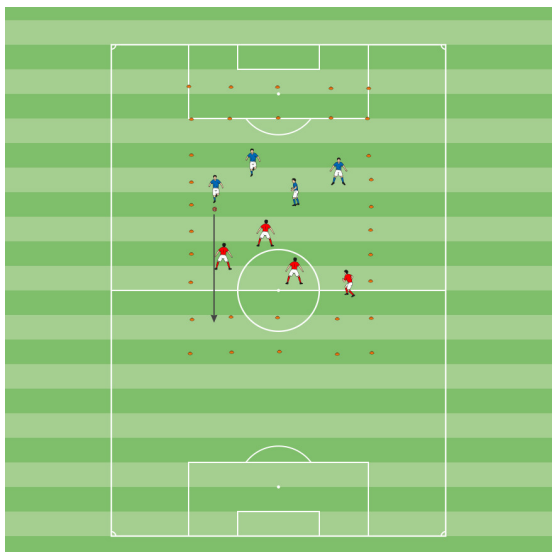


## TRAINING EXERCISE

### Soccerball



**U9 to U15**



**6 to 10 Players**



**Balls, Cones, Pinnies**



**Intensity: 8**



**15:00 min**

(1 x 15:00 min, 00:00 min rest)

#### Objective

Dribble the ball into the end zone and stop to score a point

#### Description

Set up an area of 30x40. Two teams must try and dribble the soccer ball into each others end zone. A point is scored for successfully dribbling the ball into the end zone and stopping the ball. Progressions: cannot pass forwards

#### Key Points

Keep ball close and under control, larger touch if space opens up to run into, use skill to beat opponent, support team mates on the ball