



## Training Game for U-6 Players

### 1 2 3 Red Light

**Skill:** Dribbling

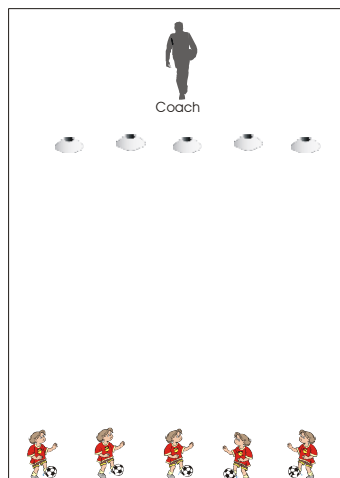
**Number Of Players Required:** Full U-6 team

**Equipment:** 4 cones to mark grid and 1 cone and 1 ball for each player

**Grid Requirement:** 20 X 20 yard grid

**Organization:** Create a 20 X 30 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 stands on one endline with his back to the players who are spread along the opposite endline. Place 5 cones behind the coach, when the coach has back to the players, the players must dribble toward the opposite endline. Before the coach turns around he yells "1 2 3 Red Light" and then turns around. At that point all players must have stopped the ball with the sole of their feet. Any one seen moving is sent back to the endline. The coach turns his back again. Repeat. The first player to pick up a cone wins.



**Variations:** Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Use the endline in place of cones (first player to the endline wins).