**7v7 Activity for U9-U11 Players - 4v1**

**OBJECTIVE:** Passing, Movements, 1v1, 2v1, Dribbling, and Communication

**PLAYER ACTIONS:** Pass options, Pass/dribble, 2v1/1v1

**KEY QUALITIES:** Read game/make decisions, Optimal technical, Focus

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**ORGANIZATION:**
4v1 in a grid. Players in groups of 5 in a grid - with one in the middle trying to win the ball. The player in the middle leaves the middle if he/she touches the ball or intersect a pass 3. Rotate positions after few minutes (2-3 mins), if no intersection

**NOTES:**
4. Encourage passing, support, 1v1, 2v1, Dribble, and Communication

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**MOMENT:**
Attacking

**AGE:**
U9-U10 / 7v7

**PLAYERS:**
4 vs 1

**DURATION:**
15.0 min