow" slow down, "Red" is stop with foot on the ball for 3 seconds, "Crash" all must fall to the ground, and "Runaway Speeder" the coach runs in the grid and kicks the balls out of the grid.



**Variations:** Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Coach play nicely, they are children.