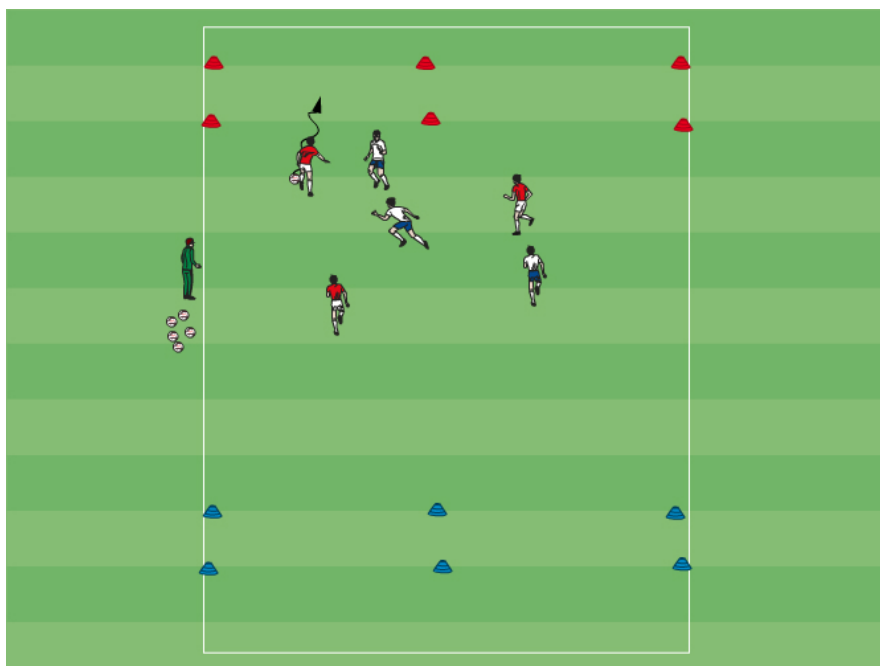




TRAINING EXERCISE

Small-sided game to an endzone (2v2-4v4)



Objective


To develop how to dribble to keep the ball. To develop how to dribble to penetrate or go around an opponent. To develop how to run with the ball into a space. Introducing Attacking principle of play: Penetration

Description

Create a playing area in a rectangular shape. Each team attacks a zone on opposite ends of the playing area. Dimensions: For 2v2 approximately 15 yards long by 10 yards wide. For 3v3 approximately 25 yards long by 15 yards wide. For 4v4 approximately 35 yards long by 25 yards wide. Dimensions can vary. Create an end zone for both teams. A point is scored when a member from a team can dribble into an end zone and stop the ball.

Coaching Points

Keeping the ball close but also away from an opponent. If going forward with the ball is not an option then pass the ball to a teammate.

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

 **U5 to U12**

 **12 Players**

 **One ball. Two teams. Cones**

 **Intensity: 7**

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