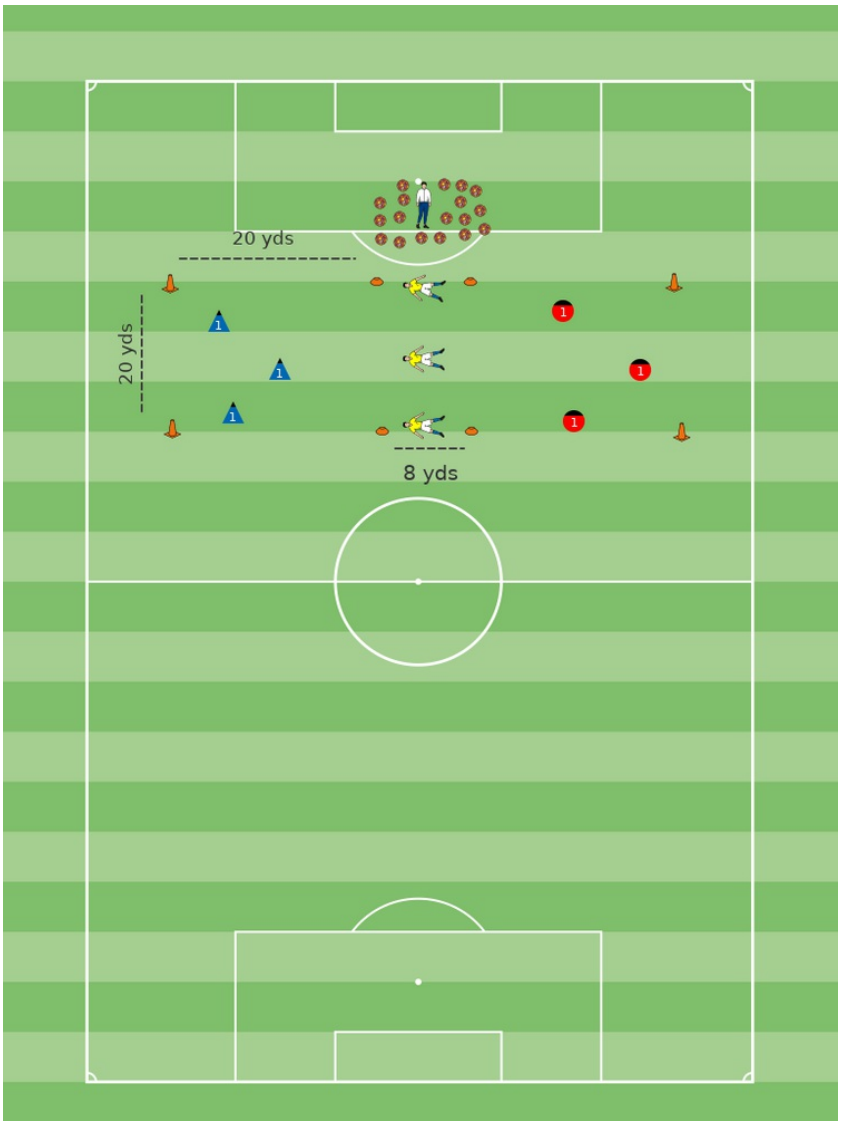
Cross the River (U7-U10)
OBJECTIVE: Improve the players' ability to pass and receive
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:



ORGANIZATION:
Field set up as shown. The coach serves a ball into the team on either side of the grid. 1 defender from the middle may enter the grid to pressure the ball to create a 3v1 situation. The team in possession must complete 3 passes and then successfully pass the ball across to the team on the other side of the grid. The 2 defenders in the middle area may intercept/block the passes across. If the defenders win the ball or a pass across in intercepted/blocked the defending team now occupies the grid on that side, and the team that was unsuccessful becomes the team defending. The coach serves a ball into the other side of the grid and the game continues. Play the first team to 5 goals wins.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

TEAM FUNCTION:
Attacking

AGE:
U7 / U11

PLAYERS:
3 vs 3

DURATION:
10:0 min (2 x 4:30 min, 1:0 min rest)

INTENSITY:
Hard