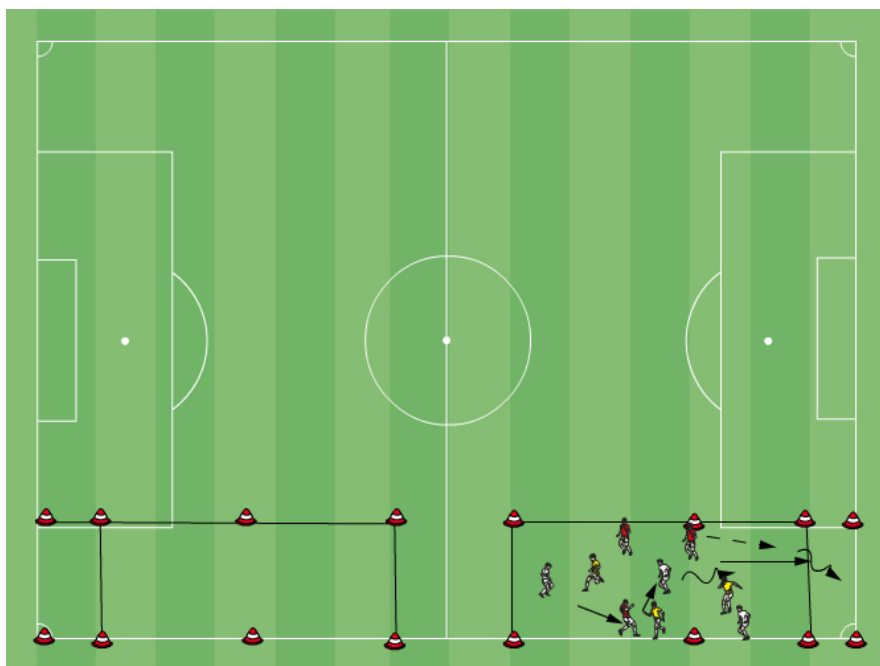




## TRAINING EXERCISE

### Positional game with direction and decision making



- Playing out from the back**  
**Combination Play**  
**Passing and Receiving**  
**Transition**
- U14 to Senior**
- 22 Players**
- 16 balls, enough cones, bibs three colors**
- Intensity: 7**
- 16:00 min**  
(2 x 06:00 min, 02:00 min rest)

#### Objective

breaking the pressure - keep the ball and if possible play forward to create chances / score a goal

#### Description

6v3 (three colors)/ 5v4: keeping possession of the ball while under pressure and trying to play the ball forward to create chances. Extra: quick transition from attacking to defending. 1) the attacking team (6 or 5 players) tries to score by receiving a pass in the end zone (control in the end zone!) or by dribbling over the first line of the end zone 2) when the defensive team (three or four players) regain the ball they try to score by dribbling over the line on the opposite side. Attacking team plays in the direction of the zone

#### Coaching Points

choosing position - creating space/ ball handling under pressure/ passing in right direction / weight of pass/ decisions made/ dribble with ball