

## *U-10 TRAINING IDEA 'TEAM KNOCK OUT'*

Here is a game to use in the 'Small Group Activity' phase of the practice. It is an engaging game that is fun to play and challenges players in almost all aspects of the game.

### **The Game:**

- Divide the squad up into two teams.
- To start, each player on the team that is inside the field will need a ball. Those on the outside of the field do not need a ball.
- When ready, players on the outside run into the grid, attempt to steal any ball they can and put it through any one of the goals that are marked by the cones.
- Players with the ball attempt to keep the ball away from the defenders by dribbling or passing to a teammate that has lost their ball.
- If an attacking player loses a ball, they immediately try to 'steal' it back.
- The game stops when all of the balls have been kicked through the goals. Then the two teams switch roles.
- Keep track of how long it takes each team to steal all of the balls.
- If a ball is kicked out of bounds it goes over to the other team for a throw-in.

This game is good for teaching dribbling skills as players find themselves in situations where they have to dribble to keep possession as well as dribble to beat an opponent.

Also, they find themselves in situations where they may have to pass to a teammate as well as find themselves playing defense.

Because there are so many balls, and so many goals, it is just a crazy enough game to be appreciated and enjoyed by a typical nine- year-old.

## *U-10 TRAINING IDEA "END ZONE GAME"*



Here is a 4 v.4 game that is free flowing and gives players a lot of problems to solve. It is a good game to use towards the end of the session as it is very close to the 'real' thing. One particularly good thing about this game is that since teams end up attacking in two, different directions, it forces players to play in different positions. They are at the back of the team when their team attacks one end-zone, while they will find themselves at the top of the team when they attack in the other direction. This is great for their development.

### **The Game:**

- Set up the field as shown with a seven yard 'End-Zone' at each end.
- Score a goal by getting the ball from one 'End-Zone' to the other by passing or dribbling.
- Once a goal is scored, immediately attack going in the other direction. Do not give the ball to the other team. The 'End-Zones' are free, only the attacking team can enter these areas.

This game also encourages players to "SPREAD OUT" and work together, which, players are starting to be able to do at this age. At first, players will be tempted to just kick the ball up the field instead of passing. With patience, and demonstration of what is possible, this game could have a dramatic impact on their ability to play attractive, skillful soccer.