



Training Game U-6 Players

Knock It Off

Skill: Passing/Shooting

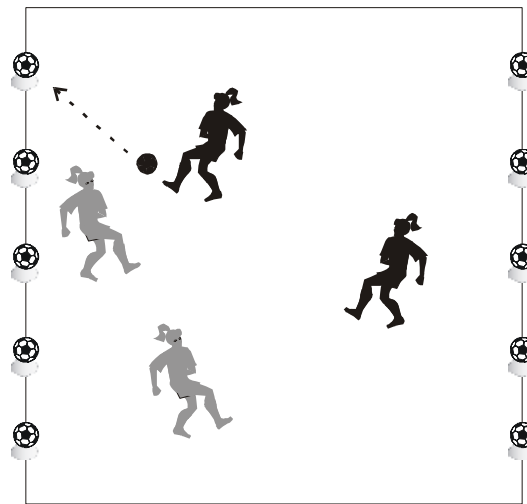
Number Of Players Required: Full U-6 team

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).