

Pac Man



Training Game U10 Players

Skill: Dribbling

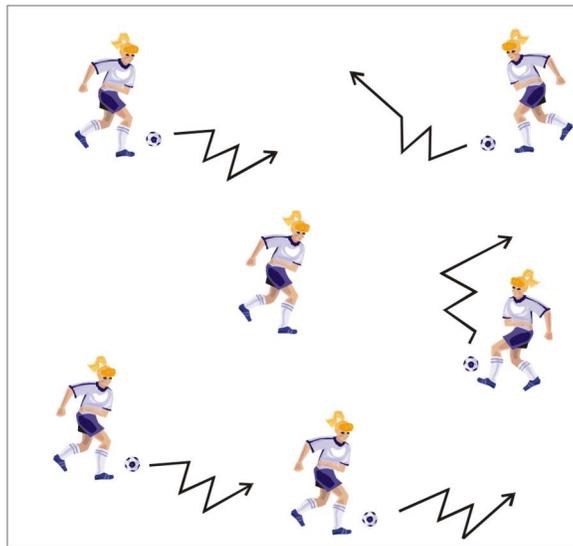
Number Of Players Required: Full U10 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

Grid Requirement: 20 X 20 yard grid

Organization: Create a grid marked with cones. All players are required to play within the grid and each player must have a soccer ball.

How The Game Is Played: the Pac Man chases the players. Any player that dribbles outside the grid or has their ball kicked outside the grid by the Pac Man, becomes the Pac Man. The initial Pac Man will use the ball of the player who dribbled out of the grid or whose ball was kicked out of the grid.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet. Ensure that the Pac-man plays at speed.