



Training Game U-6 Players

The Big Race

Skill: Dribbling

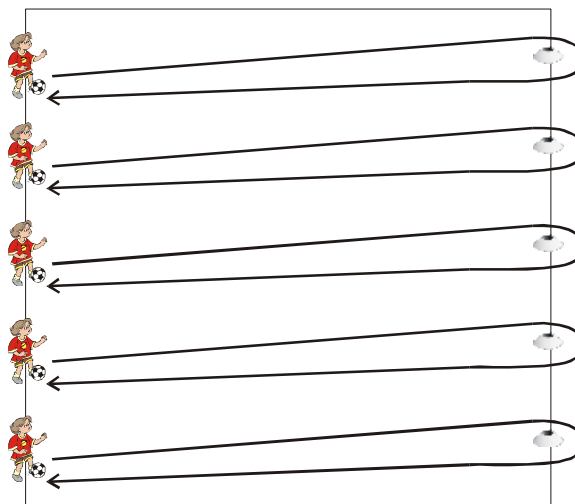
Number Of Players Required: Full U-6 team

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).