



## Training Game U-6 Players

### My Ball

**Skill:** Dribbling

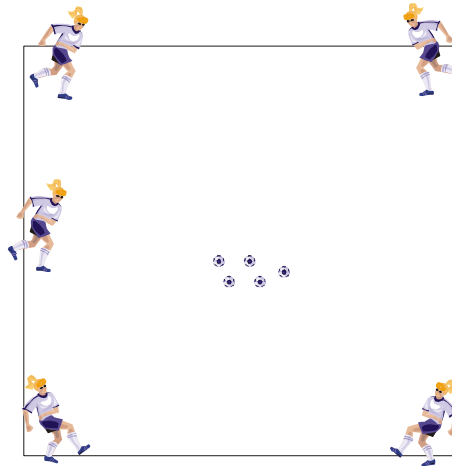
**Number Of Players Required:** Full U-6 team

**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.