

**Summary:** This is my favorite soccer drill that is a game for U-4 and U-6 players. It's easy, fun and the kids love it. 100% onball. This game teaches tremendous skills - dribbling, kicking the ball while running, looking up while dribbling and kicking the ball, getting used to contact (a very important thing for young players - because they will all be chasing the coach, they will be close together and bumping each other and it will be chaotic, which gets them used to the mental stimulus of games). This game is self-teaching and they learn by playing the game. Dribbling and kicking the ball in a crowd while looking up isn't easy and this is a fun way to learn those skills.

**Comment:** A simple, fun game for U-6

**Set-up:**

- Each player has a ball

**The Game:**

- Players stand shoulder-to-shoulder facing Coach who is about 5 steps away
- On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him
- They get 1 point each time they hit him
- Recruit parents to help & split into 2 games or even 3, so it is less crowded
- Stay in a small area & have fun with this game Play for about 5 minutes

**Variation:**

- Before starting, tell the players that if they hit you 5 times (total) you will make the sound of their favorite animal, like a dog or a cow, etc. When you are hit 5 times, stop & let them choose a sound. Then start all over.
- Try to stop about every 60 seconds. You can adjust by changing the number of required hits to 3 or 4