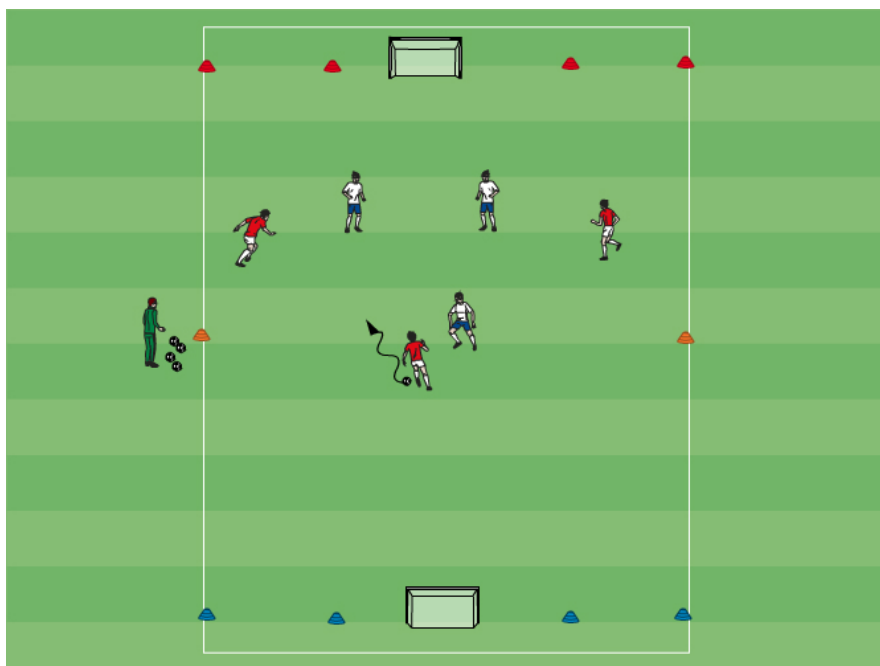




TRAINING EXERCISE

Small-Sided Game to two goals (3v3-4v4)



Objective

Play a small-sided game. To set up conditions for players to learn from what a small-sided game can teach.

Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.

Coaching Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling

- Individual attacking
- Defending Principles
- Transition
- Passing and Receiving
- Running with the Ball
- Dribbling
- Turning
- Shooting
- Heading
- Basic Motor Skills
- 1v1 Defending

U5 to U8

8 Players

Small goals, cones, balls

Intensity: 7

00:16 min
(4 x 00:03 min, 00:01 min rest)