



Training Game U-10 Players

3 v 3 With 2 Point Zones

Skill: Dribbling/Passing

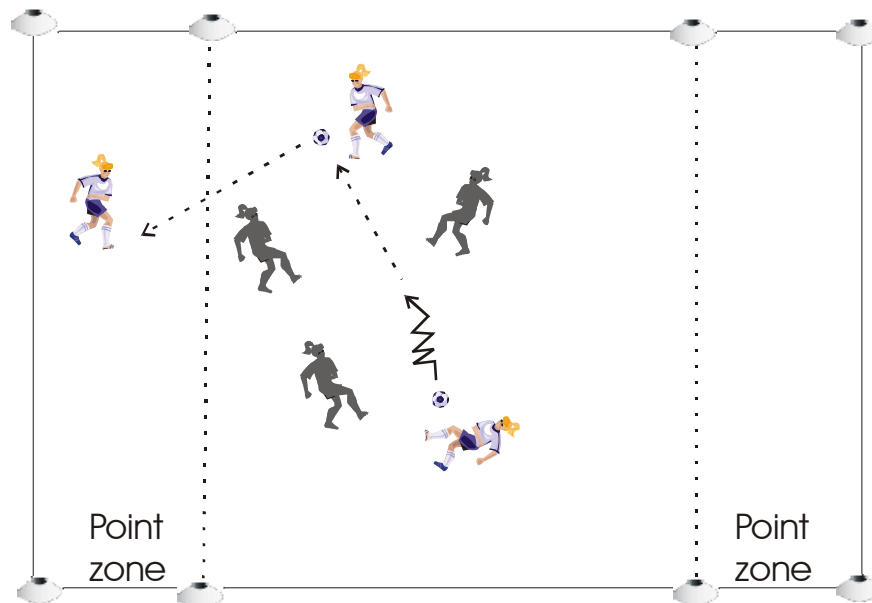
Number Of Players Required: Full U-10 Team

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.