



Training Game U-6 Players

The Big Bad Bear

Skill: Dribbling

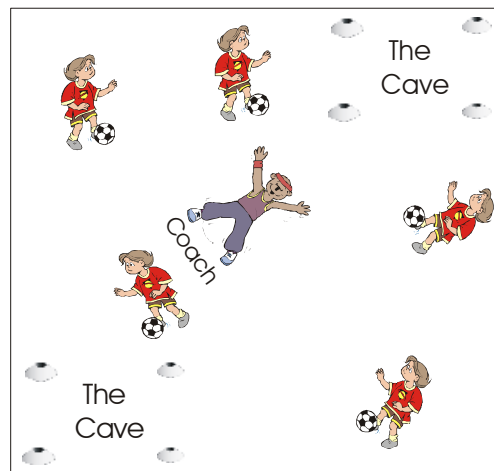
Number Of Players Required: Full U-6 team

Equipment: 12 cones - 4 cones to mark grid the grid, 8 cones to make two caves and 1 ball for each player.

Grid Requirement: 30 X 30 yard grid

Organization: Create a 30 X 30 yard grid marked with cones. Players must stay within the grid.

How The Game Is Played: The coach is the “Big Bad Bear” and the bear must try to capture the players. The players dribble around the area while the bear tries to capture them. The bear cannot capture the players if they hide in the cave. The players can only stay in the cave for 10 seconds and must go to the other cave to avoid capture. If a player is captured they become a Bear and help the Big Bad Bear capture the remaining players. Last player to be captured is the winner.



Variations: All Bears must hold hands while trying to capture the remaining players. Bears must always be **growling**.