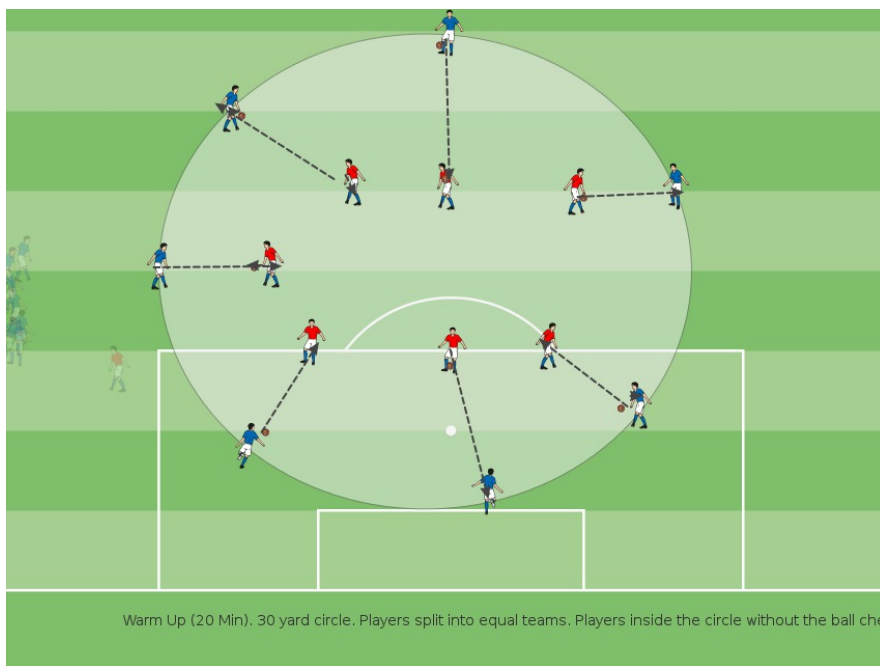




## TRAINING EXERCISE

### 9v9 with end zones - expanded activity / game



- Attacking Principles**  
**Playing out from the back**
- U12 to Senior**
- 22 Players**
- enough balls, cones, bibs**
- Intensity: 7**
- 24:00 min**  
(2 x 10:00 min, 02:00 min rest)

#### Objective

Building upout ofthe back in order to create chances and score "goals"

#### Description

try to score agoal by dribbling over the firstline of the zone or by receiving the bal in the end zone after a pass. Size of field andend zone depend on qualities players / team.Use theoffside rule when playing 7v7 - 11v11

#### Coaching Points

creating space / bal handling / dribbling with the ball / passing with right speed in right direction / giving support / running in the open space at the right time /immediate transition after loosing the ball