

Training Game U-10 Players

Cone Run 10 Yards (very good warm-up activity)

Skill: Passing/Dribbling

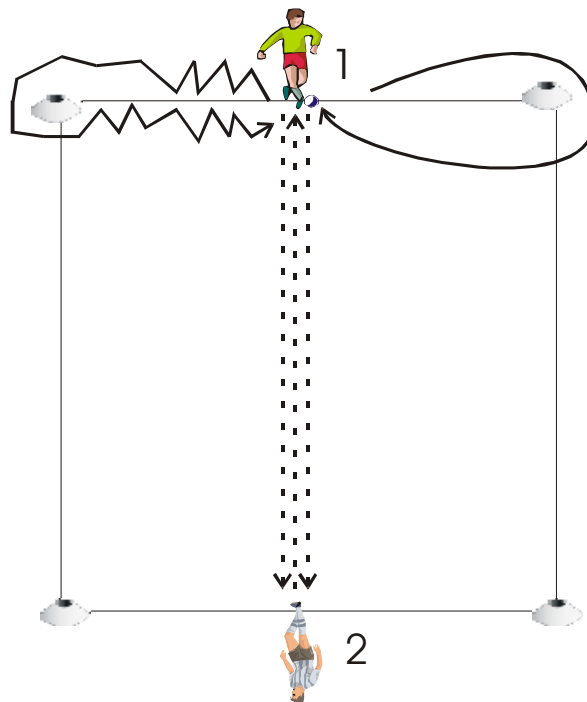
Number Of Players Required: Full U-10 Team

Equipment: 12 cones to mark three grids and 8 or so soccer balls.

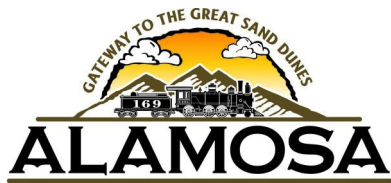
Grid Requirement: Set up (three) 10 X 10 yard grids.

Organization: Using cones layout a 10 X 10 yard. Divide the team into pairs. Place one player from the pair on the top of the grid with a soccer ball and the other player on the opposite end of the grid.

How The Game Is Played: Player 1 passes to player 2. Player 1 runs around one of the cones. Player 2 passes the ball back to player 1. Player 1 dribbles around the opposite cone and returns to the center of the grid. Player 1 passes to player 2 and the activity now starts from the opposite end.



Variations: Play one touch. Instead of player 1 hitting the last ball to player 2 have the two players complete a takeover to exchange places for the activity starting point.



Training Game U-10 Players

Dribbling Center Turn Left/Right

Skill: Dribbling Warm-Up

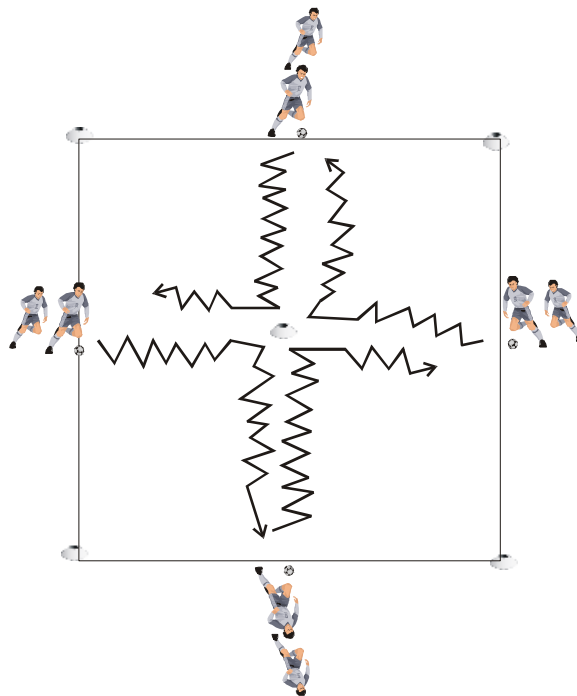
Number Of Players Required: Full U-10 team

Equipment: 5 cones to mark the grid, 1 soccer ball per group

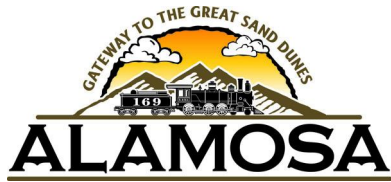
Grid Requirement: 15 X 15 yard grid

Organization: Create a 15 X 15 yard grid marked with cones. Place a cone in the center of the grid. Divide the team into pairs and place a pair of players centered on each end line with one soccer ball per group at their feet.

How The Game Is Played: The coach will yell, "go". Each player from the head of the line will dribble as fast as they can toward the center cone, staying under control the player executes a tight right turn as close to the center cone as possible and dribbles to the grid line and leaves the ball for the next player in line. Game is over when the players have returned to their starting point.



Variations: Players can only use outside of left or right foot. Have the players cut left.



Training Game U-10 Players

1v1 Four Gate Soccer

Skill: Attacking and Defending

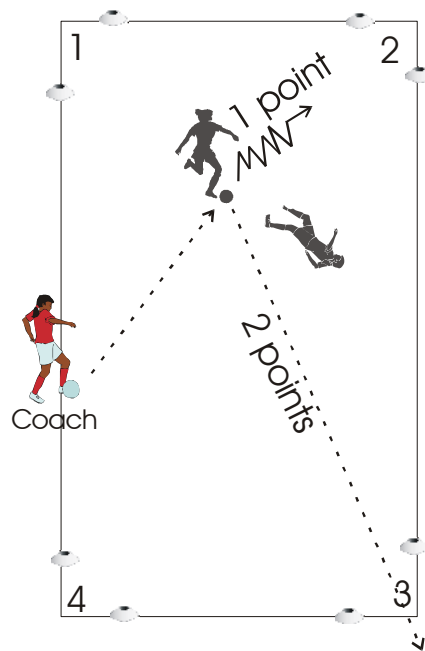
Number Of Players Required: Full U-10 Team

Equipment: 8 or more cones to mark a grid (make additional grids as needed, avoid lines) and 5 or 6 soccer balls.

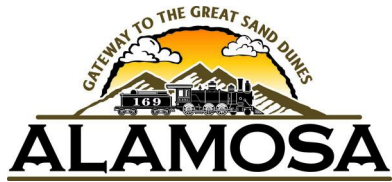
Grid Requirement: A 30 X 15 yard grid

Organization: Using cones layout a 30 X 15 yard grid with a 2-yard gate marked with cones in each corner. Place two players randomly within the grid. The coach will position herself anywhere outside of the grid with 4 or 5 soccer balls at her feet.

How The Game Is Played: The coach will play an unbiased ball into the grid. Both players in the grid will compete for possession of the ball. Player who gains possession is on the attack the other player will defend and try to gain possession of the ball. Attackers score one point by dribbling the ball through a gate and are awarded two points for a ball that is passed through a gate. After each score the coach must play the ball to the player who is behind in points. First player to 8 points wins.



Variations: Increase or decrease the size of the grid. Increase or decrease the size of the gates in the corners of the grid.



Training Game U-10 Players

Free For All

Skill: Shooting, Dribbling, Attacking and Defending

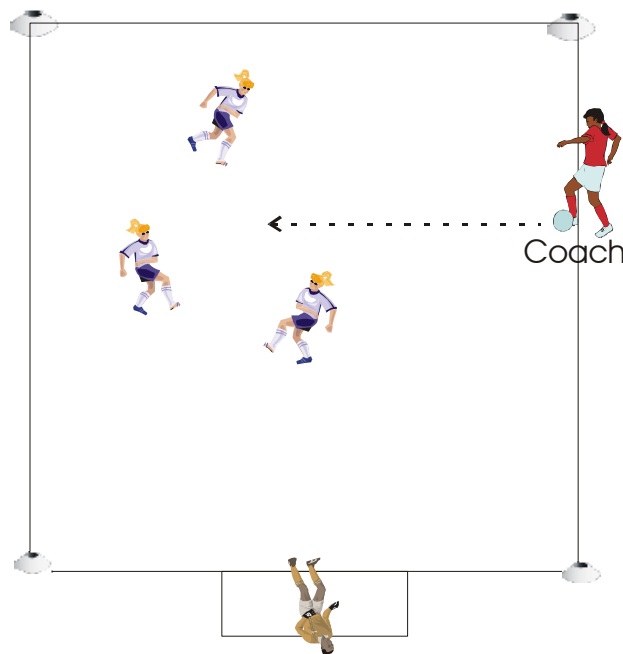
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, a goal (a full size goal is great but cones can also be used) and 5 or 6 soccer balls.

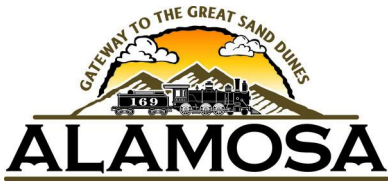
Grid Requirement: A 30 X 30 yard grid

Organization: Using cones, layout a 30 X 30 yard grid with a goal centered on the end line. Place three players in the grid and a goalkeeper in the goal. The coach should be located just outside of the grid with several soccer balls at her feet.

How The Game Is Played: The coach will play a ball into the grid to no particular player. The three players will compete for the ball. The player who gains possession is on the attack and the remaining players defend while trying to gain possession so that they may go to goal. When a goal is scored the player who scored will determine which player plays in goal. The coach restarts game after all goals or if the ball goes out of play.



Variations: Increase or decrease the size of the grid. Change the number of players in the grid.



Training Game U-10 Players

Teammates 2v2

Skill: Dribbling, Passing, Attacking and Defending

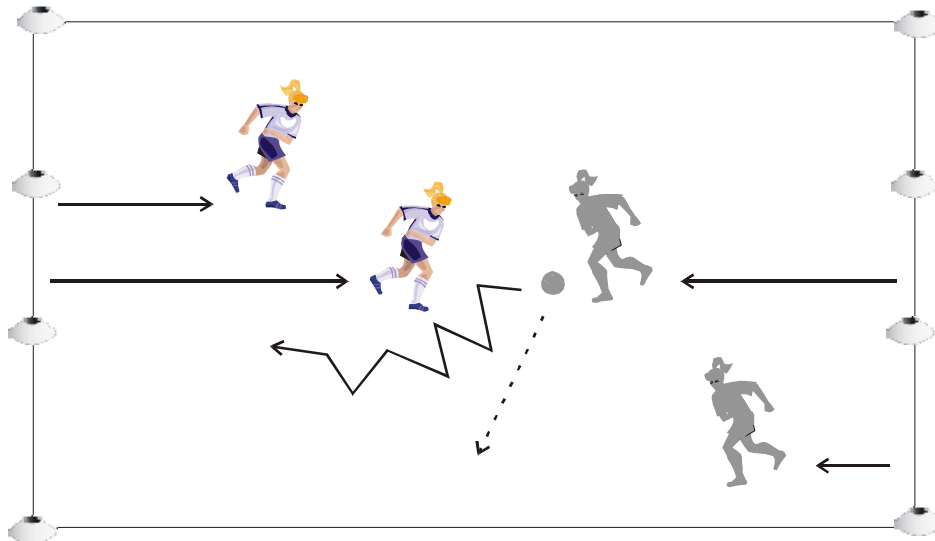
Number Of Players Required: Full U-10 team

Equipment: 8 or more cones to mark the grid, 2 or 3 soccer balls.

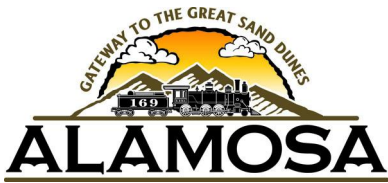
Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones. Create a goal with cones on the center point of each end line. Group players into pairs; place one pair of players on each goal line. Players can start from any point on the end line. Place a soccer ball at the mid point of the grid.

How The Game Is Played: The coach will yell, "go". Players from each end attempt to be the first pair to the ball. First pair to the ball is on the attack and the second pair defends. Attackers try to beat the defender by dribbling or passing (playing 2v2) the ball through their goal. If the defenders gain possession they go on the attack. Play is stopped when a goal is scored or the ball goes out of play. A point is scored every time a ball that is played through the goal. First team with 3 points wins.



Variations: Coach can play the ball to the center of the grid. Play one touch, or two touches only. Allow goals to only be scored if dribbled through the goal.



Training Game U-10 Players

Teammates 2v2 One Center Goal

Skill: Dribbling, Passing, Attacking and Defending

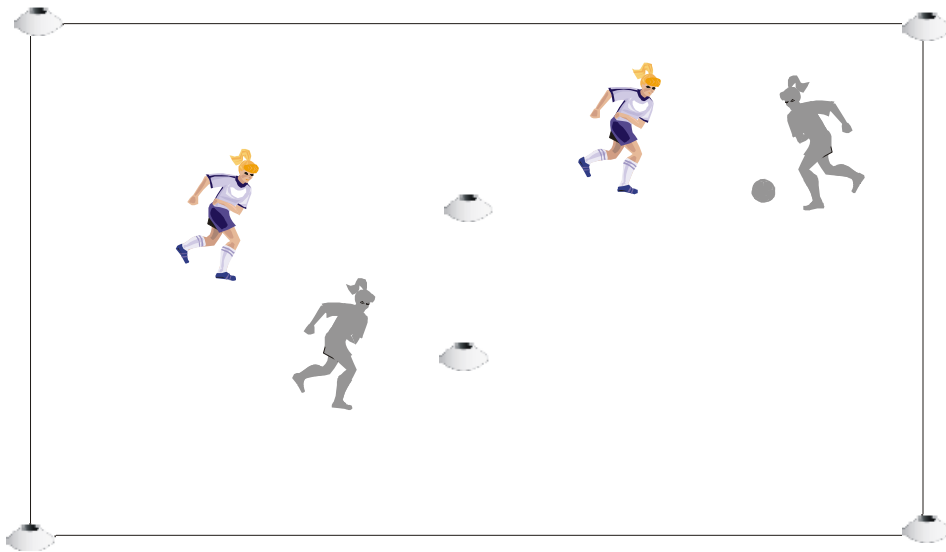
Number Of Players Required: Full U-10 team

Equipment: 8 or more cones to mark the grid, 2 or 3 soccer balls.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones and create a goal with cones on the center point in the grid. Group players into pairs; place one pair of players on each end line, players can start from any point on the end line.

How The Game Is Played: Coach will direct which team has the ball first. The coach will yell, "go". Team with the ball is on the attack and the second pair defends. Attackers try to beat the defenders by dribbling or passing the ball through the goal in the center of the grid. If the defenders gain possession they go on the attack. Goals can be scored from either direction. Play is stopped when a goal is scored or the ball goes out of play. A point is scored every time a ball that is played through the goal. First team with 3 points wins.



Variations: Coach can play the ball to the center of the grid. Play one touch, or two touch only. Allow goals to only be scored if dribbled through the goal or passed to the teammate on the other side of the goal.