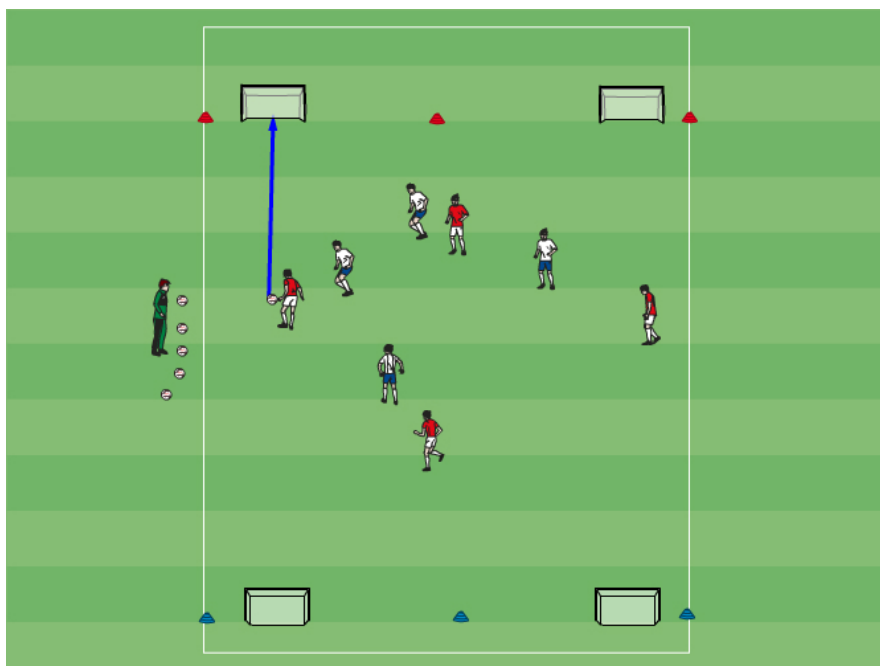




TRAINING EXERCISE

Small-sided game to 4 small goals



Objective

To develop application of technique within a small-sided game. To develop attacking principles: Penetration, support, width, depth. To develop defending principles: Pressure, cover, balance, compactness.

Description

Create a field and put two small goals on both ends. Field Dimensions: 4v4. Approximately 30-35 yards long by 20-25 yards wide. Two teams. Each team attacks two goals and defends two goals.

Coaching Points

Technical applications of: dribbling, passing, receiving/redirecting. If the route to one goal is blocked, can you go to the other one quickly?

Passing and Receiving
Attacking Principles
Transition
Combination Play
Turning
Ball Control
Individual attacking

U5 to U8

12 Players

Cones, four small goals, balls

Intensity: 7

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