



Training Game U-6 Players

The Big Snake

Skill: Dribbling

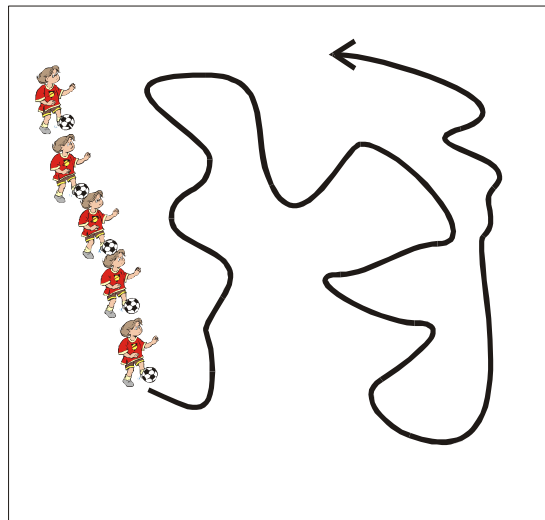
Number Of Players Required: Full U-6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid Requirement: 20 X 20 yard grid

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: The players' dribble around the area. All players form a snake like line; each player has a ball at his feet and must follow the lead player (the head of the snake). When the coach yells "new snake" the player at the back of the snake runs to the front and becomes the head of the snake.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Ensure that all players become the head of the snake at one time or another. Have the players add their favorite soccer fake (move) when they are the head of the snake.