

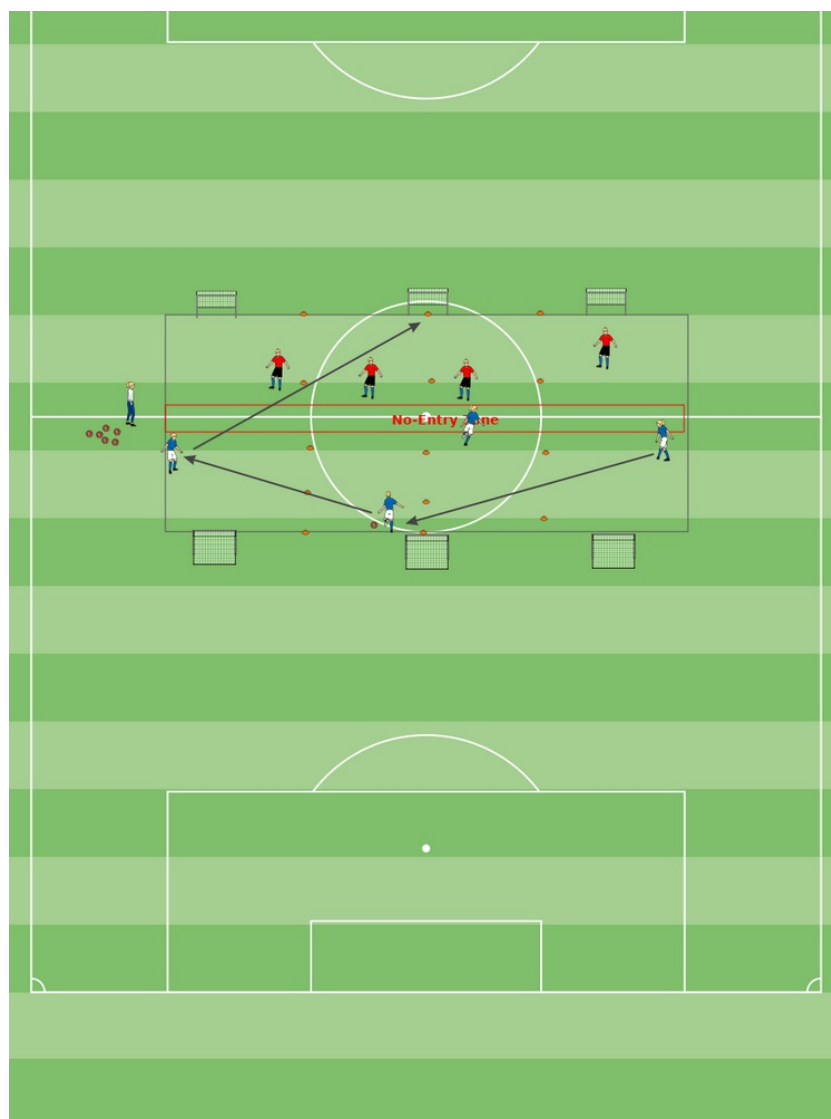
9v9 Activity for U11 - U12 Players - 4v4 on a 6 Goal Game

OBJECTIVE: Improve Defensive shape, Pressure, Cover, Balance

PLAYER ACTIONS: Protect goal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative

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ORGANIZATION:

4v4 on a 6 Goal Game 1. Two teams in a 20-25 yards by 30-35 yards with a 5yards no-entry zone at the middle 2. Each player stay in the quad and pass the ball among themselves until they can shoot on goal 3. Encourage defensive shape. Team with most goal wins

NOTES:

4. PROGRESSION: Add Goalkeepers

🕒 **MOMENT:**
Defending

👤 **AGE:**
U11-U12 / 9v9

👤 **PLAYERS:**
4 vs 4

🕒 **DURATION:**
20:0 min