



Training Game U-10 Players

Playing With Four Goals

Skill: Multiple

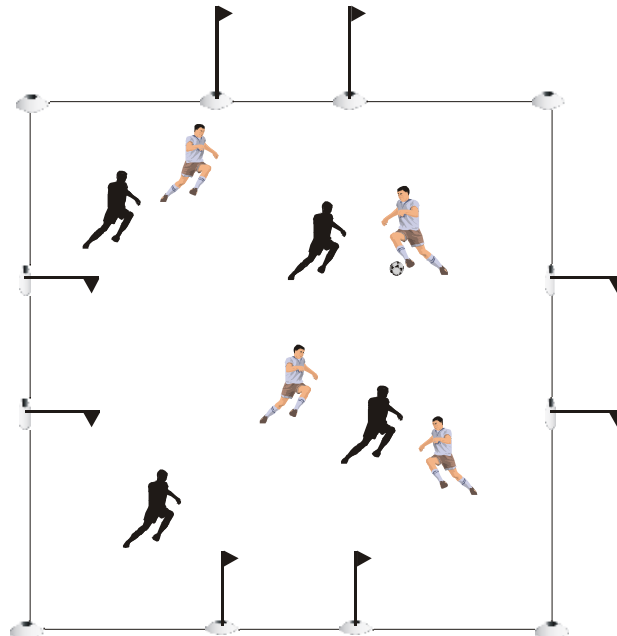
Number Of Players Required: Full U-10 Team

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.