



Training Game U-10 Players

The Square

Skill: Dribbling Warm-Up

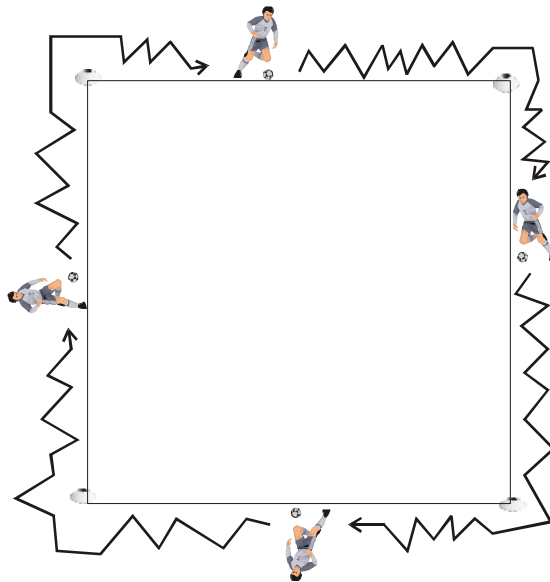
Number Of Players Required: Full U-10 team

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.