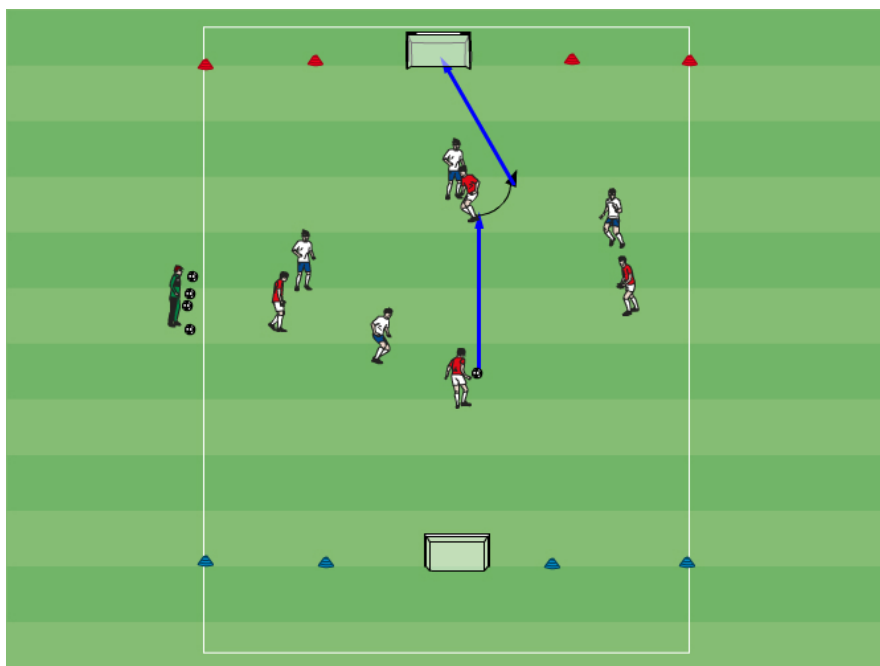





## TRAINING EXERCISE

### Small-sided game: More To Score



 **Passing and Receiving**  
**Dribbling**  
**Shooting**  
**Running with the Ball**  
**Turning**  
**Attacking Principles**

 **U8 to U12**

 **12 Players**

 **Balls, cones, small goals**

 **Intensity: 7**

 **00:12 min**  
(4 x 02:00 min, 01:00 min rest)

#### Objective

To teach technical application of dribbling, passing, receiving/redirecting within a small-sided game. To develop teamwork in a small-sided environment. To develop attacking principles: Penetration, support, mobility, width

#### Description

Two teams of equal numbers. Set up a small field with goals on each end. Normal game rules. The team, however, that gets more players to score in the small-sided game wins. Example: If a team in red has three players score goals and the team in white has only 2 players score then red wins.

#### Coaching Points

Technical application of dribbling, passing, receiving/redirecting, shooting. Attacking principles