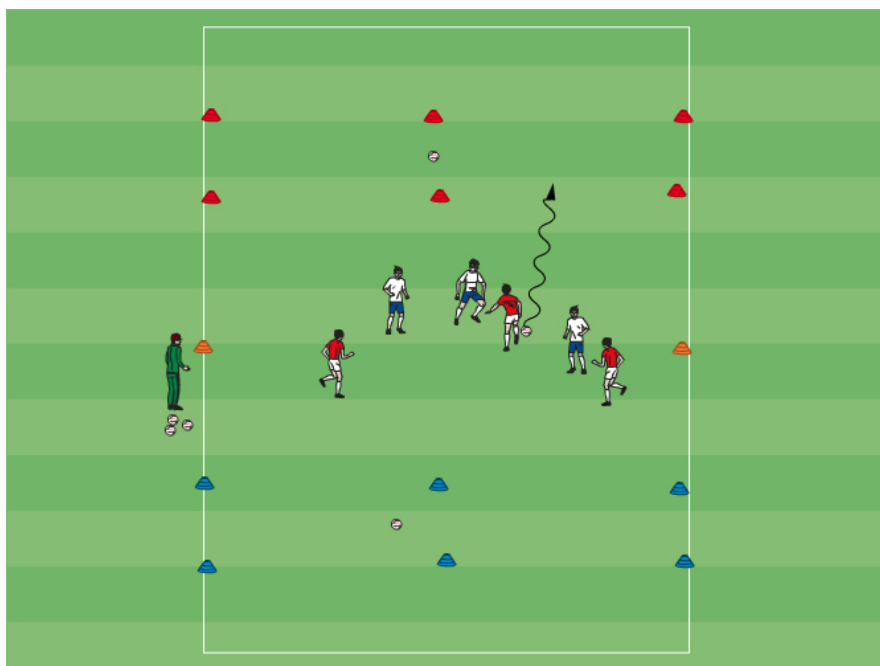




## TRAINING EXERCISE

### Small-sided game to an end zone (first to three) 2v2-4v4



#### Objective


To develop running with the ball. To develop dribbling past an opponent (penetrate) To develop turning the ball to keep the ball away from an opponent.


#### Description

Create a rectangular shaped field with an end zone on both ends. Place a ball in each end zone. Start with a game ball. When a team dribbles the ball into the other team's end zone, they then get a ball from their defensive end zone and try again. The first team to get all three balls into one end zone wins. Note: Only one ball is in play at a time.


#### Coaching Points

Dribbling to beat an opponent. Dribbling to turn the ball away from an opponent to keep possession.


 **Dribbling**  
**Running with the Ball**  
**Turning**  
**Individual attacking**  
**1v1 Defending**  
**Transition**

 **U5 to U12**

 **10 Players**

 **Cones, minimum of three soccer balls per field.**

 **Intensity: 7**

 **00:12 min**  
(6 x 01:00 min, 01:00 min rest)