



U10 Games

Category: Technical: Attacking skills

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Warm Up (10 mins)

Set Up

20x20 grid

Instructions

All players have a ball and dribble inside the grid under control with proper technique. Go through a series of turns and moves that players work on for 1-2 minutes at a time before moving to the next one.

Turns: pull back, cruyff, outside cut, inside cut, step-over turn
1v1 moves: stop and go, scissors, fake left/fake right, inside-outside



Dribble Knockout (10 mins)

Set Up

20x20 grid

Instructions

All players have a ball and must keep their ball with them under control as they try to knockout other players by poking their ball out of bounds.

As more players get knocked out make the space smaller so it's more difficult.



Freeze tag (10 mins)

Set Up

20x20 grid

Instructions

One player is selected as the tagger. Whenever they tag a player with the ball, the player that was tagged freezes and holds their ball high above their head with their feet apart. The players that are frozen may become unfrozen by another player dribbling the ball and passing through their legs.



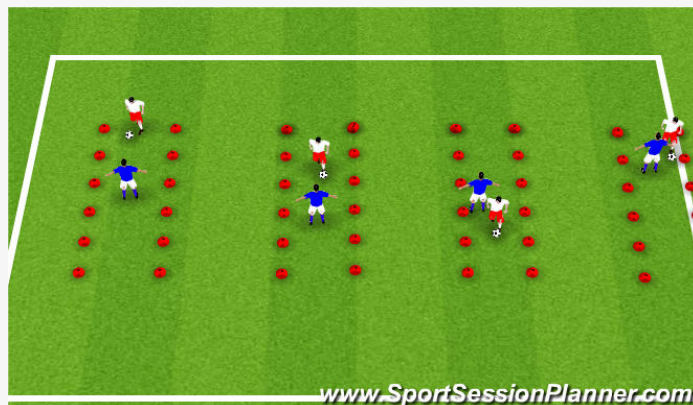
1v1 Tournament (15 mins)

Set Up

4-6 1v1 lanes that are 5 yards wide

Instructions

Players play 1v1 games and score by dribbling the ball across the last two cones in the lane under control. If the defender wins the ball they are trying to score by dribbling over the opposite end of the lane. Play 2 minute games then have them play someone new.



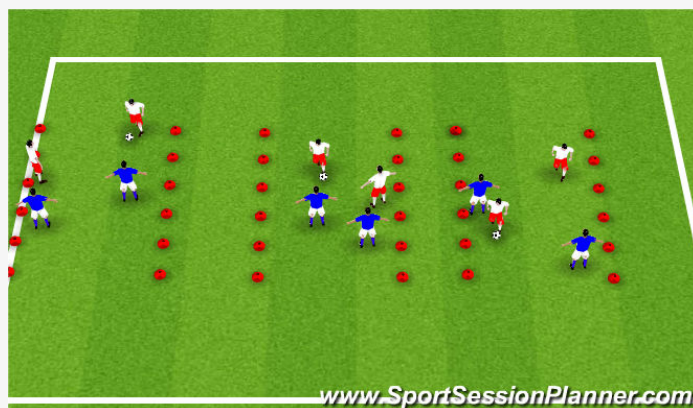
2v2 Tournament (15 mins)

Set Up

3-4 lanes 15 yards long, 10 yards wide

Instructions

Same as 1v1 except it's now 2v2. Play 3 minute games and then switch the teams around.



Power Finesse

Set Up

Two lines at top of the box

Two piles of cones at the edge of the box

Coaches are at the piles on the edge of the box

Instructions

The players at the front of each line take 2-3 touches and then have a shot from distance. After their shot they receive a pass from the coach nearest to them and take a second shot closer to the goal. If you have players taking shots closer than the six yard box place a separate cone towards the top of the box that they need to run around between their first and second shot. This will help so they have space for the second shot and can make the proper approach to the ball.

