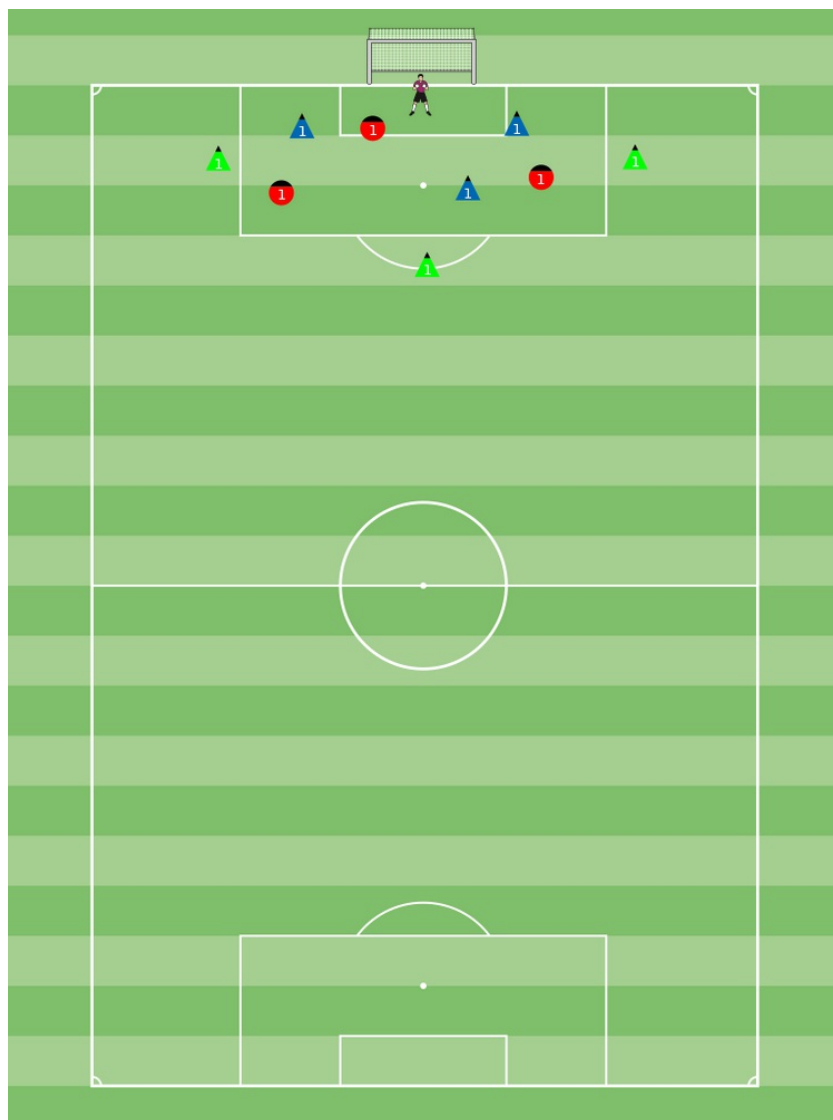


Box Game (U7-U10)

OBJECTIVE: Improve the players' ability to score in finishing situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

The field set up as shown with 3 even teams and a GK. Both teams inside the box are trying to score on the goal. The only rule is before a team can score they must pass to one of the neutral players on the perimeter. If possession is lost, the team must pass to a neutral player again before scoring. Play 90 second games or the first team to score. Winner stays on, loser goes to neutrals, neutrals come on.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

⌚ TEAM FUNCTION:

Attacking

👤 AGE:

U8 / U12

👤 PLAYERS:

3 vs 3

⌚ DURATION:

13:0 min (2 x 6:0 min, 1:0 min rest)

⌚ INTENSITY:

Hard