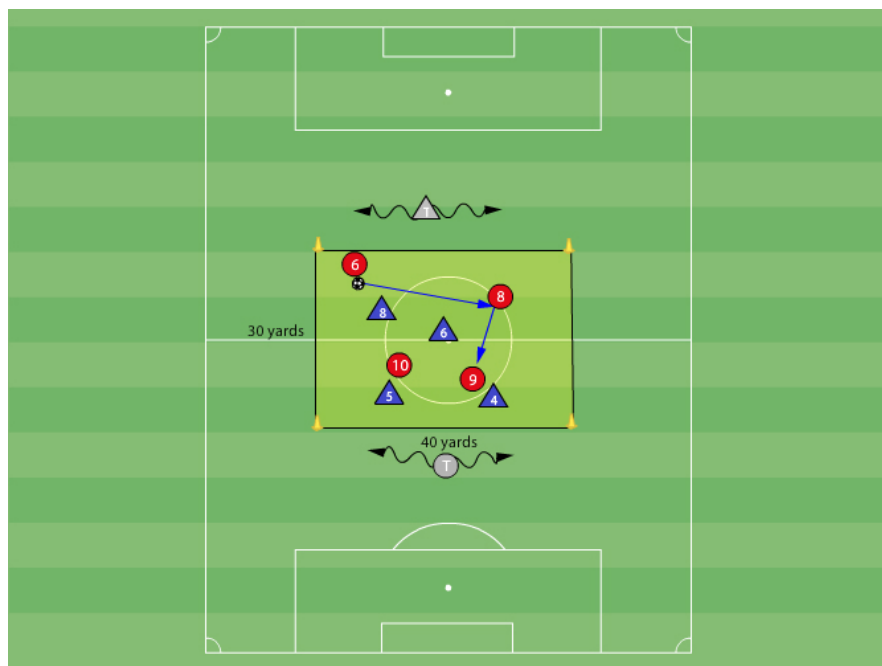




TRAINING EXERCISE

Four v Four (Defending with 2 Center Backs)



- Defending Principles**
Defending Principles
- 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 focusing on individual and pairs defending to prevent penetration and attacking to penetrate across an end-line.

Description

Each team competes to outscore the opponent by (1) serving the ball to a target player positioned behind each end-line or (2) Carrying the ball across the end-line.

Coaching Points

(A) Combine all elements of passing, receiving and dribbling to successfully deliver the ball to #9. (D) Mechanics of individual defending and tackling as well as decisions when pressuring the ball.