



Training Game U-10 Players

Dribbling Center Straight Across

Skill: Dribbling Warm-Up

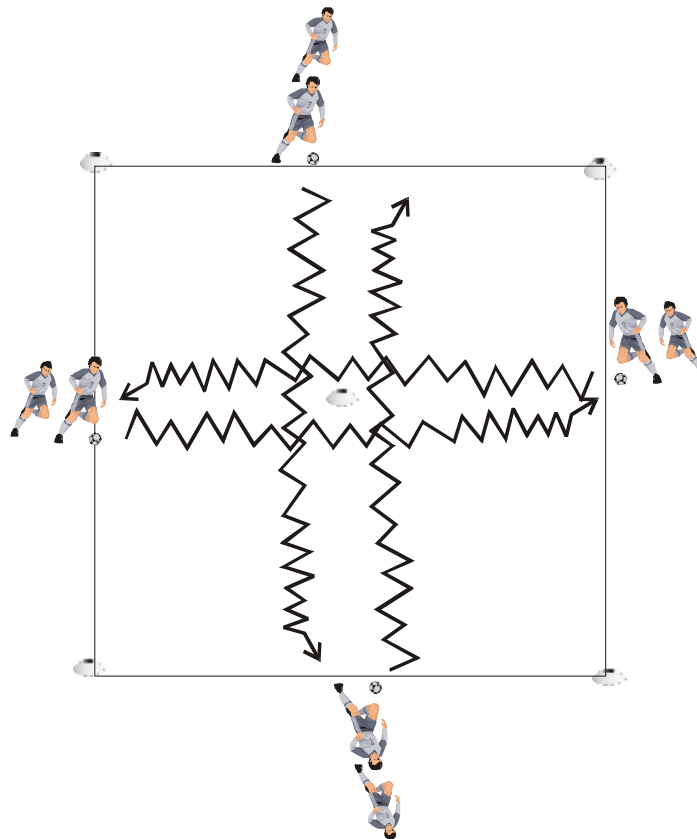
Number Of Players Required: Full U-10 team

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.