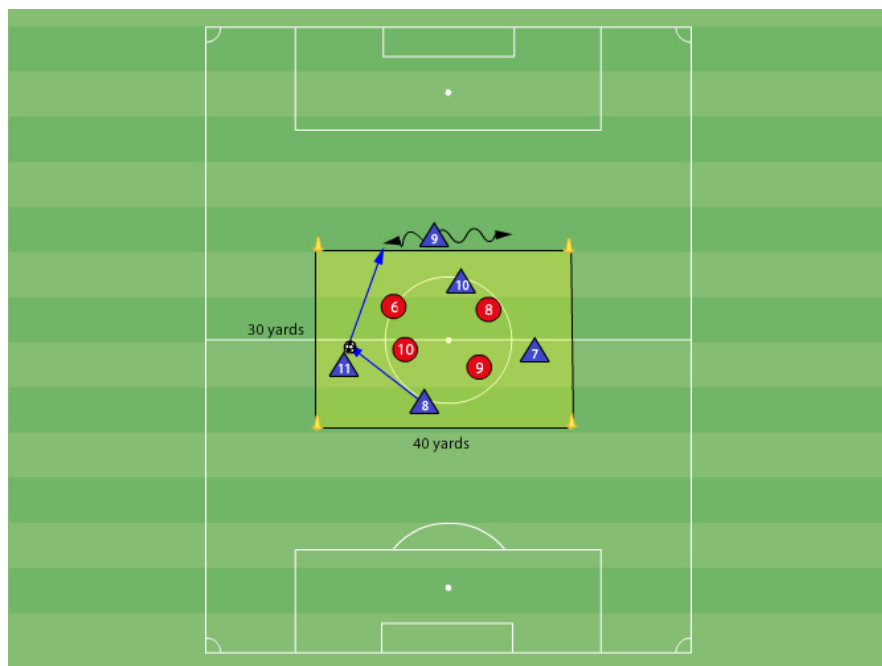




TRAINING EXERCISE

Four v Four- Playing to a Target



Attacking Principles
Combination Play



U9 to U12



10 Players



8 Field Markers, 2 sets of colored vests, 6-10 balls



Intensity: 7



15:00 min
(4 x 03:00 min, 01:00 min rest)

Objective

A small-sided game focused on penetration to a target player.

Description

Team Blue competes against the Reds to serve the ball to the target player (#9). Team Redteam counter-attacks by dribbling across the opposite end-line.

Coaching Points

Combine all elements of passing, receiving and dribbling to successfully deliver the ball to #9.