



Training Game U-6 Players

State Game

Skill: Dribbling

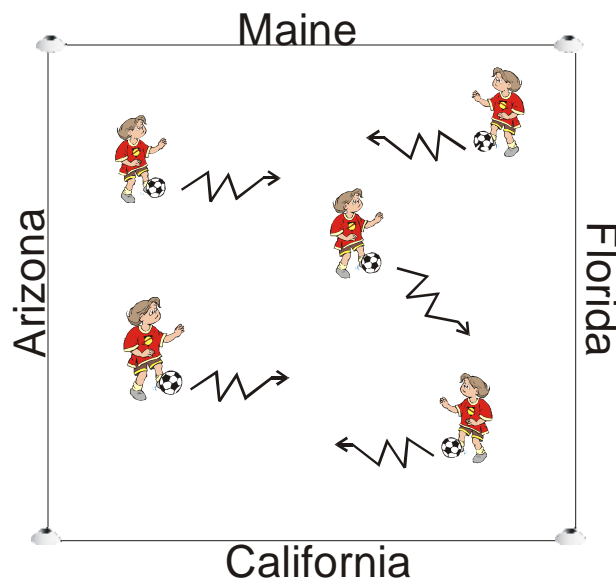
Number Of Players Required: Full U-6 team

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).