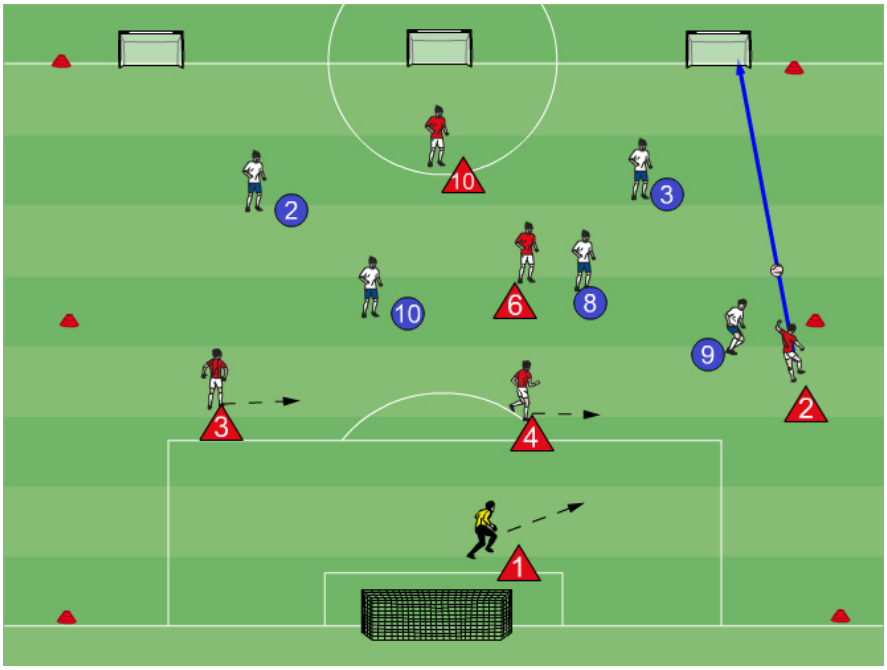
TRAINING EXERCISE

3 goal build-up game



Passing and Receiving
Playing out from the back
Attacking Principles

U9 to U14

14 Players

3 small goals, 1 large goal, cones, balls

Intensity: 5

20:00 min
(4 x 04:00 min, 01:00 min rest)

Objective

To develop how the 2 and 3 make passes on the ground. To develop principles of attack: penetration, support, mobility, width

Description

This exercise will develop how the 2 and 3 pass the ball to penetrate in the flank areas. The area of the field is the defensive half with the overall purpose of improving how the 2 and 3 help in the build up process. The team in red (defending large goal) attempts to score on three goals located around midfield. Make the outside goals worth more than the central goal. The team in white is attacking the large goal.

Coaching Points

Passing-short, intermediate, accuracy, weightReceiving-vision to play forward quickly.Principles of Play: Penetration, width, support, and mobility.