



Training Game U-6 Players

Treasure Hunt

Skill: Dribbling

Number Of Players Required: Full U-6 team

Equipment: 10 to 14 pro cones that will be placed randomly in the 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 coach yells “go” and the players dribble around the grid keeping the ball close. The object of the game is to collect as many discs as possible, while dribbling around the grid. Once all cones have been picked up, the player with the most cones is the winner.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet.



Training Game U-6 Players

Big Bad Coach

Skill: Dribbling

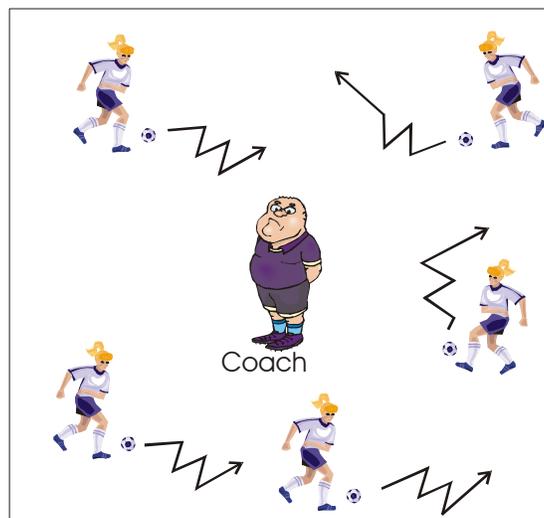
Number Of Players Required: Full U-6 team

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. The coach must attempt to kick the player's ball out of the grid. Once a player has had her ball kicked out of the grid or has dribbled outside of the grid, she must bring it back into the area and stand with the ball above her head with her legs apart in a stationary position. Players can get back into the game only when a teammate passes their ball through teammates legs.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Coach should play at 20% speed. Increase the speed of play as the players become more comfortable with the game.



Training Game U-6 Players

The Big Race

Skill: Dribbling

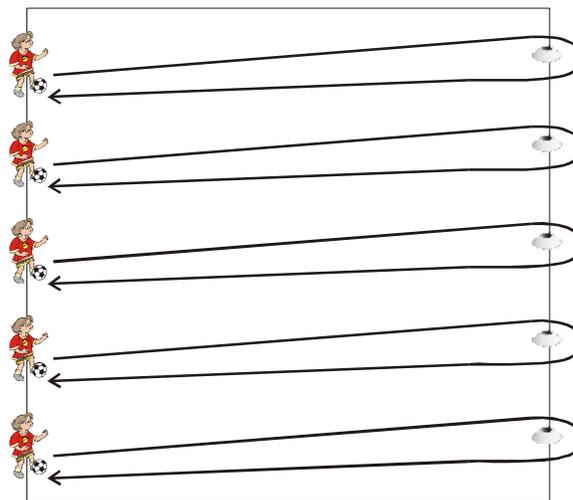
Number Of Players Required: Full U-6 team

Equipment: 10 or more cones to mark grid, 1 ball for each player and a cone for each player.

Grid Requirement: 20 X 10 yard grid

Organization: Create a 20 X 10 yard grid marked with cones. Place each player across from a cone that is placed on the other end of the grid.

How The Game Is Played: The coach will say, "Start your engines" after which he will yell go. The players must dribble their ball around their cone and back to the starting line. The first player back is the race winner.



Variations: Have a staggered start. Race in teams of two or three, players. Have the player's race individually against the clock (time trials).