



Training Game U-10 Players

Free For All Shooting

Skill: Shooting, Attacking, Defending and Goalkeeping

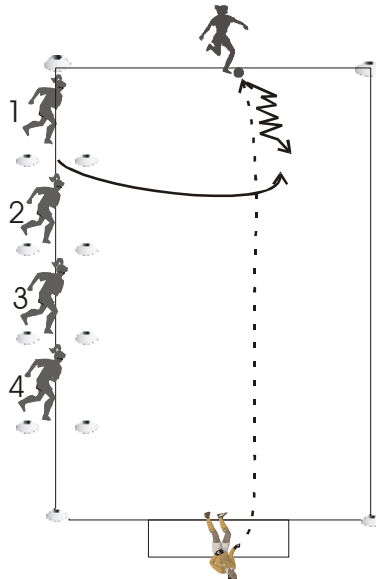
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, a goal (a full size goal is great but cones or corner flags can also be used) and 5 or 6 soccer balls.

Grid Requirement: A 30 X 15 yard grid

Organization: Using cones, layout a 30 X 15 yard grid with a goal centered on the end line. Place four gates on one of the sidelines. Position one player on the top of the grid (attacker) and place one player in each of the four gates (defenders). Put a goalkeeper in the goal.

How The Game Is Played: The goalkeeper serves the ball to the player at the top of the grid. The player at the top of the grid must attempt to get a shot on goal before a defender steals the ball or plays the ball out of play. As soon as the top player touches the ball the coach will call a number from 1-4, the number called will become the defender. The defender becomes the next attacker and the first attacker goes to the vacated gate. One point for each goal scored. First player to have three points wins.



Variations: Increase or decrease the size of the grid. Start the ball at the top of the grid. Play with no keeper. Use 2 defenders.