



# Training Game U-10 Players

## The Twilight Zone

**Skill:** Dribbling

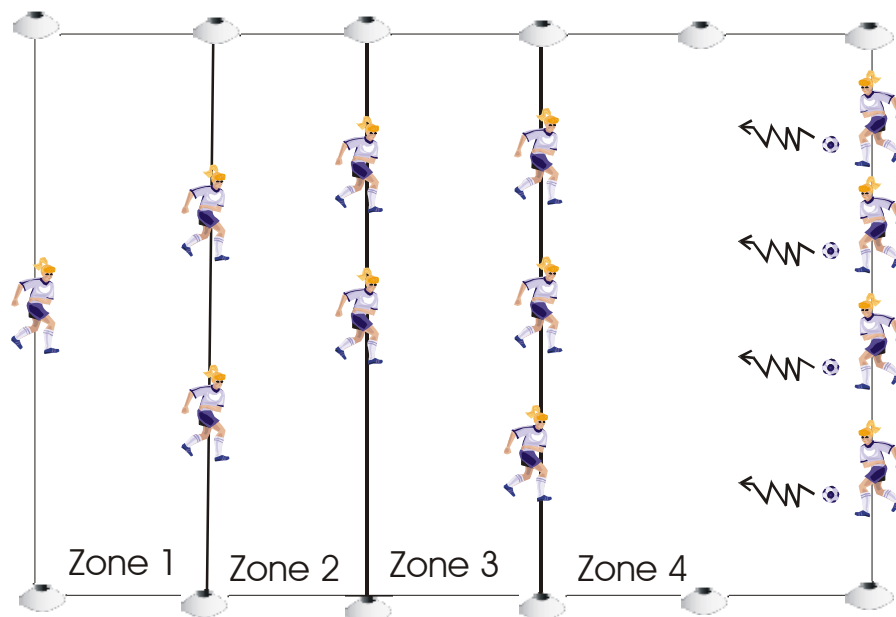
**Number Of Players Required:** Full U-10 Team

**Equipment:** 1 soccer ball per player and 12 cones to mark the grid.

**Grid Requirement:** A 30 X 40 yard grid

**Organization:** Using cones layout a 30 X 40 yard grid. Divide the grid into four zones. On the top of the grid in zone 4 place 4 players with a ball at their feet. On the line in zone 4 place 3 player (no ball) zone 3, 2 players (no ball) zone 2, 2 players no ball and place 1 player (no ball) in zone 1.

**How The Game Is Played:** Players on the top of zone 5 try to dribble the length of the grid without losing possession of their ball, all other players are defenders. Defenders attempt to steal balls from the dribblers while staying in their zone. Each player who dribbles the length of the grid without losing possession scores 1 point; player with most points after 5 rounds wins. Ensure that defenders only defend in their zone.



**Variations:** None