



## Training Game U-6 Players

### LA Freeway

**Skill:** Dribbling

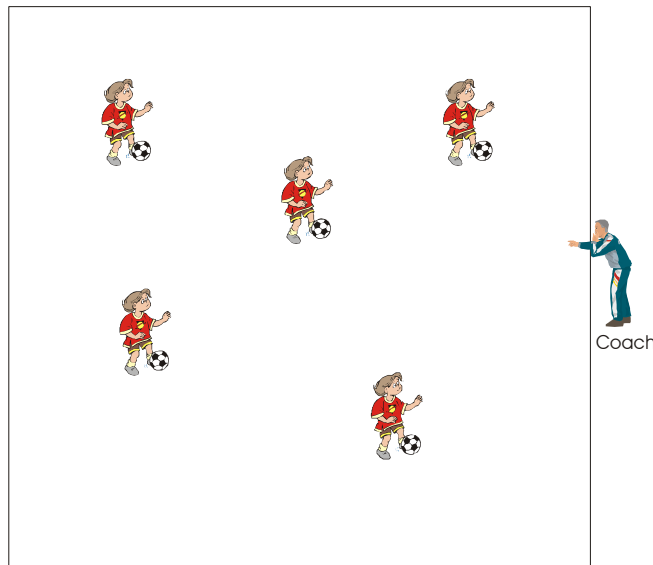
**Number Of Players Required:** Full U-6 team

**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:** All players dribble around in the grid. They must react to the following directions given by the LAPD (the coach). "Green" is go, "Yellow" slow down, "Red" is stop with foot on the ball for 3 seconds, "Crash" all must fall to the ground, and "Runaway Speeder" the coach runs in the grid and kicks the balls out of the grid.



**Variations:** Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Coach play nicely, they are children.