



Training Game U-10 Players

4 Cone 4 Person Passing

Skill: Passing

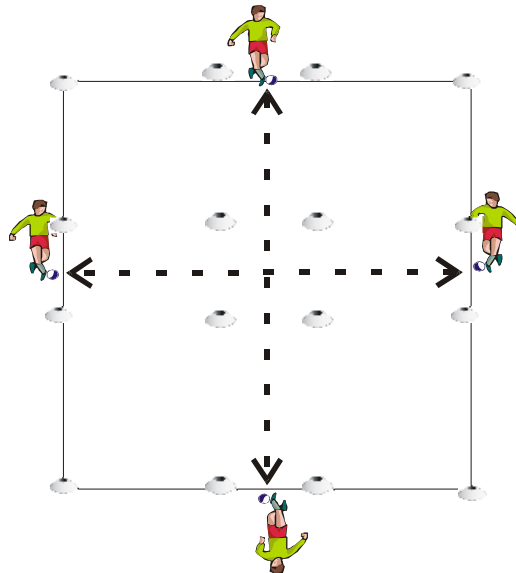
Number Of Players Required: Full U-10 Team

Equipment: 12 cones to mark the grid 4 soccer balls.

Grid Requirement: Set up a 15 X 15 yard grid.

Organization: Using cones layout a 15 X 15 yard. Divide the team into pairs. Place one player from one of the pairs on the top of the grid between two of the cones (about 5 yards wide) with a soccer ball. The other player is on the opposite end of the grid standing between two cones. Place one player from the other pair on the side of the grid between two cones with a soccer ball and his or her partner on the opposite side of the grid between two cones (as shown in the diagram). Construct a 4 cone square in the center of the of the grid (no more than five yards square).

How The Game Is Played: The two teams attempt to pass their ball between the cones in the middle of the grid for each direction. The first team to complete 5 passes that go between all 8 cones is declared the winner.



Variations: Play one touch. Place a time restriction on the length of the game. Have the players pass with the left and right foot. Have the players strike the ball with the outside of the left and right foot.