

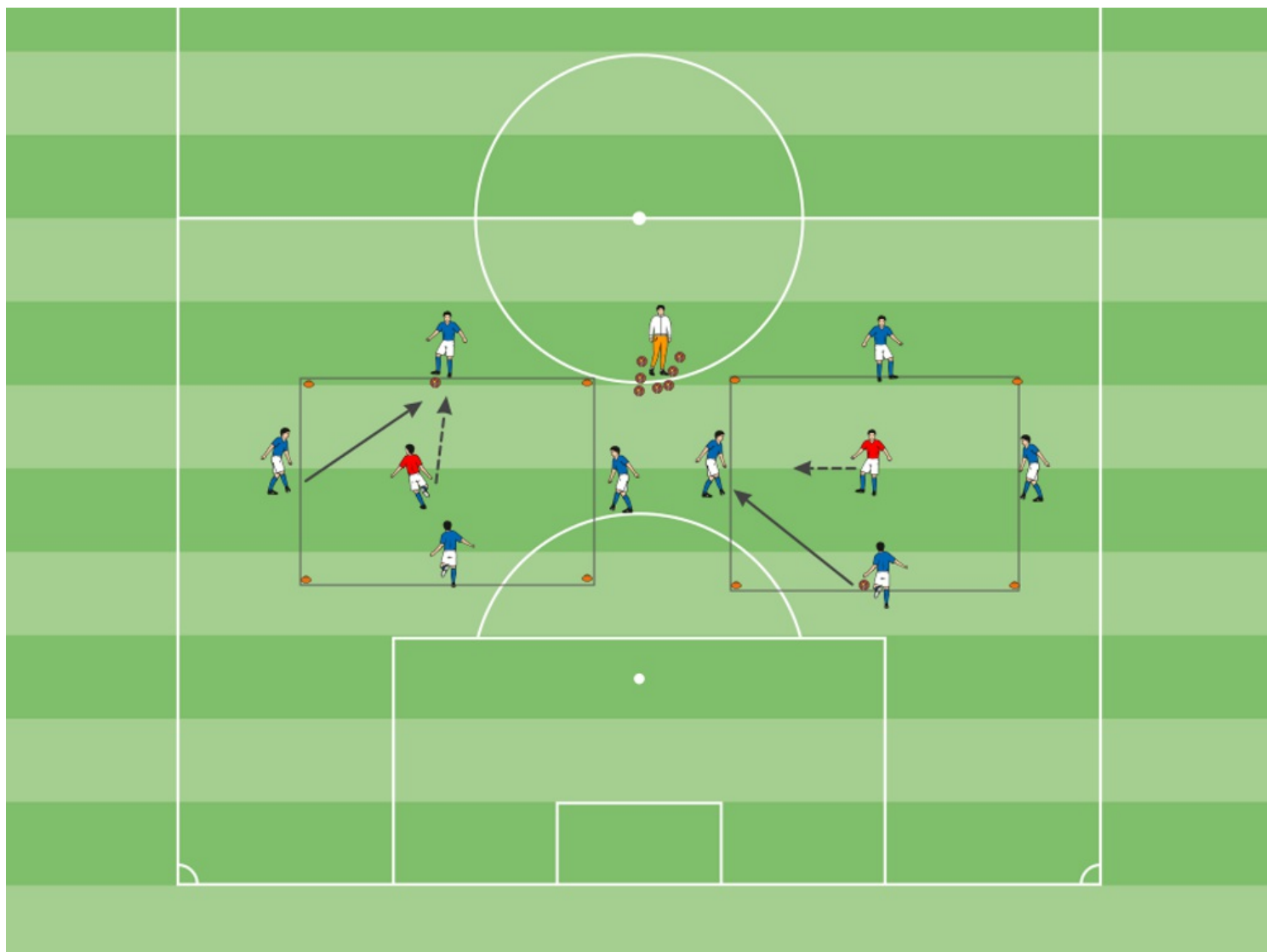
7v7 Activity for U9-U11 Players - 4v1

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 1. Players in groups of 5 in a grid - with one in the middle trying to win the ball 2. 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

🕒 **MOMENT:**
Attacking

👤 **AGE:**
U9-U10 / 7v7

👥 **PLAYERS:**
4 vs 1

🕒 **DURATION:**
15:0 min