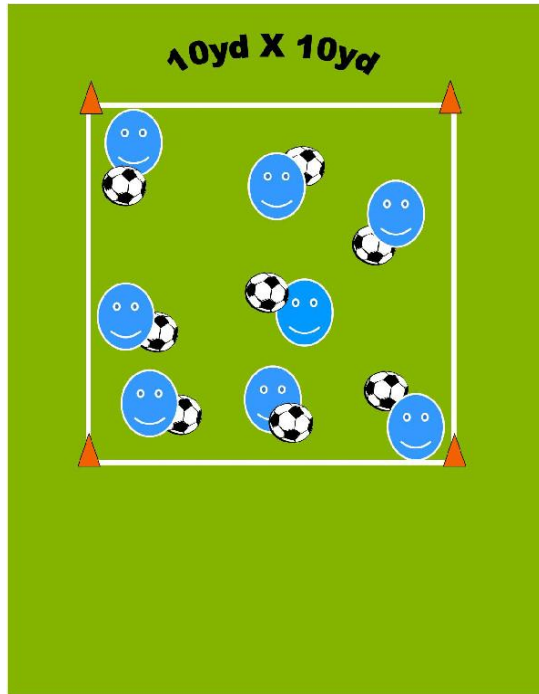


Traffic Jam (U6-U8)



Depending upon the size of the group, place players in a grid with a good amount of space. Have them dribble freely, but instruct them not to bump into each other. If two players collide yell “CRASH” and have players drop to the ground kicking and screaming. When they get back to their feet continue the drill. Yell “RUNAWAY TRUCK” and then have the coaches attempt to kick players’ balls away. Yell “TAXI” and have players partner up and follow each other. Mix these instructions up to keep the players on their toes.

Variations: See [Body Dribble](#)

Focus:

Players should be keeping their heads up and the ball close to their feet. They should also be laughing and having fun.