



Training Game U-10 Players

Fast Shooting

Skill: Shooting

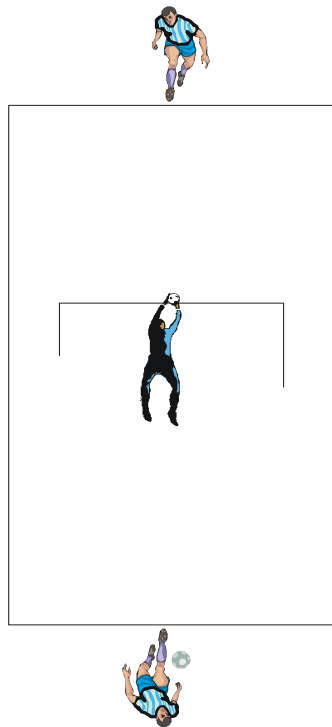
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, one goal (full size goal is great) no net. Four or five soccer balls.

Grid Requirement: A 15 X 20 yard grid

Organization: Using cones layout a 15 X 20 yard grid with a goal of some type centered in the grid. Divide the group into teams of three.

How The Game Is Played: Place 1 shooter with a soccer ball at each end of the grid and a keeper in the goal. Shooters alternately try to score on the keeper one at a time. If the keeper makes a save he becomes a shooter and the player that didn't score becomes the keeper. The first player to score 5 goals wins.



Variations: None