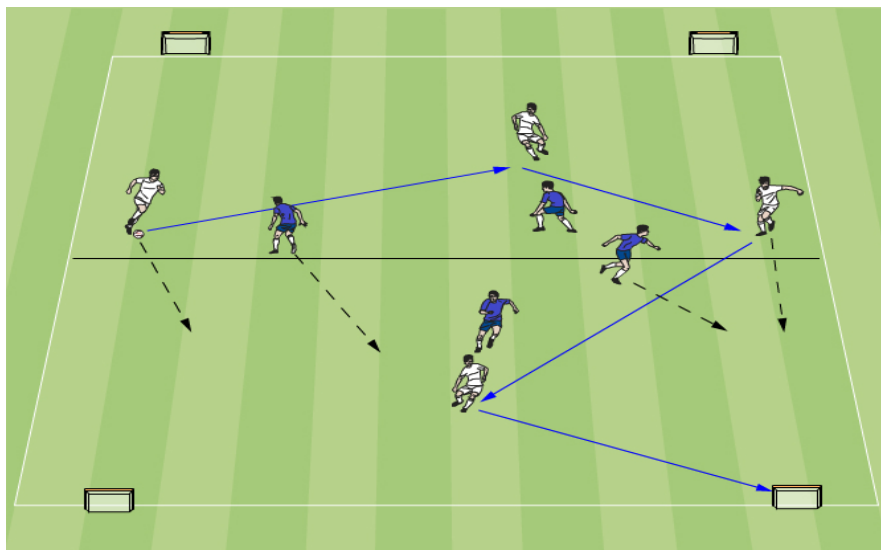








TRAINING EXERCISE

4v4 Counter Attacking (Penetration-Transition)



	Attacking Principles Transition
	U9 to U12
	6 to 10 Players
	Cones, Balls
	Intensity: Medium
	20:00 min (5 x 03:00 min, 01:00 min rest)

Objective

Get the players to quickly transition from Defense to Attack. Improve players ability to recognize holes in the Defense to Attack.

Description

Two teams of 4 player the 4 goal game. Each team is attacking two goals while trying to defend two goals. Goals are scored through the normal run of play. Play until one team scores 3 goals. Players should be encouraged to attack with their first touch upon receiving the ball. Make it competitive and make sure players know the score to the game. Field Dimensions: 25x35 / 30x40 Progression: If attacking team can score a goal before all the defenders can retreat to their defensive half then the goal is worth 2. If the attacking team can score within the first two passes upon receiving possession they win the game.

Key Points

Attack with your first touch. Can your first touch beat the defender. Make the defender turn his hips. Open your hips to the field as you receive the ball.