



# FUN COMPETITIVE DRILLS & GAMES

## PRACTICE PLAN

AGE LEVEL: U10    TIME: 60 MINUTES

### BRITISH BULLDOG

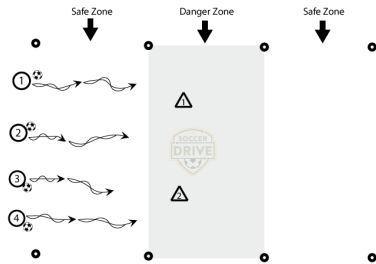
**TIME** 10 minutes

**SETUP**

This is a legendary game in soccer known as "British Bulldog". It is a simple game in which the players with the soccer balls try to dribble through the "danger zone" without having their ball kicked away or stolen by the "bulldogs". This game is great to incorporate into practice sessions that focus on dribbling drills and ball skills. It allows the players to work on ball control and having to control the ball under pressure and at different speeds. It also requires players to have an awareness as to where the "bulldogs" are and maintain ball control with their head up.

**PROGRESSIONS**

- » Start without any soccer balls and simply make it a game of tag.
- » Next add soccer balls and make the "bulldogs" crawl using bear crawls to move throughout the "danger zone".
- » Then have the "bulldogs" play on two feet and be as aggressive as they can within the "danger zone".



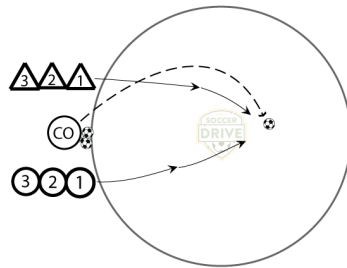
### IN THE RING 1 VS. 1

**TIME** 10 minutes

**SETUP**

This is a 1 vs 1 soccer drill that forces player to battle it out in a tight space. Great for U10 and older age levels.

1v1 is set up in the center circle. Coach stands at the edge of the circle with one player on each side of him/her. Coach throws the ball into the circle and each player runs in to try to take possession of the ball. The player that gains possession must kick the ball back to coach to win the drill. If the ball leaves the circle the round is over and next players go in.

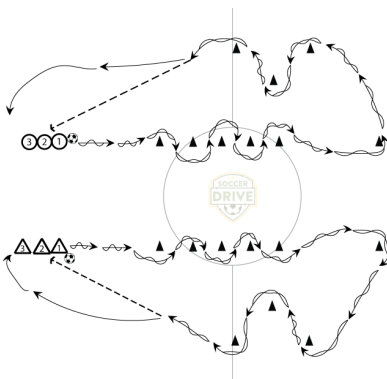


### DRIBBLE PASS RELAY

**TIME** 15 minutes

**SETUP**

This drill/competition focuses on dribbling. Players need to focus on ball control in tight spaces coupled with explosive bursts in open spaces. Set up 10 flags/cones which players will weave through. After a player navigates through the flag/cones they need to demonstrate explosive dribbling and ball control to navigate through 3 cones placed about 10m apart. After they successfully navigate through the cones pass the ball to waiting player.

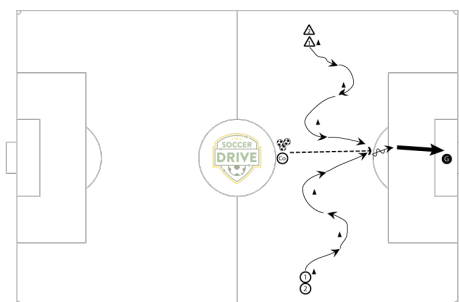


### COMPETITION SPRINTS

**TIME** 12 minutes

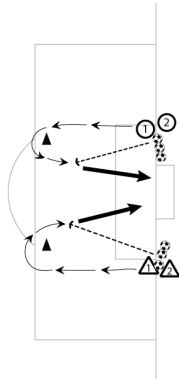
**SETUP**

For some reason the intensity spikes when players are asked to compete against their team mates. This is a soccer agility drill in which team mates race through a quick agility course to get to the ball first. On the whistle, the players run to each cone and touch the top of the cone. The coach passes a ball down the middle of the field and player who gets to the ball first is rewarded with a shot. Variations to this drill can be added to include longer agility courses. Longer courses can turn this drill into a conditioning drill as well that is fun for the players.





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## **TOUCH THE NET SHOOTING RACE**

**TIME** 12 minutes

**SETUP**

Young players will love this game. Split players into two teams and have them line up on the side of the net with three soccer balls for each team (coaches can choose the amount of balls, this drill shows three). All players will start on the goal line as shown. The shooting players will run around their assigned cone, receive a pass from the passing player, shoot the ball, and then run back to the net and touch the goal post next to their line. Each player will repeat this as many times as there are soccer balls. The first player to score with all of their balls and touch the goal post wins. If a player's shot misses the goal then they are disqualified for the round.