



TRAFFIC JAM DRIBBLING GAME

Emphasis:

This game is just outright fun and the kids will have a blast. This game is ideal for kids who know how to dribble but just need to learn to get their heads up and dribble under the pressures of mere congestion.

Game Info:

This is for ages U6, U8, U10 and U12. It is best run with at least 8 players but no more than 20 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, flags

Setup:

Step off a grid approximately 30X30 yards. Randomly place tall cones and training sticks (flags will work as well) in the middle of the grid. Split the group into 4 even teams who start on the corners of the grid with 1 ball per group.

Instructions:

On the coach's command, the first player from each line will race through the "Traffic Jam" (training sticks and cones) in attempt to not hit a stick, cone, or another player. Once the player makes it through the traffic jam instruct them to dribble with speed to the line they are facing and pass the ball to the first player in line. That player should immediately head towards the traffic jam with speed in attempt to get through the traffic jam first.

At first don't keep score, simply let the players enjoy the close calls before playing the game. After 8-10 minutes, combine the two teams that are facing each other into one team. Next, have the players race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam.

As each player finishes the race they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first wins the game.

Progression:

- For younger players start with one 1-2 players entering the traffic jam at a time.
- For older players, reduce the space between the cones/flags

Coaching Points:

- Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.
- Remind players to keep the ball close when entering the traffic area.
- Quality pass to the player on the opposite side
- Sprint to the back of the opposite team