



Training Game U-10 Players

Dribbling With A Center Turn

Skill: Dribbling Warm-Up

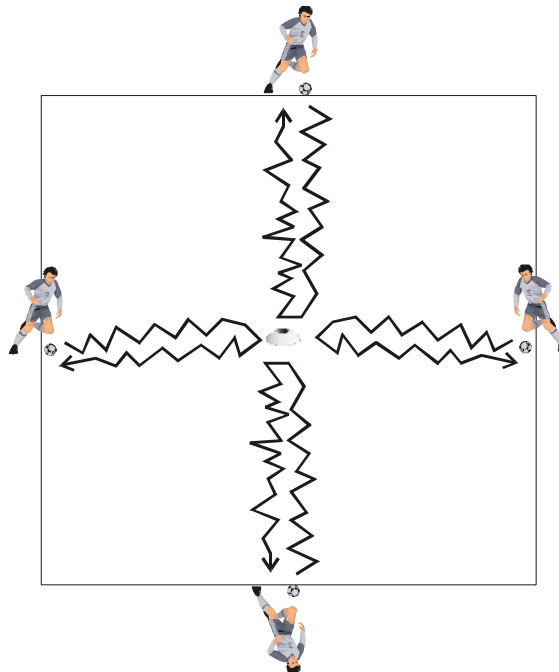
Number Of Players Required: Full U-10 team

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

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. Place a player centered on each end line with a soccer ball 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 turn as close to the center cone as possible and dribbles back to the starting point, turns and returns to the center cone again. All players must go to the center cone three times. First player to complete three runs wins.



Variations: Players can only use outside of left or right foot. Players can pass the ball back to the next player in line when they turn at the center cone. Players can execute a take-over with the next player in line after the turn is completed.