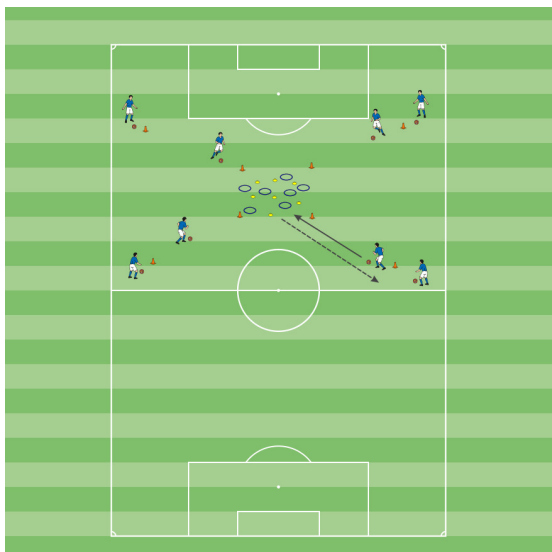








## TRAINING EXERCISE

### Treasure Chest



	<b>Dribbling</b> <b>Running with the Ball</b>
	<b>U5 to U8</b>
	<b>2 to 16 Players</b>
	<b>Cones, Balls</b>
	<b>Intensity: 6</b>
	<b>10:00 min</b> (1 x 10:00 min, 00:00 min rest)

#### Objective

Players must get as much treasure as possible

#### Description

Set up area of 20x20. Create treasure chest in the middle of the area and scatter equipment inside as treasure. Players divided into equal teams in each corner of the area. One player at a time from each team runs/ dribbles to the chest and collects a piece of treasure for their team. Progressions: Lay down cones players must dribble between, must do a skill, i.e. toe taps, before picking up treasure

#### Key Points

Soft touches, ball close, use both feet, teamwork