



Training Game U-10 Players

1 v 1 Shooting

Skill: Multiple

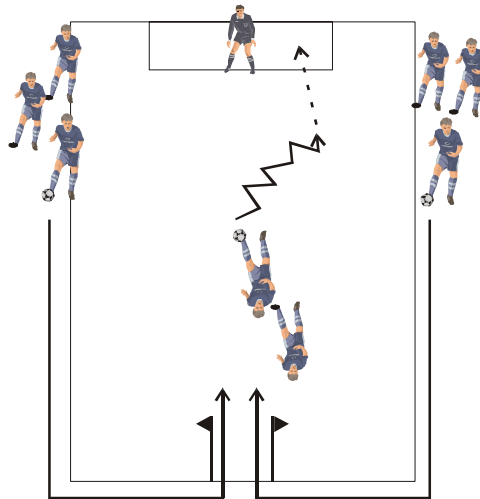
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, five or six soccer balls, one soccer goal (full size goal would be great but not necessary), a set of pennies and a pair of corner flags.

Grid Requirement: A 45 X 30 yard grid.

Organization: Using cones layout a 45 X 30 yards. Divide the team into two equal teams. Place a Keeper in the goal and the two teams about mid-point of the grid one team on each touchline. On the opposite end of the grid from the goal place a 5-yard gate at the mid-point of the grid.

How The Game Is Played: This is a simple game of 1 v 1. Coach will call two players names (John and Bill). The two players dribble as fast as they can through the gate. The first player to go though the gate is on the attack, the second player leaves his ball and becomes a defender and tries to gain possession of the ball. The first team to score five goals wins.



Variations: Call 4 names so that 2 v 2 is played. The ball can be passed into the first player to go through the gate.