



Training Game for U-6 Players

1 2 3 Red Light

Skill: Dribbling

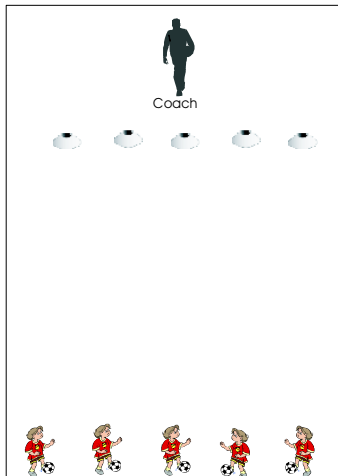
Number Of Players Required: Full U-6 team

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

Grid Requirement: 20 X 30 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

Bank Robbery

Skill: Dribbling

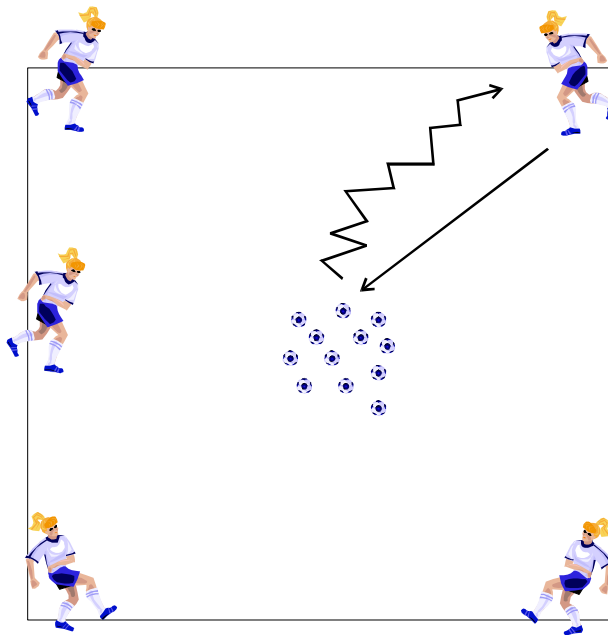
Number Of Players Required: Full U-6 team

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 U-6 Players

Big Bad Coach

Skill: Dribbling

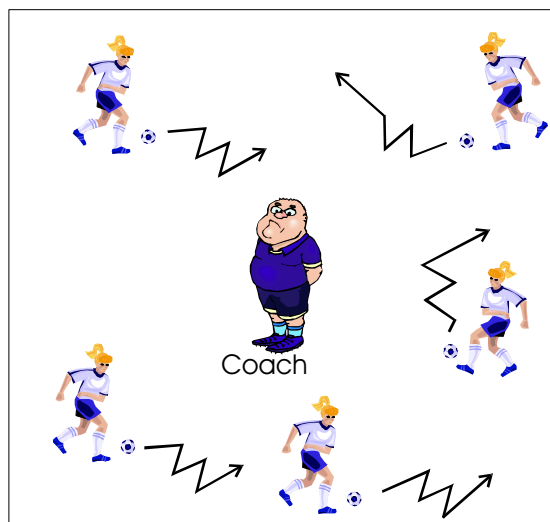
Number Of Players Required: Full U-6 team

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

“Coach Says”

Skill: Dribbling

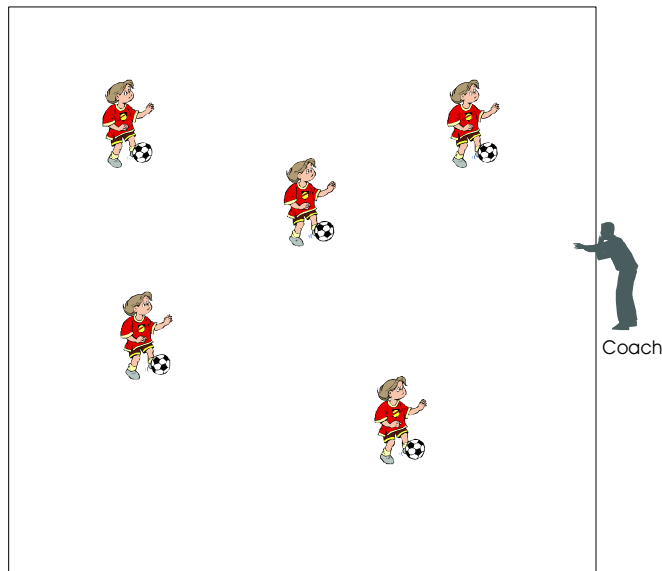
Number of Players Required: Full U-6 team

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

Golf

Skill: Passing and Shooting

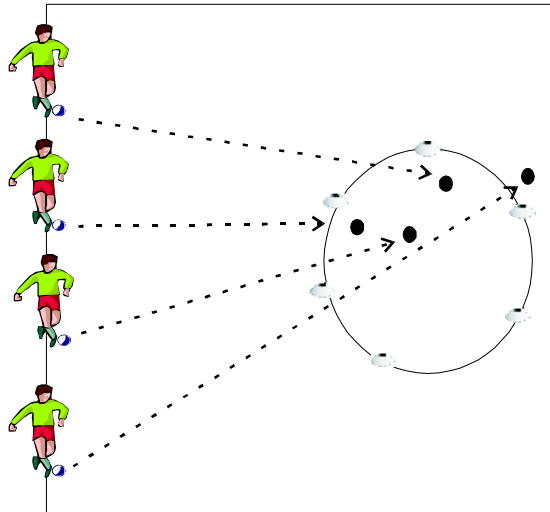
Number Of Players Required: Full U-6 Team

Equipment: 12 or more pro cones to mark the grid with and one soccer ball per player.

Grid Requirement: 25 X 25 yard grid with the center circle of a field some place in the grid.

Organization: Create a 25 X 25 yard grid marked with pro cones with the center circle of the field located within the grid. All players with a soccer ball at their feet will be located outside of the grid.

How The Game Is Played: Each player will attempt to strike his or her ball with correct pace so that it stops within the center circle. The first player to play five balls that stop within the grid will be declared the winner.



Variations: Increase the size of the grid. Decrease the size of the circle. Change the location of the circle or the players.



Training Game U-6 Players

Into The Well

Skill: Throw-In

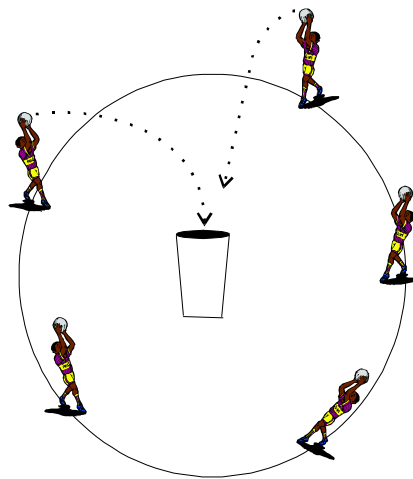
Number Of Players Required: Full U-6 team

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.



Training Game U-6 Players

Knock It Off

Skill: Passing/Shooting

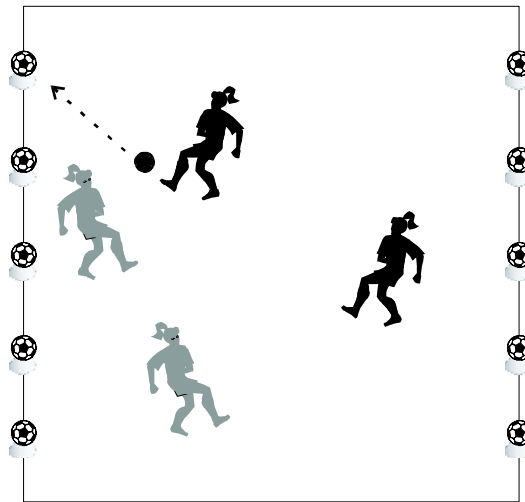
Number Of Players Required: Full U-6 team

Equipment: 14 or more cones, 4 to mark grid and 10 to place balls on, 11 soccer balls.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. Place 5 cones with a ball on it along each end line.

How The Game Is Played: The coach will roll a ball into the grid and say "Go". Each team fights for possession. The team that gains possession attacks and the other team tries to regain possession. The game is won when all the balls on the end line that a team is attacking are knocked off the cones. If the ball goes out of play the coach will roll it back into the grid. Coach determines which team attacks.



Variations: Can only shoot with the foot the coach designates. Let any team attack any ball, team that knock off the most balls wins. Have players on the same team alternate knocking off the ball (one player can't knock off two in a row).



Training Game U-6 Players

LA Freeway

Skill: Dribbling

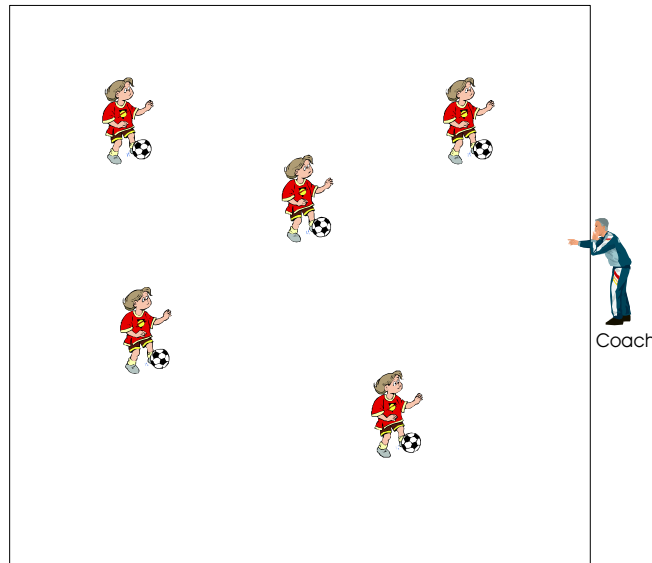
Number Of Players Required: Full U-6 team

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.



Training Game U-6 Players

Lion King

Skill: Dribbling

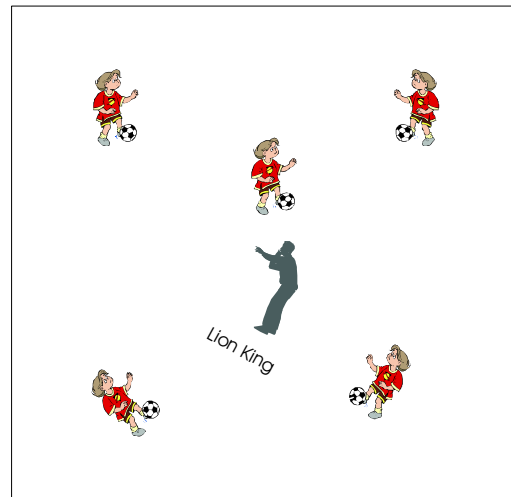
Number Of Players Required: Full U-6 team

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

The Mosquito

Skill: Passing

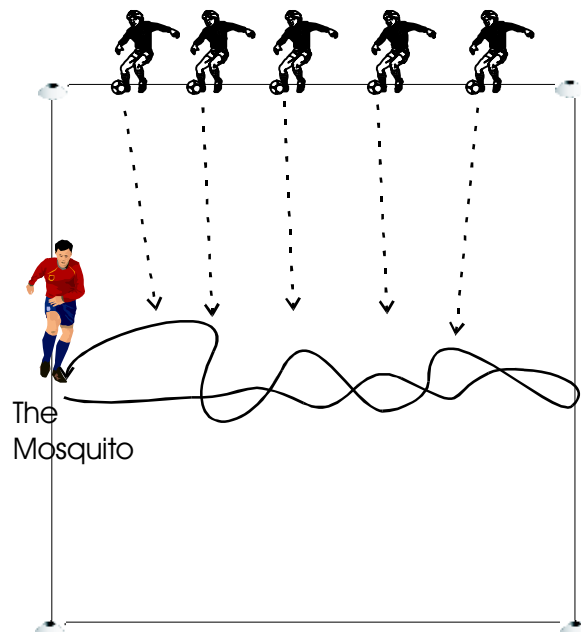
Number Of Players Required: Full U-6 team

Equipment: 4 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. Place all players (exterminators) on one end of the grid with a ball at their feet. Coach (the Mosquito) will center himself at a mid-point of the grid.

How The Game Is Played: The Mosquito will dash (as best he can) across the grid trying to avoid being hit with the balls that the exterminators are shooting at him. Before heading back to the starting point the coach will allow the players to collect their ball and line up on the other side of the grid for one more go at the Mosquito.



Variations: Tell players which foot to use.



Training Game U-6 Players

My Ball

Skill: Dribbling

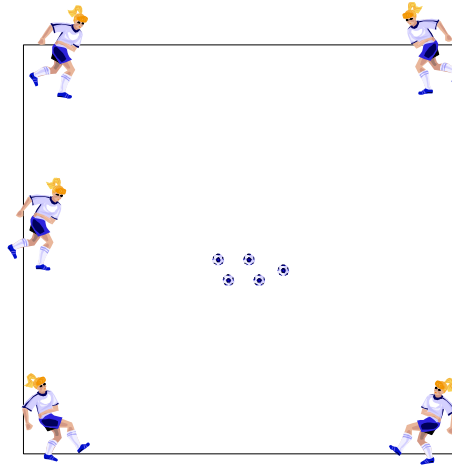
Number Of Players Required: Full U-6 team

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

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

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: All players are standing on a line (imaginary boundary line that marks the grid) The coach will call out a player's name, that 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. The coach can call two or three names at a time. Just have some fun with the game.



Training Game U-6 Players

One Pin Bowling

Skill: Passing/Shooting

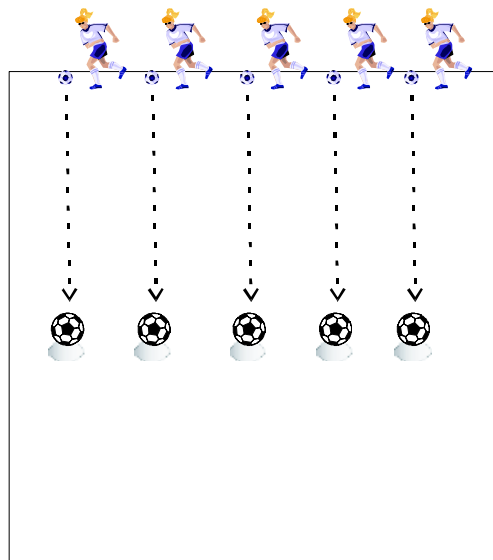
Number Of Players Required: Full U-6 team

Equipment: 10 or more cones to mark grid, 2 balls for each player and a cone for each player.

Grid Requirement: 10 X 10 yard grid

Organization: Create a 10 X 10 yard grid marked with cones. Place each player across from a cone with a ball placed on the cone located at the mid point of the grid.

How The Game Is Played: One at a time each player tries to knock the ball off the cone directly in line with her. Let each player try it once before you start over from player 1. After each player has attempted five shots, the player who has knocked the most balls off the cone is the winner.



Variations: Have players strike the ball with the left and right foot. Change the distance that the balls are away from the players. Try to get all five balls at the end of the grid by the end of the training session.



Training Game U-6 Players

Pac Woman

Skill: Dribbling

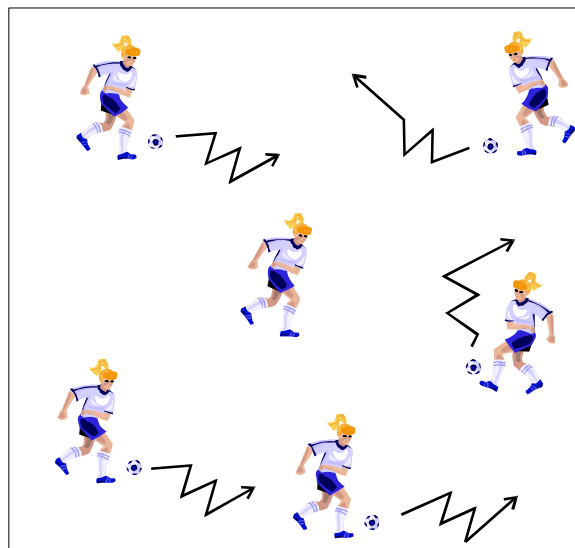
Number Of Players Required: Full U-6 team

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 Pac Woman chases the players. Any player that dribbles outside the grid or has their ball kicked outside the grid by the Pac Woman, becomes the Pac Woman. The initial Pac Woman will use the ball of the player who dribbled out of the grid or whose ball was kicked 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. Ensure that the Pac-woman plays at speed.



Training Game U-6 Players

Sharks/Minnows

Skill: Dribbling

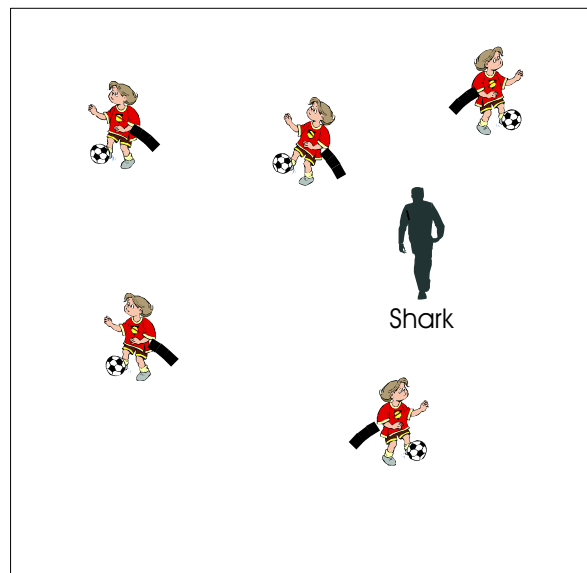
Number Of Players Required: Full U-6 team

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

State Game

Skill: Dribbling

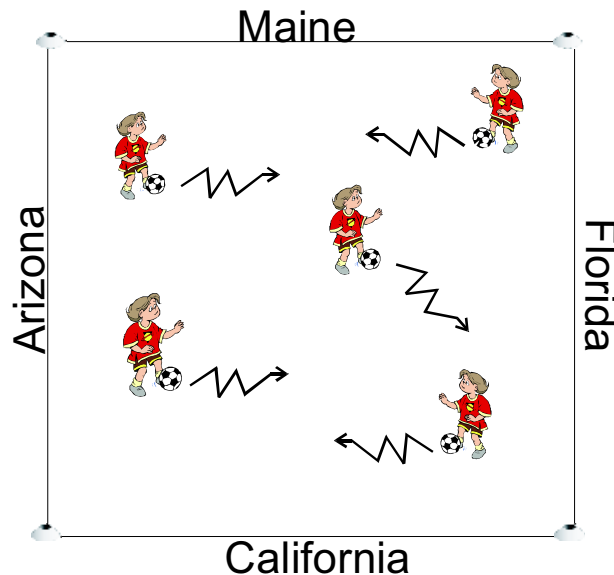
Number Of Players Required: Full U-6 team

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: The coach will give every line on the grid a state name, California, Arizona, Florida, or Maine. The coach can change the name of the line anytime she wants too. After the players are told the name of the lines the players will dribble around the grid till the coach tells them what state to visit. When the coach yells the state the players must dribble to the correct line and stop the ball on the line that represents the state that was called.



Variations: Change the name from states to National Parks. Use the player's names for a line (just be sure to use every player's name by the end of the training session).



Training Game U-6 Players

Tag

Skill: Dribbling

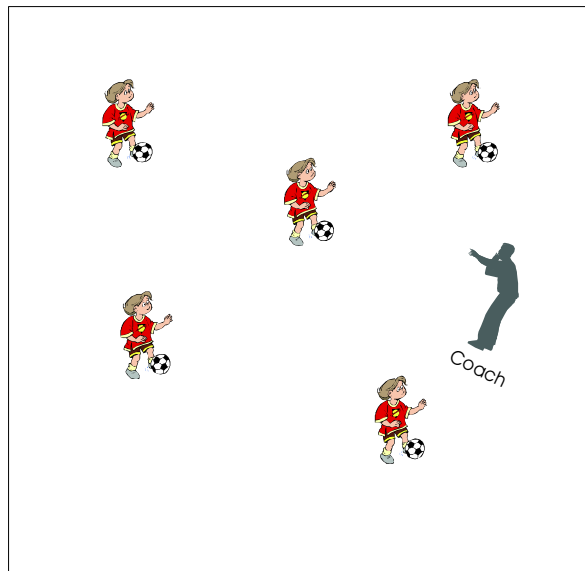
Number Of Players Required: Full U-6 team

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

Target Practice

Skill: Passing/Shooting

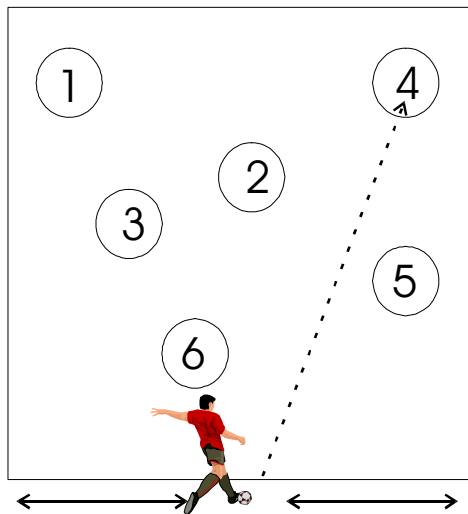
Number Of Players Required: Full U-6 team

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

Target Practice Two

Skill: Passing/Shooting

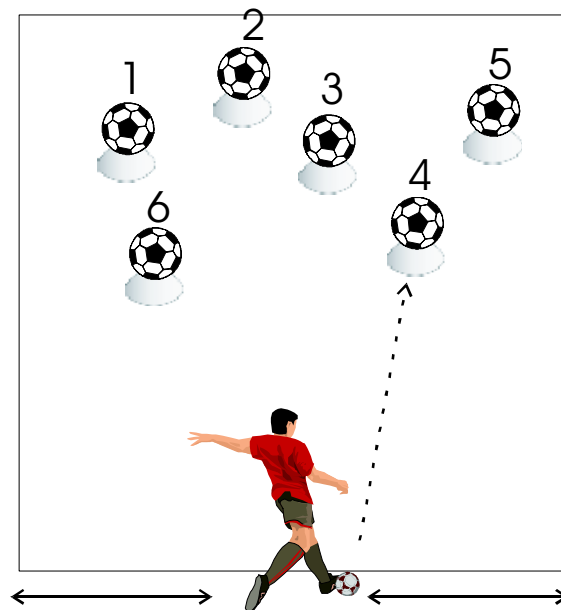
Number Of Players Required: Full U-6 team

Equipment: 4 cones to mark grid and 6 cones to place soccer balls on, 7 or 8 soccer balls.

Grid Requirement: 15X 15 yard grid

Organization: Create a 15 X 15 yard grid marked with cones. Place 5 or 6 cones with soccer ball on top of them randomly within the grid.

How The Game Is Played: One at a time, each player tries to knock a ball off the cones, one ball at a time. After a miss the coach resets the balls and next player is up. Players can shoot from any place on the line. The first player to knock all six balls of the cones is the winner.



Variations: Direct the players to only use left foot or right foot.



Training Game U-6 Players

The Big Bad Bear

Skill: Dribbling

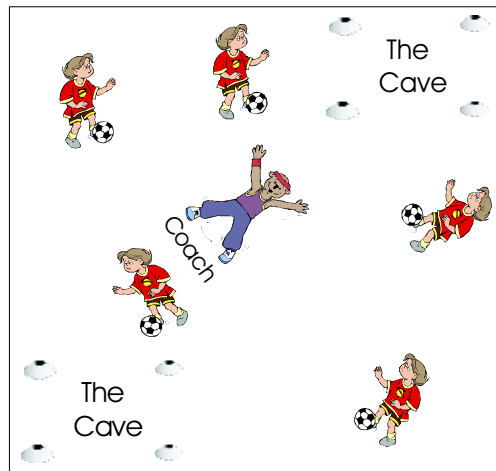
Number Of Players Required: Full U-6 team

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

The Big Race

Skill: Dribbling

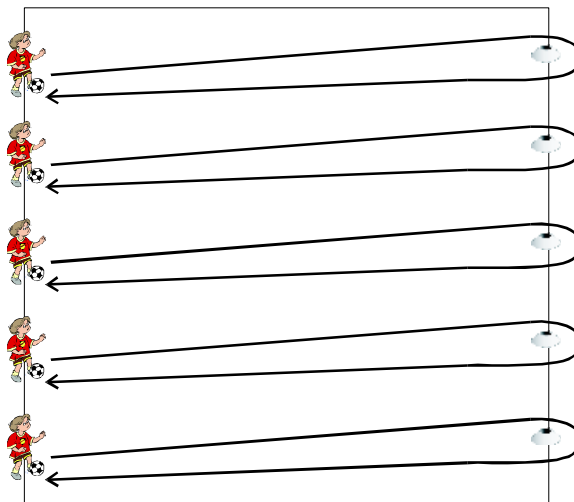
Number Of Players Required: Full U-6 team

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

The Big Snake

Skill: Dribbling

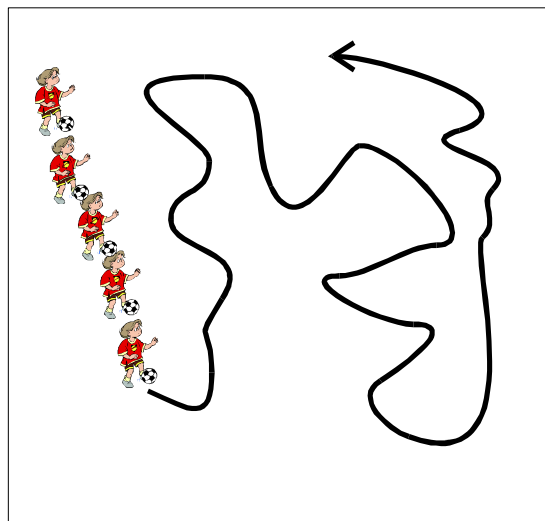
Number Of Players Required: Full U-6 team

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

To The Line

Skill: Throw-in

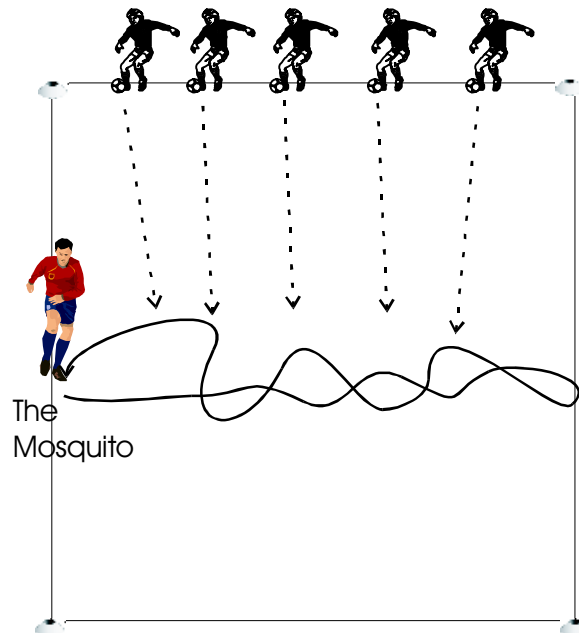
Number Of Players Required: Full U6 team

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

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.