



Training Game U-10 Players

3 v 3 Shooting

Skill: Shooting, Dribbling and Passing

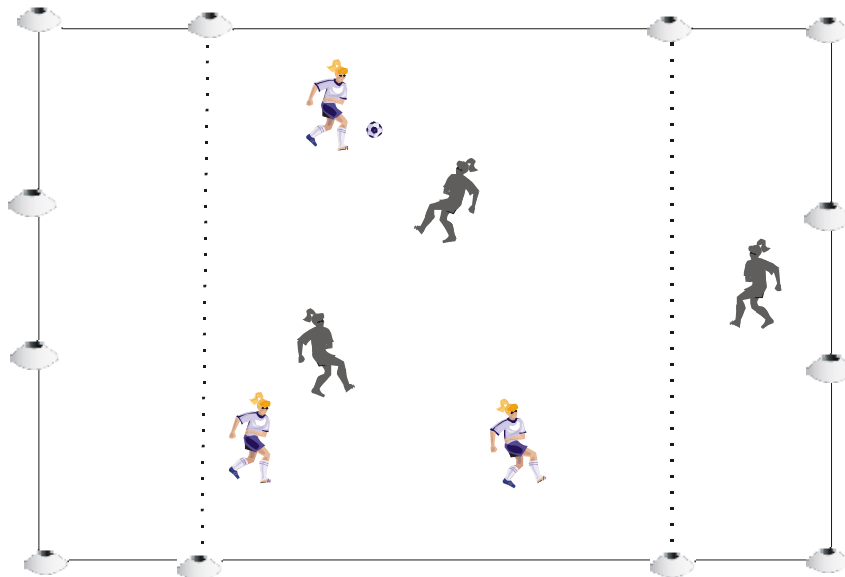
Number Of Players Required: Full U-10 Team

Equipment: 12 or more cones to mark a grid, two goals (full size goals are great but cones can also be used), a set or two of pennies and 5 or 6 soccer balls.

Grid Requirement: A 20 X 40 yard grid

Organization: Using cones layout a 20 X 40 yard grid with a 5-yard zone at each end. Center a goal on each end line. Divide the team into teams of three. Place three (3) attackers with 1 soccer ball in one of the zones and place three defenders in the other zone.

How The Game Is Played: Play 3 v3. Each team elects a goalkeeper. The goalkeepers can use their hands in their zone. However the goalkeepers must go forward when their team is attacking. The 3 defenders try to gain possession of the ball so that they can attack. One point is awarded for a shot on goal and two points for a goal. First team to 10 points wins.



Variations: Play one touch. Increase or decrease the size of the zones. Play 2 v 2 or 4 v 4.