



# Training Game U-10 Players

## Teammates 2v2 One Center Goal

**Skill:** Dribbling, Passing, Attacking and Defending

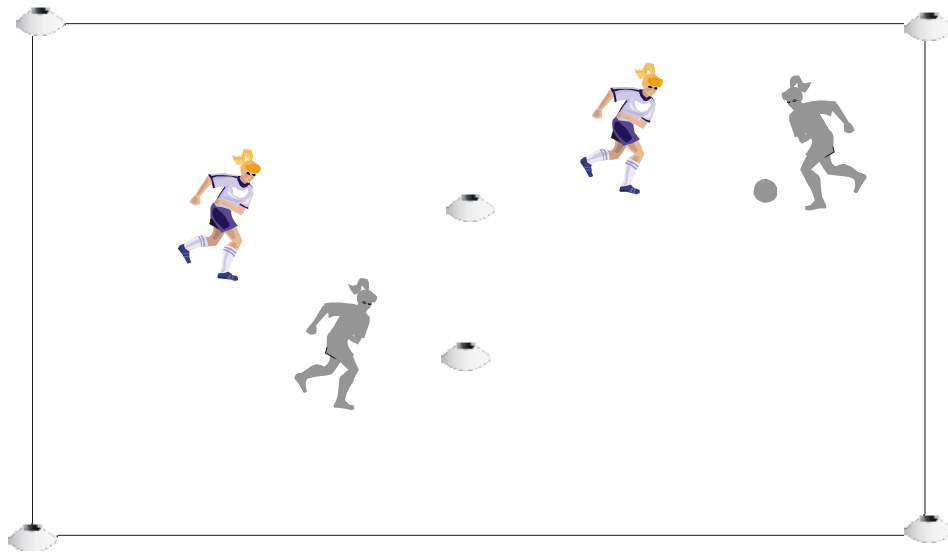
**Number Of Players Required:** Full U-10 team

**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.