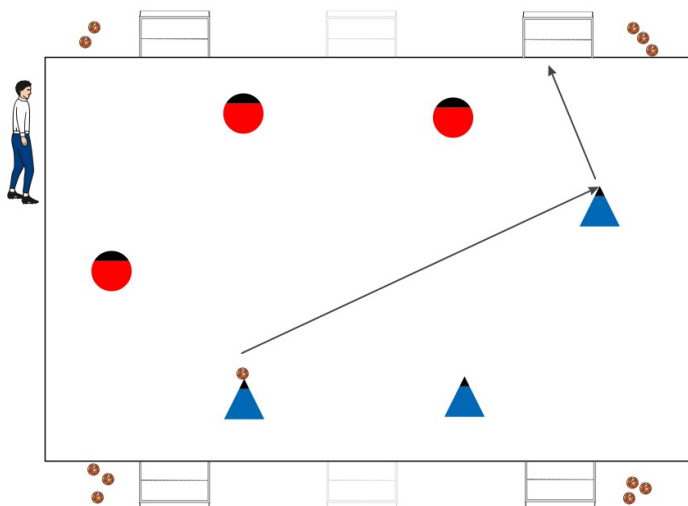


## TRAINING EXERCISE

### 4 Goal Game - 6 Goal Game



	<b>Attacking Principles</b> Individual attacking Passing and Receiving Possession
	<b>U8 to U12</b>
	<b>3 to 3 Players</b>
	<b>Small goals, cones, balls, bibs</b>
	<b>Intensity: 6</b>
	<b>18:00 min</b> (3 x 04:00 min, 02:00 min rest)

#### Objective

Improve players ability to use Mobility to Support and Penetrate

#### Description

30x40 yard grid. 2(3) small goals on each end line. Play 3v3. Balls start from behind each goal. Progression: Play breakout style

#### Key Points

Create a triangle  
Use Mobility to support player in possession  
Use Mobility to penetrate in behind the opponents  
Make good decisions - possess or penetrate