



Training Game U-10 Players

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

Skill: Passing/Dribbling

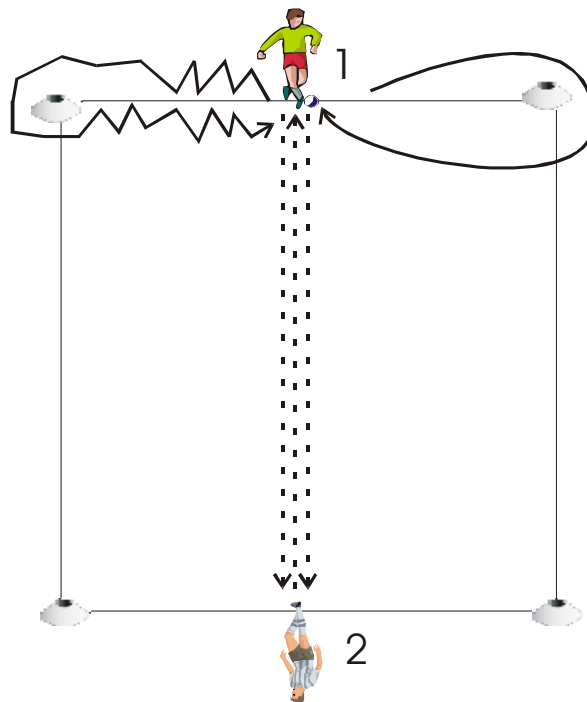
Number Of Players Required: Full U-10 Team

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.