



Training Game U-10 Players

1v1 Four Gate Soccer

Skill: Attacking and Defending

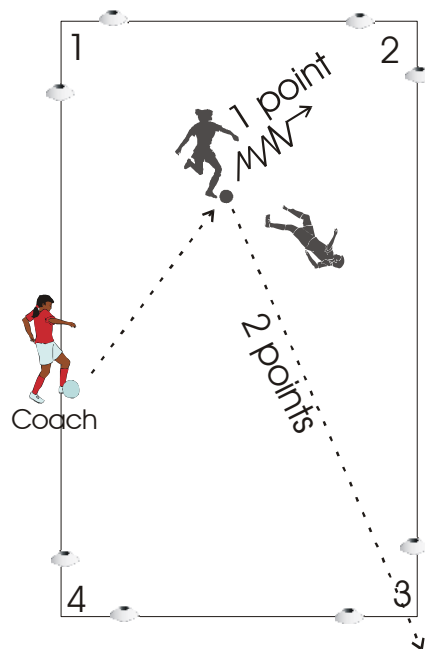
Number Of Players Required: Full U-10 Team

Equipment: 8 or more cones to mark a grid (make additional grids as needed, avoid lines) 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 2-yard gate marked with cones in each corner. Place two players randomly within the grid. The coach will position herself anywhere outside of the grid with 4 or 5 soccer balls at her feet.

How The Game Is Played: The coach will play an unbiased ball into the grid. Both players in the grid will compete for possession of the ball. Player who gains possession is on the attack the other player will defend and try to gain possession of the ball. Attackers score one point by dribbling the ball through a gate and are awarded two points for a ball that is passed through a gate. After each score the coach must play the ball to the player who is behind in points. First player to 8 points wins.



Variations: Increase or decrease the size of the grid. Increase or decrease the size of the gates in the corners of the grid.



Training Game U-10 Players

1 v 1 Shooting

Skill: Multiple

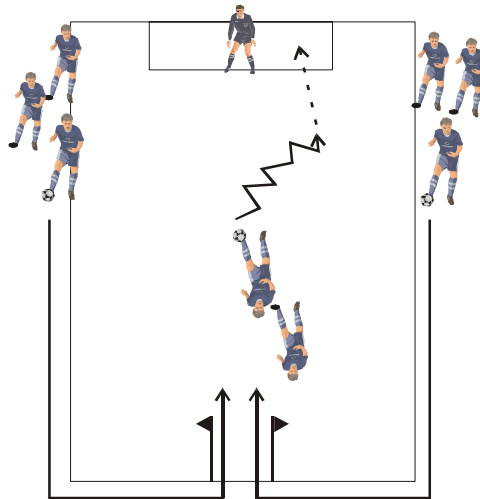
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, five or six soccer balls, one soccer goal (full size goal would be great but not necessary), a set of pennies and a pair of corner flags.

Grid Requirement: A 45 X 30 yard grid.

Organization: Using cones layout a 45 X 30 yards. Divide the team into two equal teams. Place a Keeper in the goal and the two teams about mid-point of the grid one team on each touchline. On the opposite end of the grid from the goal place a 5-yard gate at the mid-point of the grid.

How The Game Is Played: This is a simple game of 1 v 1. Coach will call two players names (John and Bill). The two players dribble as fast as they can through the gate. The first player to go though the gate is on the attack, the second player leaves his ball and becomes a defender and tries to gain possession of the ball. The first team to score five goals wins.



Variations: Call 4 names so that 2 v 2 is played. The ball can be passed into the first player to go through the gate.



Training Game U-10 Players

2 Keepers Shooting

Skill: Multiple

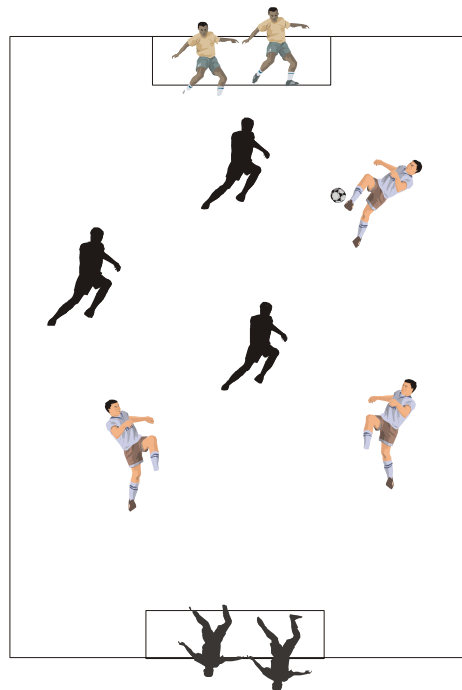
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid and two goals (two full size goals would be great but not necessary), a set of pennies and three or four soccer balls.

Grid Requirement: A 45 X 35 yard grid

Organization: Using cones layout a 45 X 35 yards. Divide the teams so that teams play 3 v 3 or 4 v 4. Place two Keepers in each goal.

How The Game Is Played: This is a simple game of 3 v 3 or 4 v 4 depending on the number of players at practice. The twist to the game is in the Goalkeeping. The two Keepers in each goal must link hands. The team in possession must attempt to score past the two linked Keepers. Award 1 point for a goal and one point for a save. First team to gain 5 points wins.



Variations: Play one touch. Allow no more than three touches when a player is dribbling.



Training Game U-10 Players

3 v 3 With 2 Point Zones

Skill: Dribbling/Passing

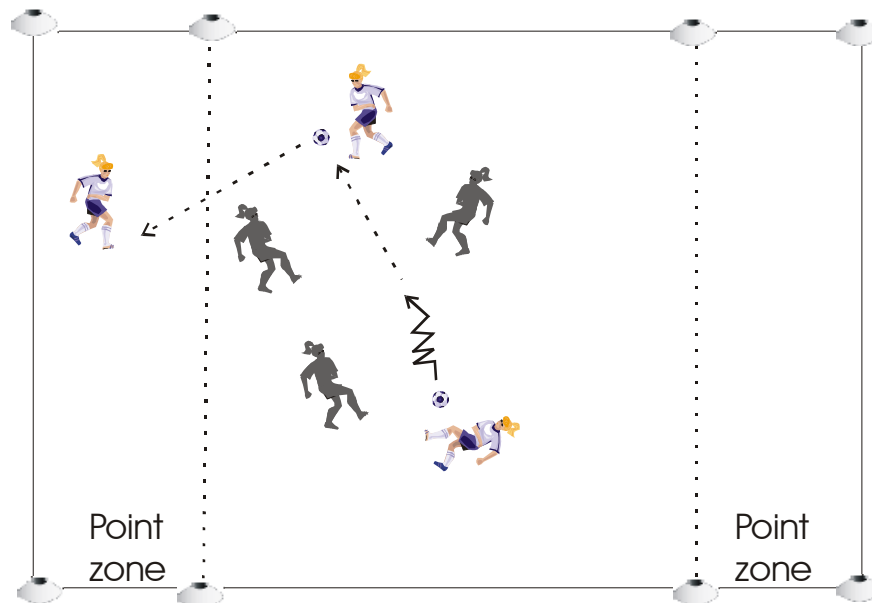
Number Of Players Required: Full U-10 Team

Equipment: 8 or more cones to mark the grid.

Grid Requirement: A 20 X 40 yard grid

Organization: Using cones layout a 20 X 40 yard grid with a 5-yard “Point Zone” at each end. Place three (3) attackers with 1 soccer ball in one of the point zones and place three defenders in the other point zone.

How The Game Is Played: Players in the “Point Zone” try to dribble and pass the length of the grid to the other “Point Zone”. The defenders try to gain possession of the ball. Points can only be scored when a teammate passes a ball to a teammate located in the point zone. First team to 5 points wins.



Variations: Play one touch. Allow ball to be dribbled into the point zone. Increase or decrease the size of the point zones. Start the game in the center of the grid and allow either team to score in either point zone. Play 4 v 4.



Training Game U-10 Players

3 v 3 Shooting

Skill: Shooting, Dribbling and Passing

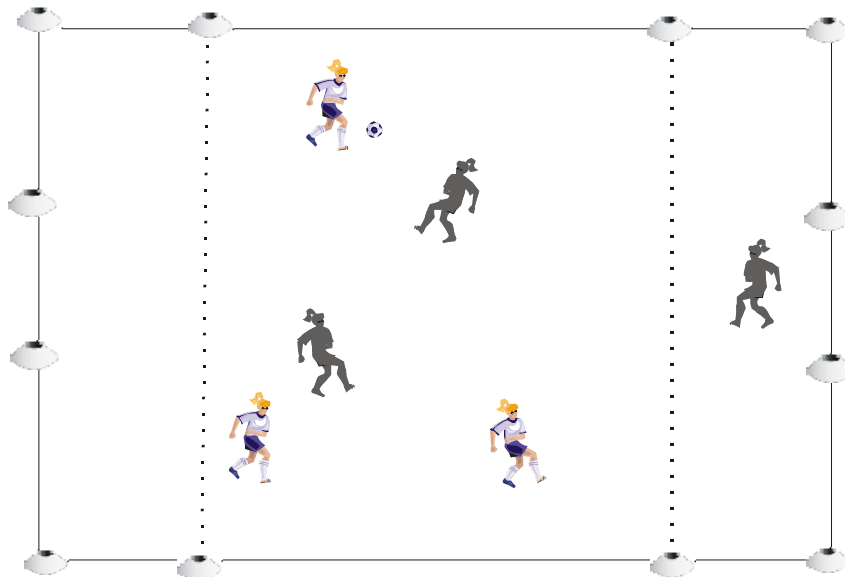
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, two goals (full size goals are great but cones can also be used), a set or two of pennies and 5 or 6 soccer balls.

Grid Requirement: A 20 X 40 yard grid

Organization: Using cones layout a 20 X 40 yard grid with a 5-yard zone at each end. Center a goal on each end line. Divide the team into teams of three. Place three (3) attackers with 1 soccer ball in one of the zones and place three defenders in the other zone.

How The Game Is Played: Play 3 v3. Each team elects a goalkeeper. The goalkeepers can use their hands in their zone. However the goalkeepers must go forward when their team is attacking. The 3 defenders try to gain possession of the ball so that they can attack. One point is awarded for a shot on goal and two points for a goal. First team to 10 points wins.



Variations: Play one touch. Increase or decrease the size of the zones. Play 2 v 2 or 4 v 4.



Training Game U-10 Players

4 Cone 4 Person Passing

Skill: Passing

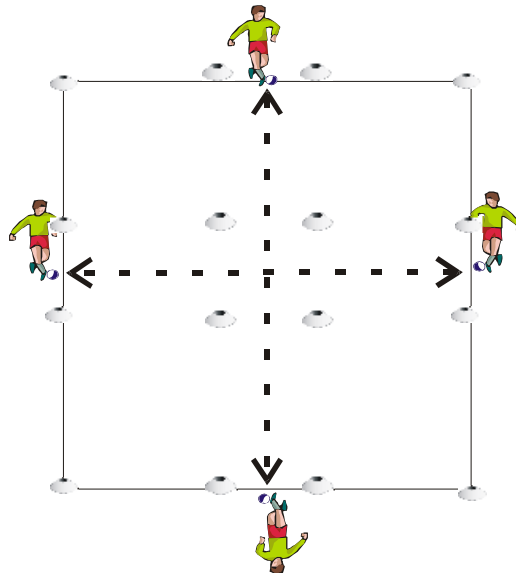
Number Of Players Required: Full U-10 Team

Equipment: 12 cones to mark the grid 4 soccer balls.

Grid Requirement: Set up a 15 X 15 yard grid.

Organization: Using cones layout a 15 X 15 yard. Divide the team into pairs. Place one player from one of the pairs on the top of the grid between two of the cones (about 5 yards wide) with a soccer ball. The other player is on the opposite end of the grid standing between two cones. Place one player from the other pair on the side of the grid between two cones with a soccer ball and his or her partner on the opposite side of the grid between two cones (as shown in the diagram). Construct a 4 cone square in the center of the of the grid (no more than five yards square).

How The Game Is Played: The two teams attempt to pass their ball between the cones in the middle of the grid for each direction. The first team to complete 5 passes that go between all 8 cones is declared the winner.



Variations: Play one touch. Place a time restriction on the length of the game. Have the players pass with the left and right foot. Have the players strike the ball with the outside of the left and right foot.



Training Game U-10 Players

Beat The Twins

Skill: Multiple

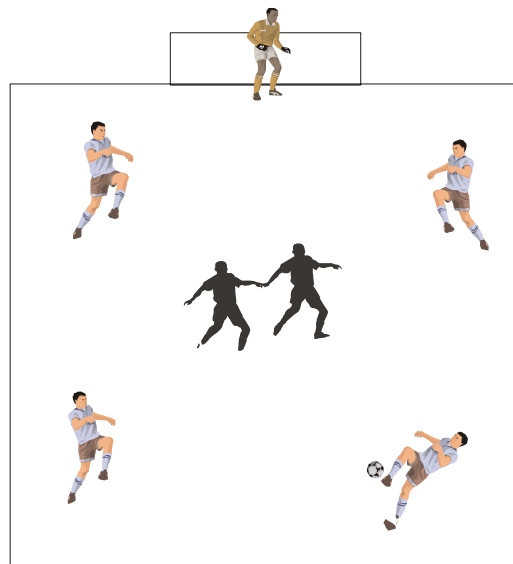
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid and one goal (a full size goal would be great but not necessary), a set of pennies and three or four soccer balls.

Grid Requirement: A 35 X 35 yard grid centered on a goal.

Organization: Using cones layout a 35 X 35 yard grid centered on a goal. Divide the team into groups of 4. Place a Keeper in the goal (rotate the keeper with field players).

How The Game Is Played: This is a simple game of 4 v 2. The twist to the game is in the 2 players that defend. The coach will decide which team will first have the ball. Two players from another group will defend. The defenders must hold hands while they are defending. The team in possession must attempt to score past the two linked defenders. If the defenders win the ball they break apart and will be joined by the two remaining team mates and the team that lost possession defends (two players link hands and two players leave the grid). Award 1 point for a goal first team to gain 5 points wins.



Deviations: Play one touch. Allow no more than three touches when players are dribbling. Allow the team in possession to go to goal after 5 consecutive passes has been completed.



Training Game U-10 Players

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

Skill: Passing/Dribbling

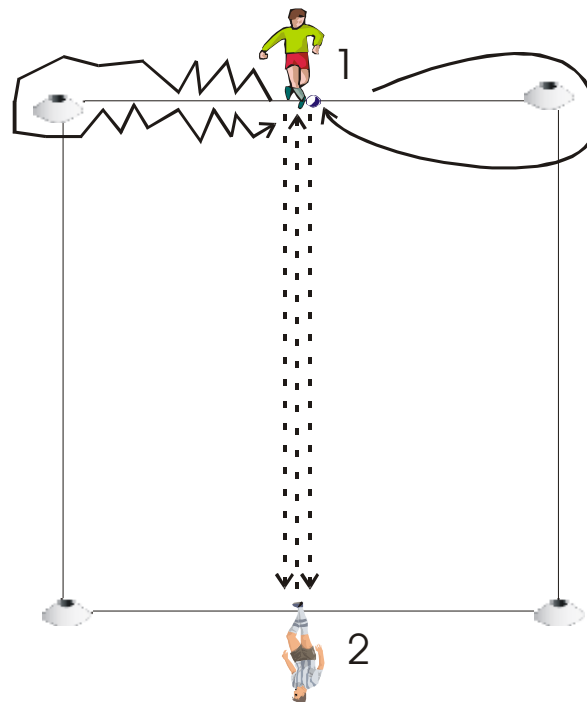
Number Of Players Required: Full U-10 Team

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.



Training Game U-10 Players

Cone Run Shooting

Skill: Shooting

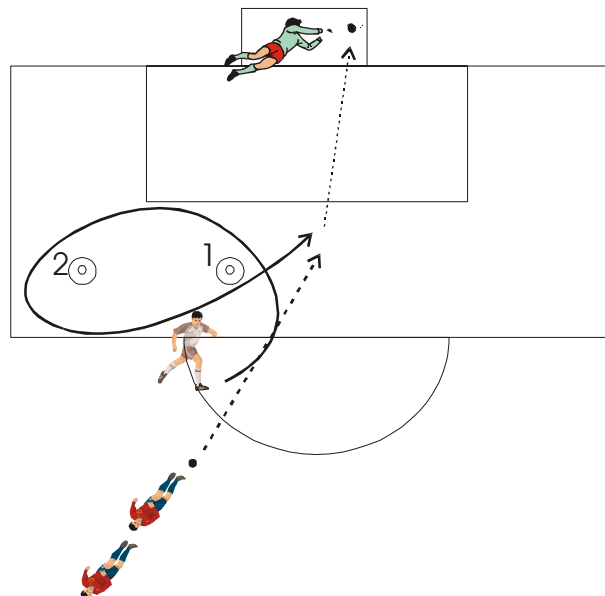
Number Of Players Required: Full U-10 Team

Equipment: 8 or more cones to mark a grid, 10 or so soccer balls and some type of goal (full size is fine).

Grid Requirement: A 20 X 20 yard grid or use a Penalty Area

Organization: Using cones layout a 20 X 20 yard grid or play within the penalty area. Place two cones about 5 yards apart five yards from the top of the grid. Place one player on the first cone and the remaining players five yards outside the grid each with a ball at their feet. Put a goalkeeper in the goal.

How The Game Is Played: The player standing by the first cone runs around the cones, as the player approaches the first cone the first player in line passes the ball to the player who must hit a first time shot on goal. The keeper tries to make a save. Simple rotation, shooter becomes the keeper; passer becomes the shooter and keeper retrieves a ball goes to the end of the passing line. First player with three goals wins.



Variations: Allow no more than 2 or three touches before player must shoot. Have players use both feet to shoot. Change location of players delivering the pass.



Training Game U-10 Players

Dribbling Center Straight Across

Skill: Dribbling Warm-Up

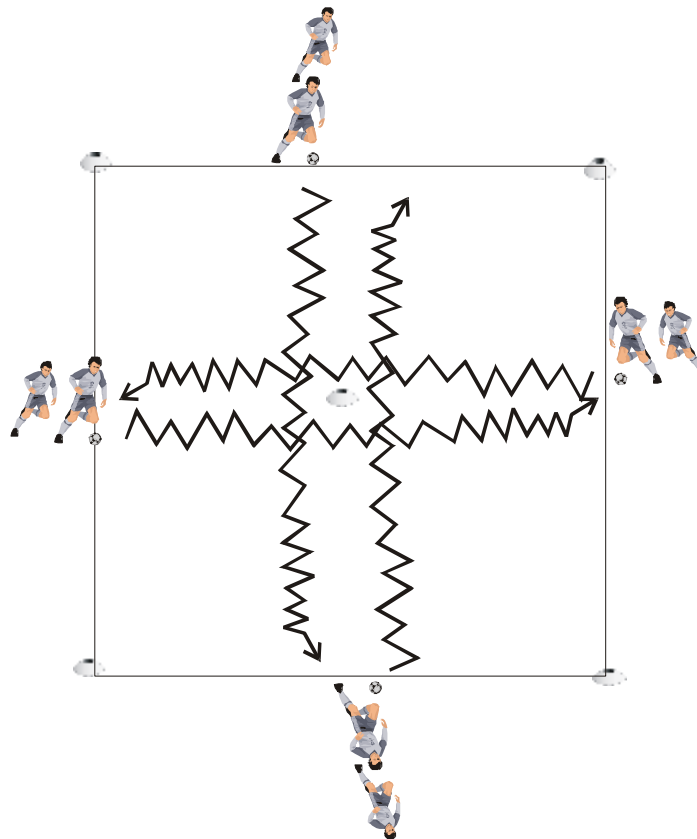
Number Of Players Required: Full U-10 team

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

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. Divide the team into pairs and place a pair of players centered on each end line with one soccer ball per group at their feet.

How The Game Is Played: The coach will yell, "go". Each player from the head of each line will dribble as fast as they can toward the opposite end line staying to the right of the center cone. Play is stopped when they return to their original starting location.



Variations: Players can only use outside of left or right foot.



Training Game U-10 Players

Dribbling Center Turn Left/Right

Skill: Dribbling Warm-Up

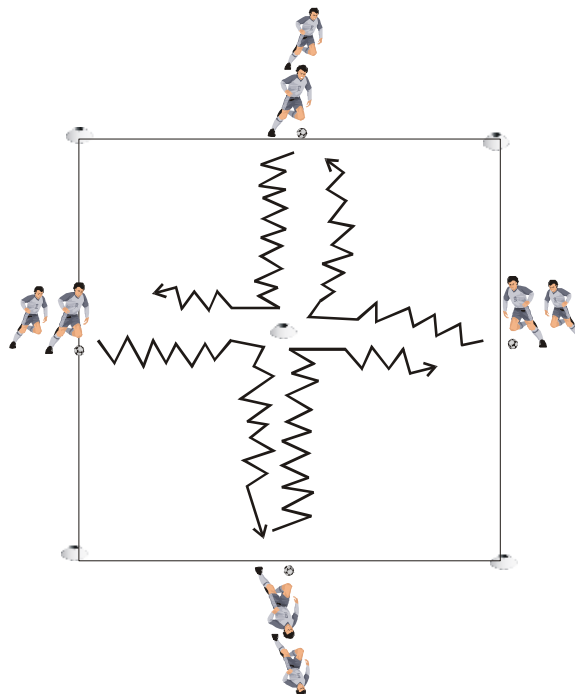
Number Of Players Required: Full U-10 team

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

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. Divide the team into pairs and place a pair of players centered on each end line with one soccer ball per group 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 tight right turn as close to the center cone as possible and dribbles to the grid line and leaves the ball for the next player in line. Game is over when the players have returned to their starting point.



Variations: Players can only use outside of left or right foot. Have the players cut left.



Training Game U-10 Players

Dribbling With A Center Turn

Skill: Dribbling Warm-Up

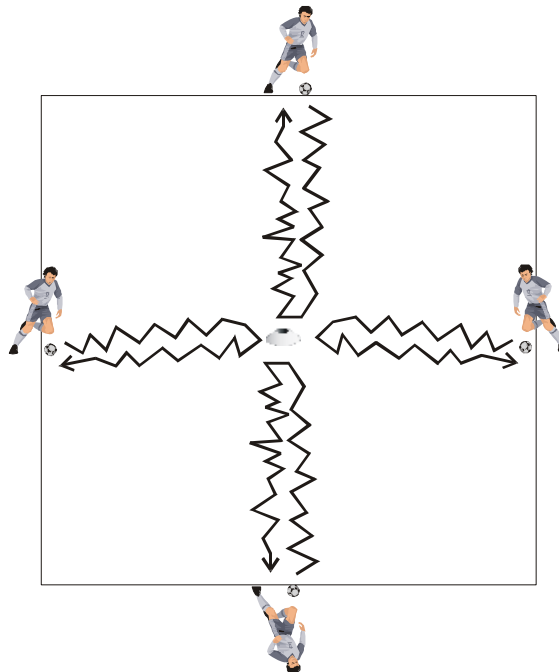
Number Of Players Required: Full U-10 team

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.



Training Game U-10 Players

Fast Shooting

Skill: Shooting

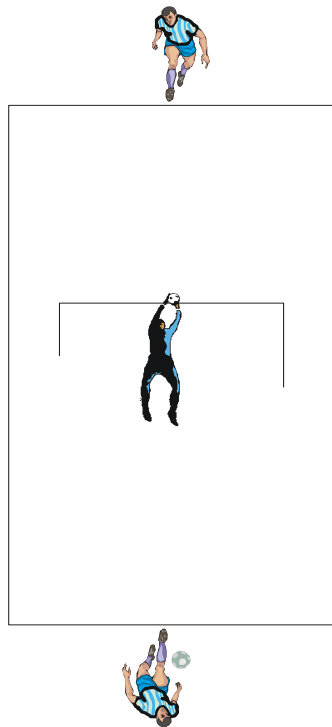
Number Of Players Required: Full U-10 Team

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



Training Game U-10 Players

Free For All Shooting

Skill: Shooting, Attacking, Defending and Goalkeeping

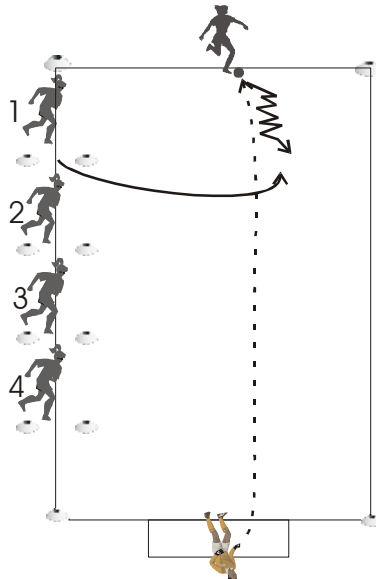
Number Of Players Required: Full U-10 Team

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.



Training Game U-10 Players

Free For All

Skill: Shooting, Dribbling, Attacking and Defending

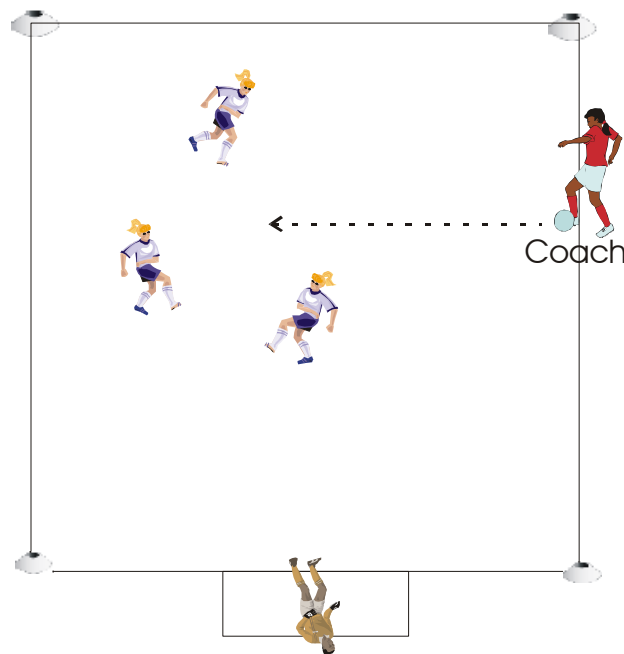
Number Of Players Required: Full U-10 Team

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

Grid Requirement: A 30 X 30 yard grid

Organization: Using cones, layout a 30 X 30 yard grid with a goal centered on the end line. Place three players in the grid and a goalkeeper in the goal. The coach should be located just outside of the grid with several soccer balls at her feet.

How The Game Is Played: The coach will play a ball into the grid to no particular player. The three players will compete for the ball. The player who gains possession is on the attack and the remaining players defend while trying to gain possession so that they may go to goal. When a goal is scored the player who scored will determine which player plays in goal. The coach restarts game after all goals or if the ball goes out of play.



Variations: Increase or decrease the size of the grid. Change the number of players in the grid.



Training Game U-10 Players

Hate To Be A Defender

Skill: Passing

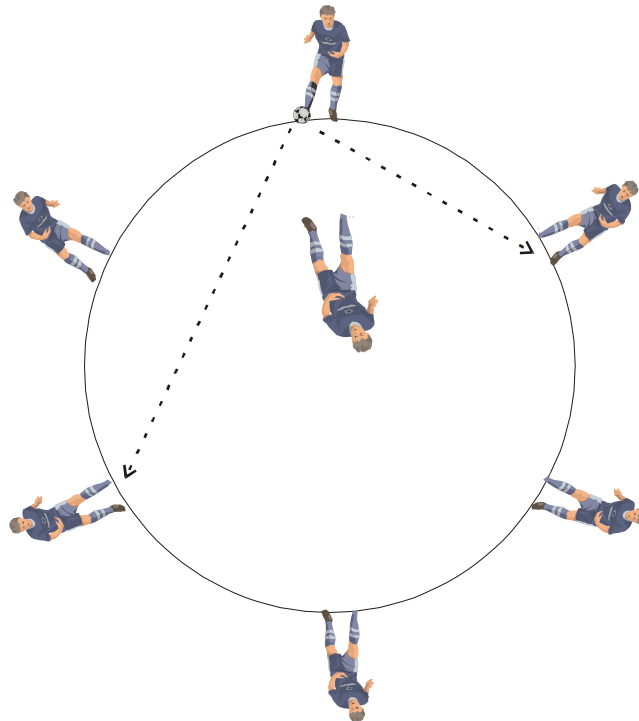
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark the grid (circle) and at least one soccer ball.

Grid Requirement: A circle 10 to 15 yards in diameter (center circle of a full field works well).

Organization: Using cones layout a circle 10 to 15 yards in diameter. Position a defender within the circle and all other players on the perimeter of the circle.

How The Game Is Played: Perimeter players try to keep possession of the ball from the defender by passing to any other perimeter player. If the ball goes out of play or is intercepted the player who made the last pass becomes the defender.



Variations: Change the size of the circle as needed. Do not allow perimeter players to move along the perimeter. Perimeter players can only one touch. Add an additional defender.



Training Game U-10 Players

Junk Yard Dog

Skill: Attacking and Defending

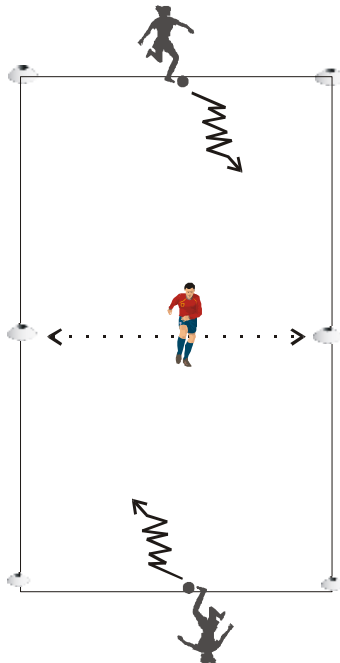
Number Of Players Required: Full U-10 Team

Equipment: 24 or more cones to mark 3 or 4 grids and 30 or so soccer balls.

Grid Requirement: A 30 X 15 yard grid

Organization: Using cones layout three or four 30 X 15 yard grids with an imaginary line centered in the grid (use cones to mark the line). Position one player on the top of the grid and one player at the bottom of the grid each with a soccer ball (attackers). Position one player at the center point of the grid (defender).

How The Game Is Played: One at a time the attackers try to dribble over the middle line without losing the ball to the defender. If the defender wins the ball the player who lost the ball becomes the defender. One point is award for crossing the centerline. Game must always start from the top or the bottom of the grid. First player with four points wins.



Variations: Increase or decrease the size of the grid. Establish a time limit for each challenge.



Training Game U-10 Players

Keep-away

Skill: Multiple

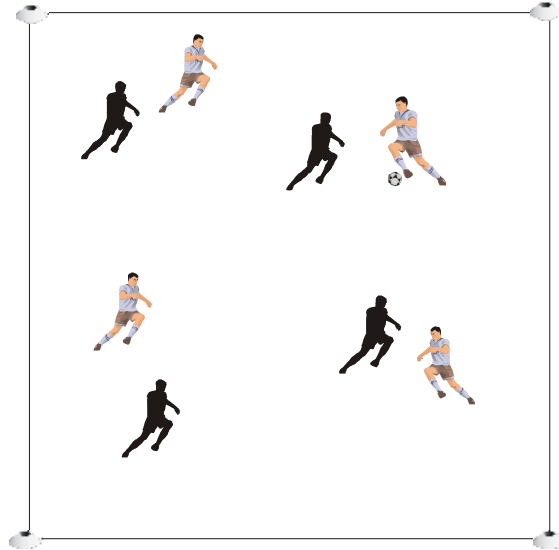
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, a set of pennies and three or four soccer balls.

Grid Requirement: A 45 X 45 yard grid

Organization: Using cones layout a 45 X 45 yards grid. Divide the teams so that teams play 3 v 3 or 4 v 4. Place one team in pennies and give the other team a soccer ball. All players must be located within the grid.

How The Game Is Played: This is a simple game of Keep-away. The team with possession must complete 5 passes to win. Defending team attempts to gain possession if defenders win the ball they become attackers and must connect 5 passes. First team to connect 5 passes three times is declared the winner.



Variations: Add two goals and after 5 passes have been connected allow that team to go to goal. Play one touch. Allow no more than three touches when a player is dribbling. Players cannot return a pass to the player who passed them the ball.



Training Game U-10 Players

Playing With Four Goals

Skill: Multiple

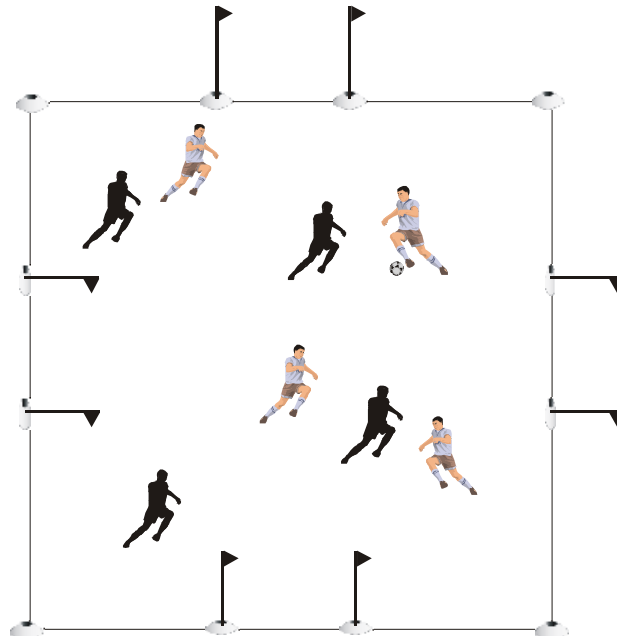
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid and the four (4) goals. Pug Nets, cones or corner flags can be used for goals and a set of pennies.

Grid Requirement: A 45 X 45 yard grid

Organization: Using cones layout a 45 X 45 yards with a goal located at the center point of each line. The goal should be no more than 3 yards wide. Divide the teams so that a 4 v 4 is what will be played. Place one team in pennies and give the other team a soccer ball. All players must be located within the grid.

How The Game Is Played: The game is over when one team has scored in all four goals. Ball must be passed into the goal not dribbled through the goal. If defenders win possession of the ball, they become attackers.



Variations: Play one touch. Allow ball to be dribbled through the goals. Same person can't score a goal until another teammate has.



Training Game U-10 Players

Teammates 2v2 One Center Goal

Skill: Dribbling, Passing, Attacking and Defending

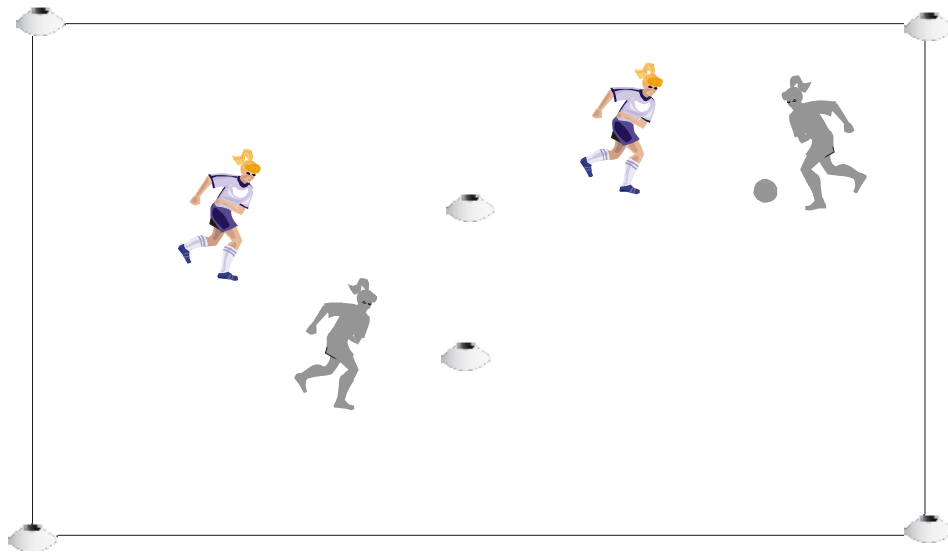
Number Of Players Required: Full U-10 team

Equipment: 8 or more cones to mark the grid, 2 or 3 soccer balls.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones and create a goal with cones on the center point in the grid. Group players into pairs; place one pair of players on each end line, players can start from any point on the end line.

How The Game Is Played: Coach will direct which team has the ball first. The coach will yell, “go”. Team with the ball is on the attack and the second pair defends. Attackers try to beat the defenders by dribbling or passing the ball through the goal in the center of the grid. If the defenders gain possession they go on the attack. Goals can be scored from either direction. Play is stopped when a goal is scored or the ball goes out of play. A point is scored every time a ball that is played through the goal. First team with 3 points wins.



Variations: Coach can play the ball to the center of the grid. Play one touch, or two touch only. Allow goals to only be scored if dribbled through the goal or passed to the teammate on the other side of the goal.



Training Game U-10 Players

Teammates 2v2

Skill: Dribbling, Passing, Attacking and Defending

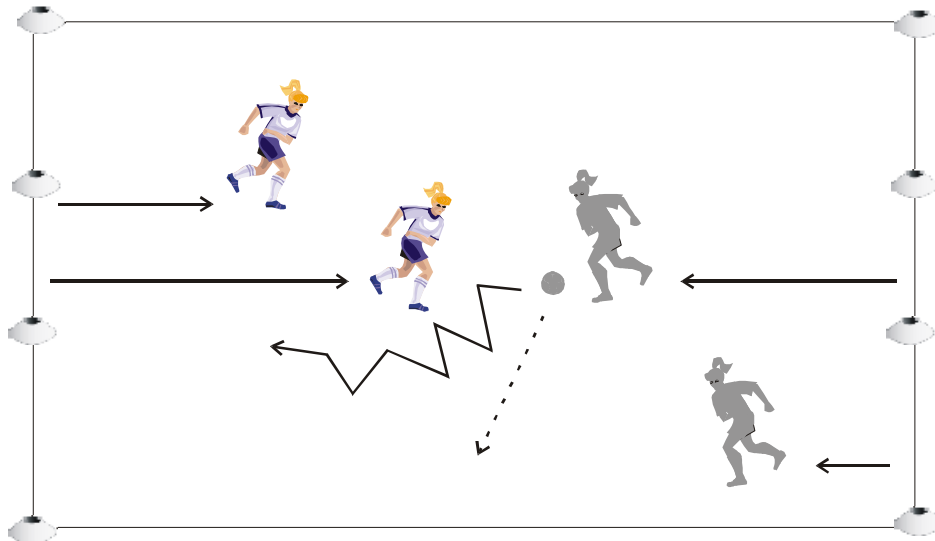
Number Of Players Required: Full U-10 team

Equipment: 8 or more cones to mark the grid, 2 or 3 soccer balls.

Grid Requirement: 15 X 20 yard grid

Organization: Create a 15 X 20 yard grid marked with cones. Create a goal with cones on the center point of each end line. Group players into pairs; place one pair of players on each goal line. Players can start from any point on the end line. Place a soccer ball at the mid point of the grid.

How The Game Is Played: The coach will yell, “go”. Players from each end attempt to be the first pair to the ball. First pair to the ball is on the attack and the second pair defends. Attackers try to beat the defender by dribbling or passing (playing 2v2) the ball through their goal. If the defenders gain possession they go on the attack. Play is stopped when a goal is scored or the ball goes out of play. A point is scored every time a ball that is played through the goal. First team with 3 points wins.



Variations: Coach can play the ball to the center of the grid. Play one touch, or two touches only. Allow goals to only be scored if dribbled through the goal.



Training Game U-10 Players

The Square

Skill: Dribbling Warm-Up

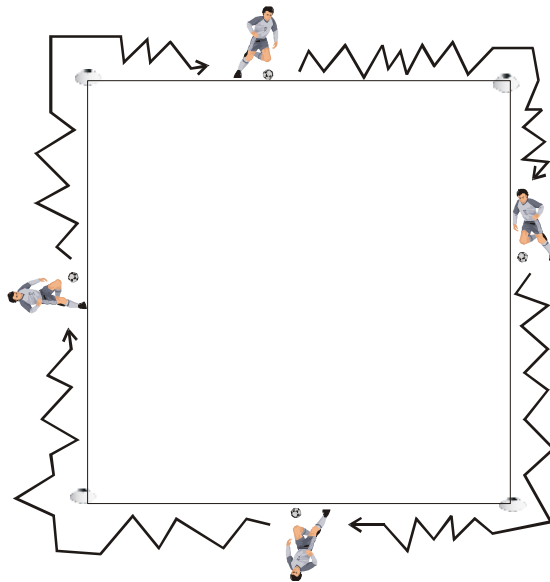
Number Of Players Required: Full U-10 team

Equipment: 4 cones to mark the grid, 1 soccer per player

Grid Requirement: 15 X 15 yard grid

Organization: Create a 15 X 15 yard grid marked with cones. Place a player at the center point just outside the grid boundaries with a soccer ball at his feet.

How The Game Is Played: The coach will yell, "go". Each player will dribble as fast as they can around the square grid stopping at their starting point. Play is stopped when the first player returns to their original starting location.



Variations: Players can only use outside of left or right foot. On a signal given by the coach, players reverse the direction.



Training Game U-10 Players

The Twilight Zone

Skill: Dribbling

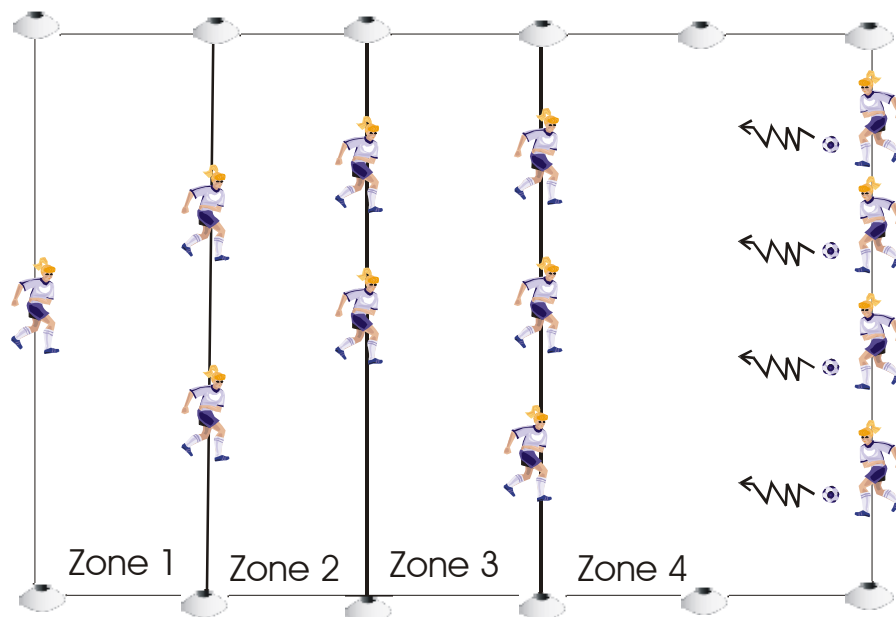
Number Of Players Required: Full U-10 Team

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