

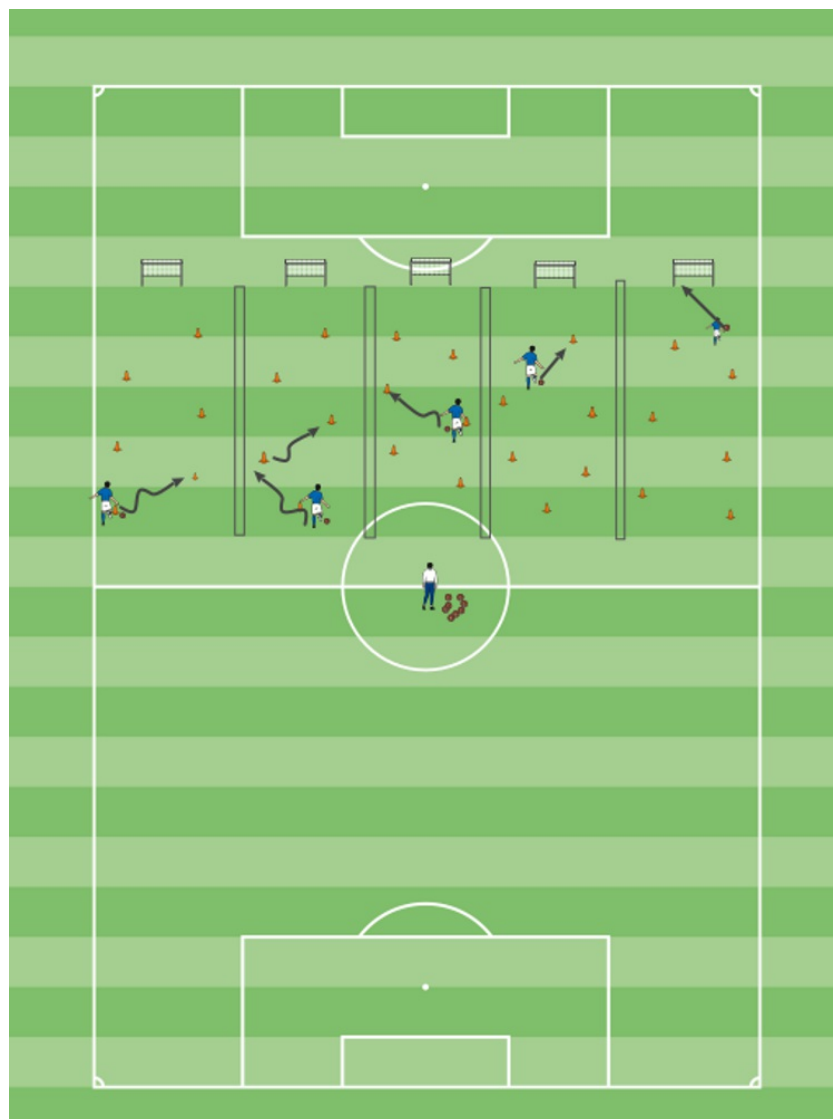
4v4 Activity for players U6 - U8 - Dribble thru cones and shoot

OBJECTIVE: Dribbling and Shooting

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

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ORGANIZATION:

4v4 dribble and shoot 1. Each player with a ball in a grid with a mini goal. 2. Players dribble thru each cones and shoot on mini goal. 3. Switch players between grids

NOTES:

Make a competition out of it - First player to shoot on mini goal Encourage close control, players to look up when dribbling, etc.

🕒 **MOMENT:**
Attacking

👥 **AGE:**
U7-U8 / 4v4

👤 **PLAYERS:**
1

🕒 **DURATION:**
15:0 min