



Training Game U-10 Players

1v1 Four Gate Soccer

Skill: Attacking and Defending

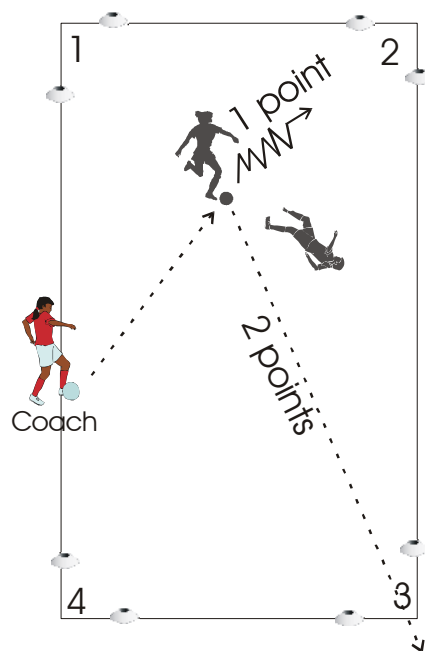
Number Of Players Required: Full U-10 Team

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.