



U10 – Session 2

Dribbling / Possession

Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Cone Running Competition:

Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat. **Variation 1:** Outside Cut **Variation 2:** pull back



2v1 to end lines:

Two attackers against one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game. If the defender wins the ball, they can dribble across the opposite end line for a point.



3v3 to goal with gates:

3v3 to central goals. If a player scores on the goal, 1 point. If a player dribbles through one of the cones and passes to a teammate to score, 5 points. If a player dribbles through one of the two gates and then scores, 10 points.



Scrimmage:

Create field based on playing numbers and size of area.

