



Training Game U-6 Players

Tag

Skill: Dribbling

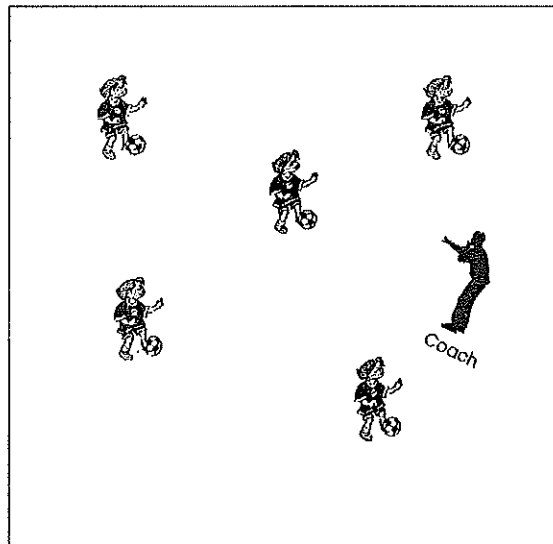
Number Of Players Required: Full U-6 team

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: Explain how the game of Tag is played to the players. The coach will do the tagging. After a player is tagged they must sit-down.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Coach needs to vary the speed at which they tag and allow all players to be the last player to be tagged.



Training Game U-6 Players

The Big Snake

Skill: Dribbling

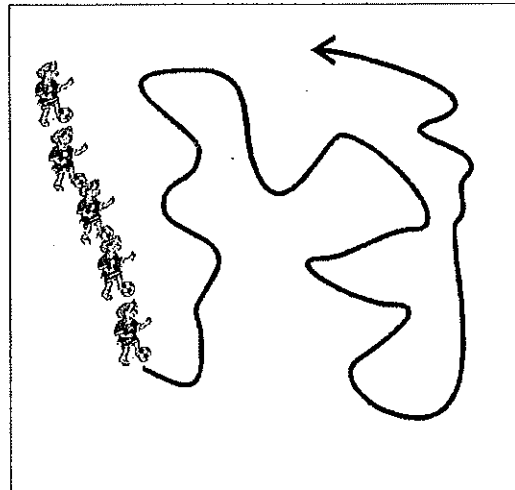
Number Of Players Required: Full U-6 team

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

Target Practice

Skill: Passing/Shooting

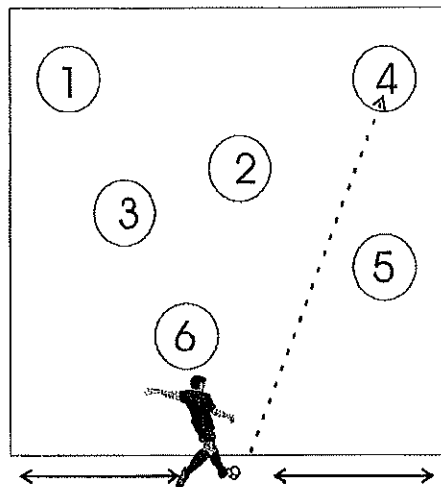
Number Of Players Required: Full U-6 team

Equipment: 4 cones to mark grid, 6 or more hoops, 1 ball for each player.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. Place 5 or 6 hoops (hula hoops work well) randomly within the grid.

How The Game Is Played: One at a time each player tries to kick and have his or her ball stop within the hoop. The first player to keep a ball within all the hoops is the winner. After a miss the next player is up. Players can shoot from any place on the line.



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



Training Game U-6 Players

The Big Race

Skill: Dribbling

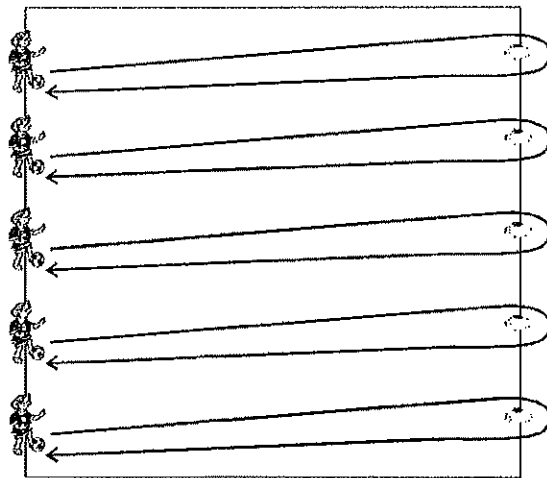
Number Of Players Required: Full U-6 team

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).



Training Game U-6 Players

Sharks/Minnows

Skill: Dribbling

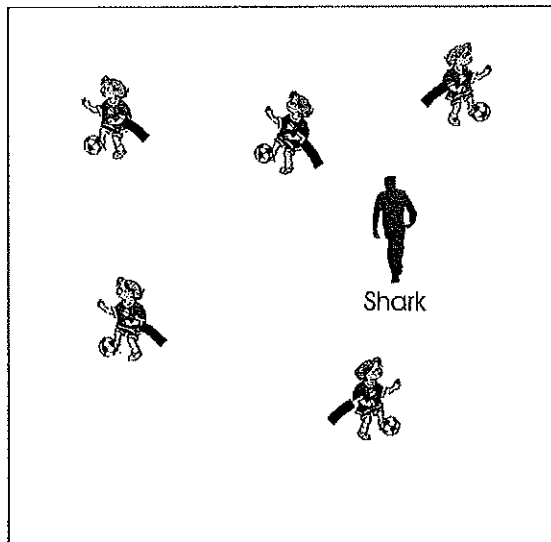
Number Of Players Required: Full U-6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some type of tail (piece of cloth) 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 and a tail. The players are Minnows and the coach is the Shark.

How The Game Is Played: The Minnows have a tail tucked in the back of their shorts. The Shark (coach) moves around the grid catching minnows by pulling out their tails. The minnows try to avoid the shark. When a minnow has lost its tail it must leave the grid. Conduct the activity without a ball first and then introduce a ball.



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

The Big Bad Bear

Skill: Dribbling

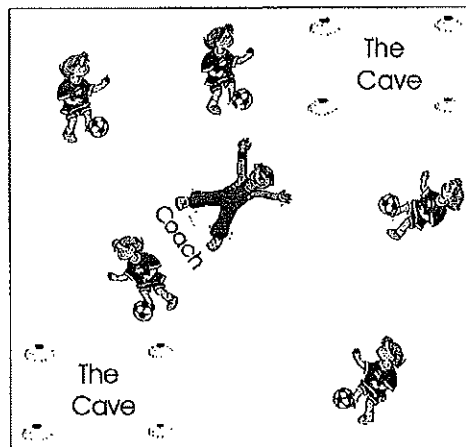
Number Of Players Required: Full U-6 team

Equipment: 12 cones - 4 cones to mark grid the grid, 8 cones to make two caves and 1 ball for each player.

Grid Requirement: 30 X 30 yard grid

Organization: Create a 30 X 30 yard grid marked with cones. Players must stay within the grid.

How The Game Is Played: The coach is the "Big Bad Bear" and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.



Variations: All Bears must hold hands while trying to capture the remaining players. Bears must always be **growling**.



Training Game U-6 Players

To The Line

Skill: Throw-in

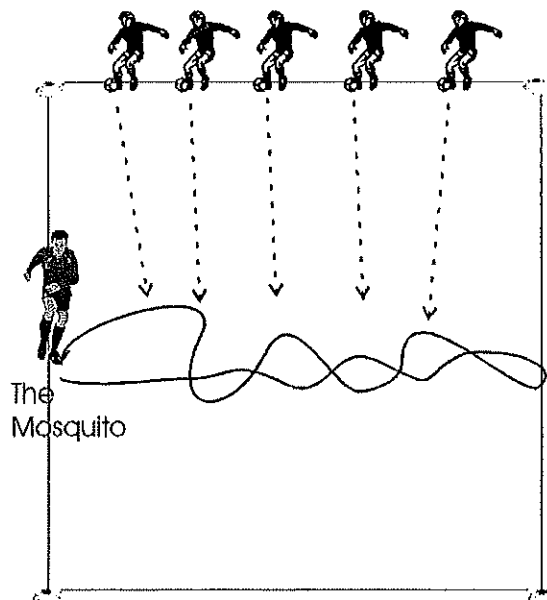
Number Of Players Required: Full U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some thing that can be used for a line (rope, cones, or a piece of pvc).

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. Place all players at one end of the grid with a ball in hand. Mark a target line of some type placed about 2 yards apart.

How The Game Is Played: The coach will have the first player in line attempt to hit the first target line with a Throw-in. Coach goes from player one to the end of the line. On the second throw-in the second target line will be the goal and so on and so on. Use a point system for the team outcome. If all five players hit the first line award five points. Two points for all that hit the second line. Try to top the previous total.



Variations: None



Training Game U-6 Players

Big Bad Coach

Skill: Dribbling

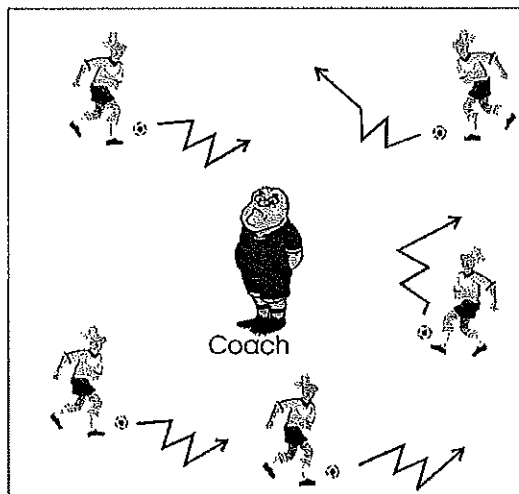
Number Of Players Required: Full U-6 team

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

Bank Robbery

Skill: Dribbling

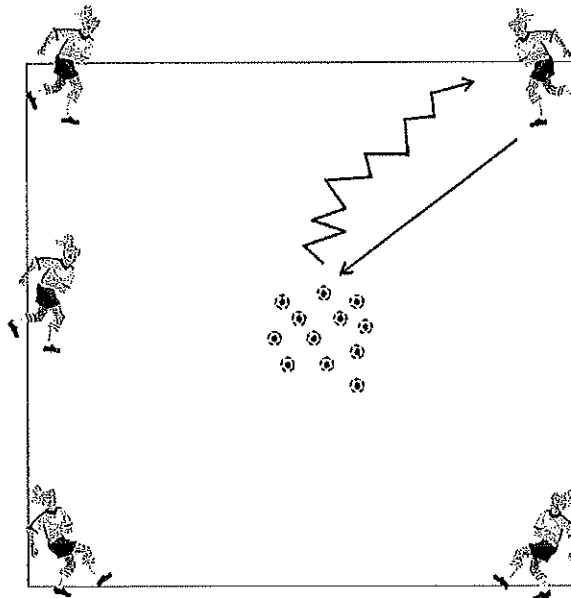
Number Of Players Required: Full U-6 team

Equipment: 4 or more cones to mark grid, 10 to 12 soccer balls.

Grid Requirement: 20 X 20 yard grid or circle can be used.

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid.

How The Game Is Played: All players are standing on a line (imaginary boundary line that marks the grid). The coach will yell "Bank Robbery". At that time all players must sprint to the center of the grid collect a ball with her feet and return to the line as quickly as possible, stop the ball on the line and return to the center to get another ball. When all the balls have been collected the player who has collected the most balls wins.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Add more balls to the center and enlarge the grid.



Training Game for U-6 Players

1 2 3 Red Light

Skill: Dribbling

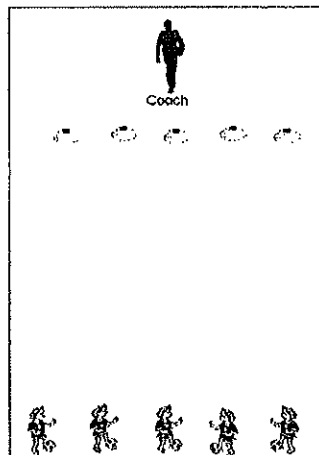
Number Of Players Required: Full U-6 team

Equipment: 4 cones to mark grid and 1 cone and 1 ball for each player

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 30 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 stands on one endline with his back to the players who are spread along the opposite endline. Place 5 cones behind the coach, when the coach has back to the players, the players must dribble toward the opposite endline. Before the coach turns around he yells "1 2 3 Red Light" and then turns around. At that point all players must have stopped the ball with the sole of their feet. Any one seen moving is sent back to the endline. The coach turns his back again. Repeat. The first player to pick up a cone wins.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Use the endline in place of cones (first player to the endline wins).



Training Game U-6 Players

Into The Well

Skill: Throw-In

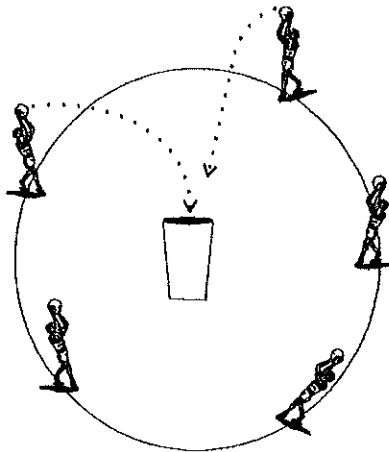
Number Of Players Required: Full U-6 team

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

Grid Requirement: 5-yard diameter circle.

Organization: Circle the players (5 yard diameter circle) around a target (trash can) with soccer ball in hand.

How The Game Is Played: The players attempt to throw the balls into the trashcan all at once. The object is to improve the number of balls that go into the trashcan, not to have a winner. Have the teamwork on improving the number of balls in the target.



Variations: Increase the circumference of the circle. Allow a parent to move around the circle carrying the target.