

## Training Game U-6 Players

## **Sharks/Minnows**

Skill: Dribbling

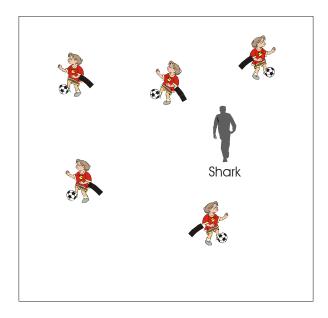
Number Of Players Required: Full U-6 team

**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.