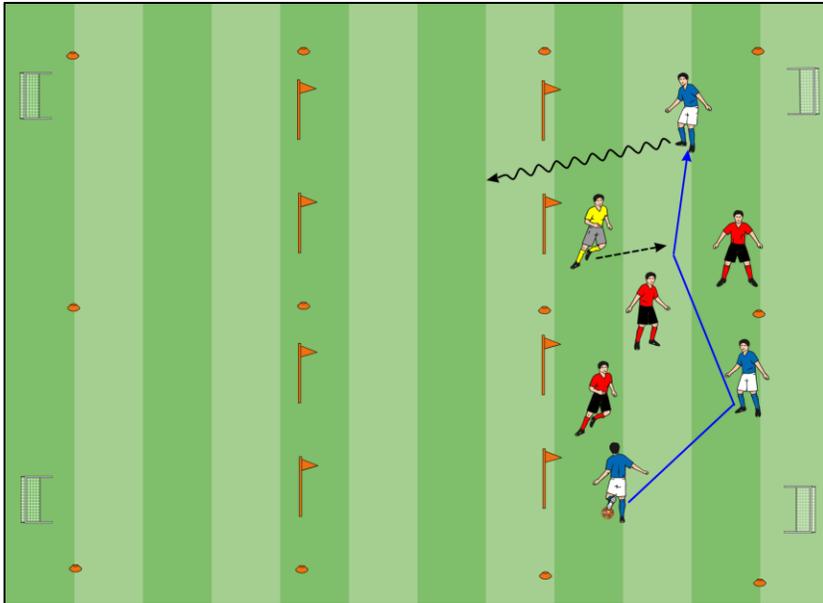


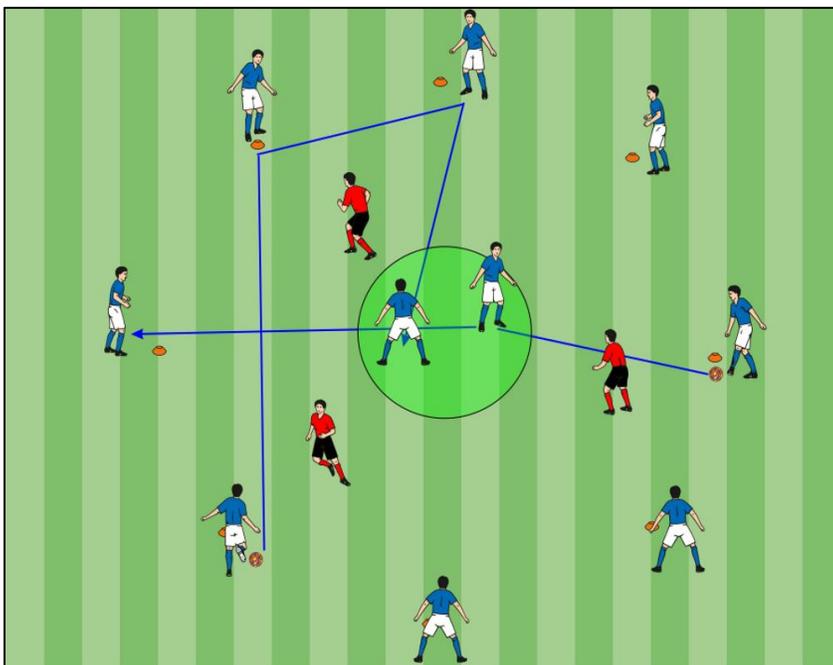


BREAKING LINE ACTIVITIES FOR U10 TEAMS



3v3 + 1 through the zones

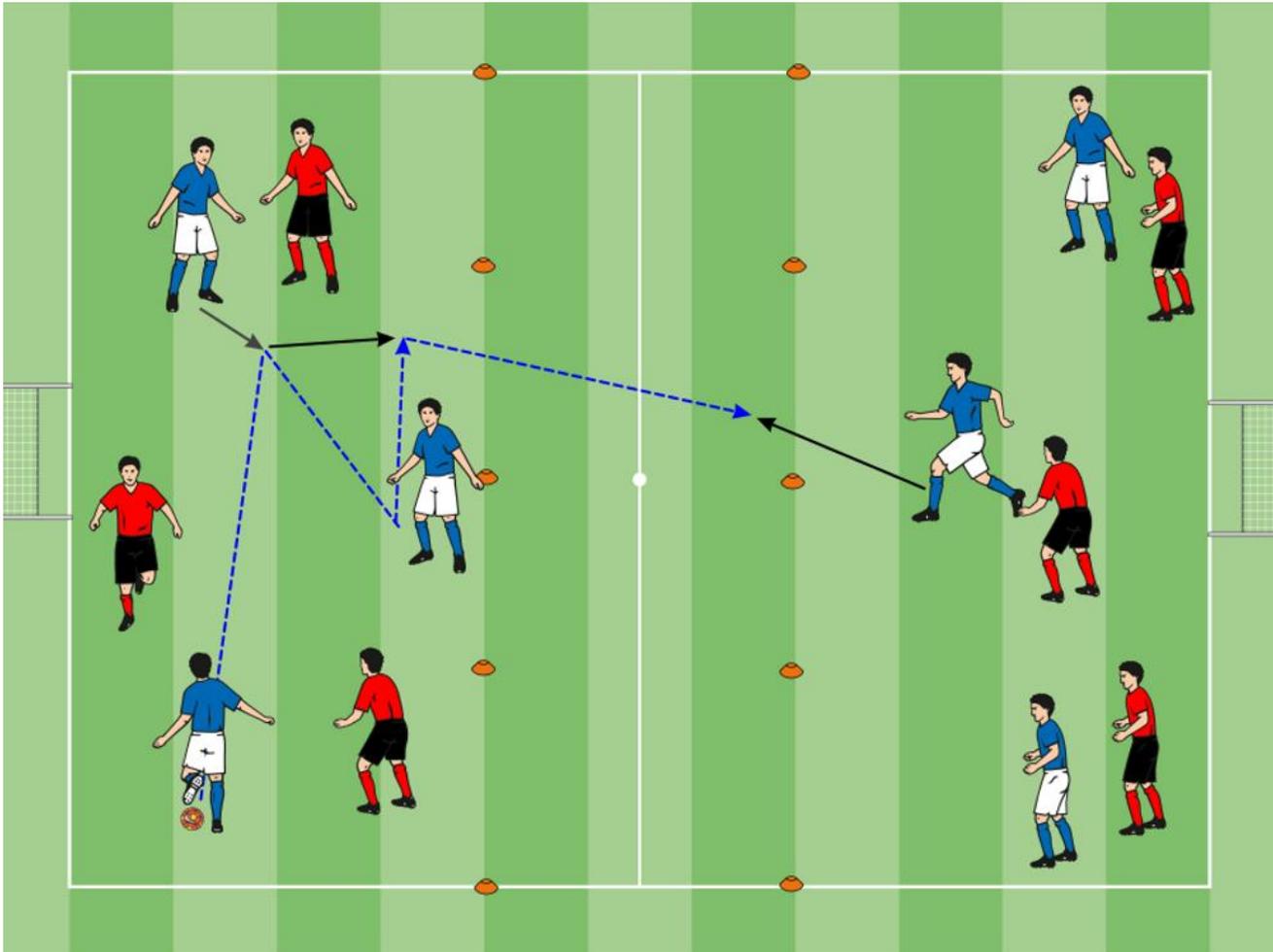
Teams can be formed to create anything from 3v3 to 5v5. The area for 3v3 would be 35 x 20 divided into three zones with 5 yard gates in the middle and small goals at the end. Teams have to create 3 passes (or set number) before being able to dribble through a gate into the next zone. Once they get to the final zone and complete three passes they score in the goal. Teams are awarded one point for each zone they visit and 2 extras if they finish in a small goal. If the opposition win the ball in the first zone and go to goal, they switch around.



Find the Middle Man

8 players on the outside of a larger circle and two players in a smaller circle placed in the middle. 3 players defend the smaller circle but cant go outside of the bigger circle. Players on the outside have two soccer balls and try to pass the balls around to pass through a player in the middle circle, who then plays out the other side. If the defenders win the ball they keep the ball and only the players in the middle circle can step out to try and win possession back.

BREAKING LINE ACTIVITIES FOR U10 TEAMS



6v6 in 3 zones - Free Middle Zone

6v6 game on a 45 x 25 field. Divide the field into three zones, the middle zone is only 5 yards wide. Teams try to connect three passes in their build-out zone before passing the ball into the middle zone for a team mate to receive possession unopposed. The player can then play to another teammate in the attacking zone and try to score in the small goal. If possession is won in the build out zone the team that won the ball can go to goal. If they score, they then get the opportunity to build-out.