



U6 Session

Category: Technical: Ball Control
Difficulty: Beginner

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Individual-Adult Member

Description

U6 (3-5 year olds): Fun Games

Warmup

Follow the Leader

Every player has a ball. The coach designates the leader. All other players "follow the leader" around the field.

This can be played as a dribbling game, a running game, and a Simon Says game where the leader is Simon.

This is a great warmup for this age group. Giving each child a chance to lead the group gives them a lot of confidence.



Fun Games

There are a variety of games you can play with this age group that have the same rules, but the game is given a different name. This keeps it fun, while being consistent.

How to Play: Every player (fish, piggy, etc) starts with a ball. The coach is the defender (shark, wolf, goblin, etc). All players dribble to stay away from the defender. When a player loses their ball they turn into a defender.

Name of Games:

Sharks & Fishies

Big Bad Wolf & Piggies

Ghosts & Goblins

Bees & Honey

