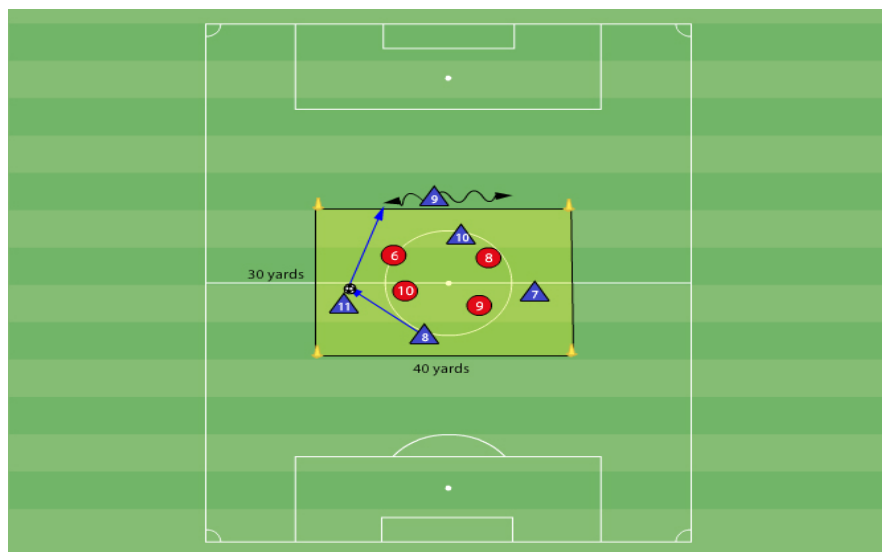




TRAINING EXERCISE

Four v Four- Playing to a Target



 **Attacking Principles**
Combination Play

 **U9 to U12**

 **9 to 10 Players**

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

 **Intensity: High**

 **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.

Key Points

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