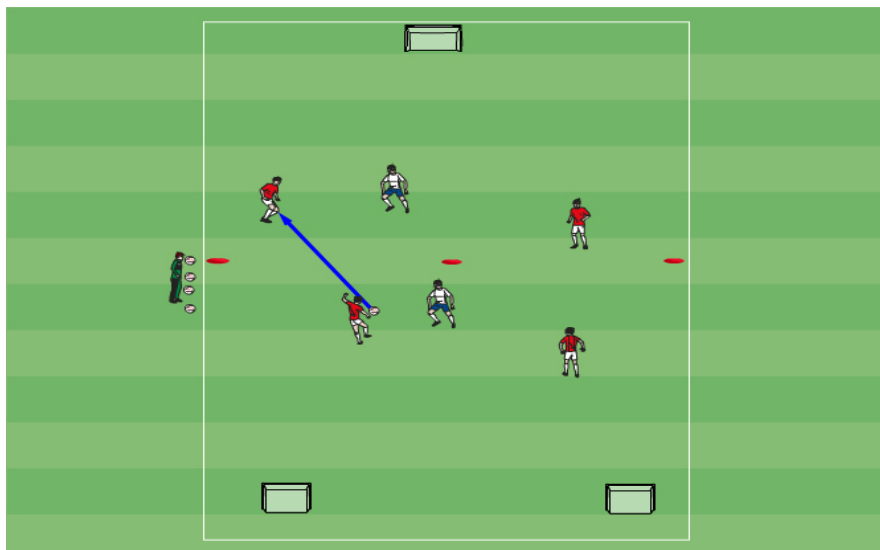




TRAINING EXERCISE

2v1 in half (4v2)



- Passing and Receiving**
Turning
Attacking Principles
- U5 to U9**
- 8 to 10 Players**
- Cones, vests, small goals, balls**
- Intensity: Medium**
- 00:12 min**
(6 x 01:00 min, 01:00 min rest)

Objective

To develop passing to keep possession. To develop redirecting the ball to keep possession. To develop the principles of play: Penetration and support.

Description

Eight players. Split a playing field into half. Each half is approximately 15x15. Place two players from one team in one half and two of their teammates in the other. One defender is in each half. The attacking team (4) try to score on the small goal placed in one of the halves. The defending team (2) try to score on two small goals placed in the other half. Attacking players are restricted to their zone. Defending players are not. Rotate players after each interval.

Key Points

Redirect the ball to keep possession or to pass to a teammate. Passing to an open player. Accuracy of the pass.