

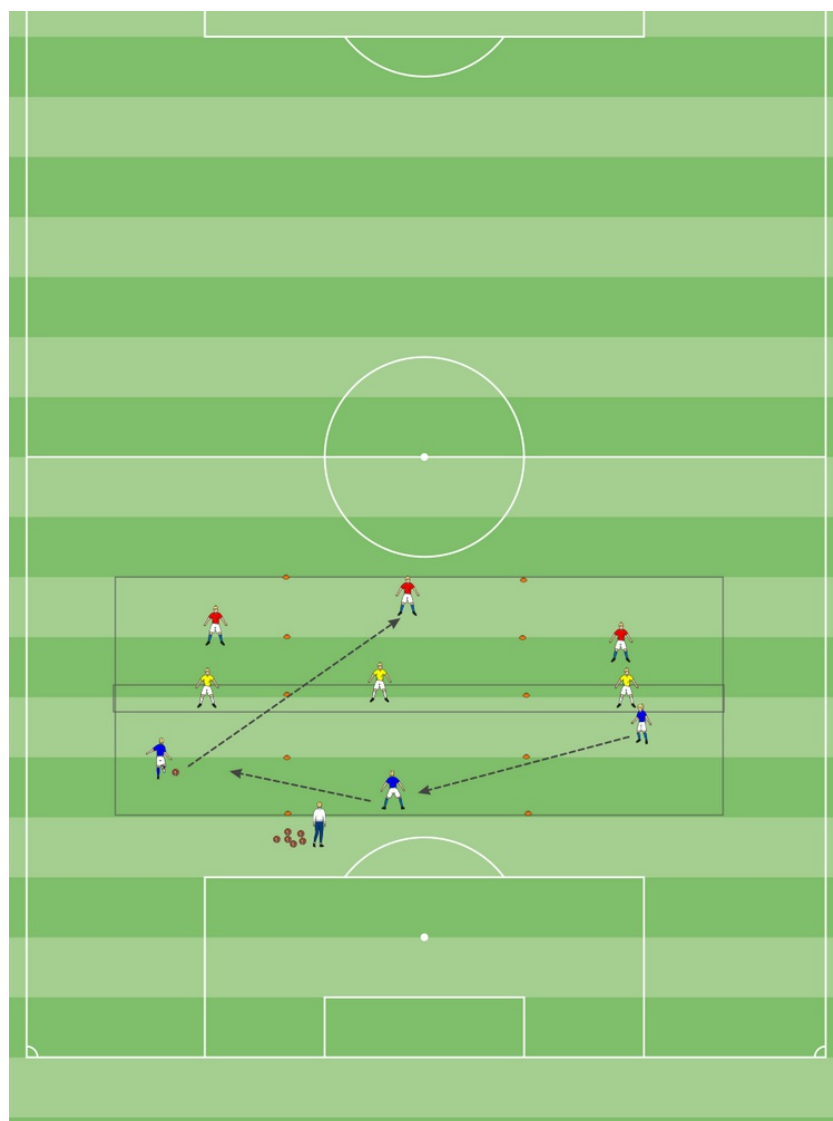
7v7 Activity for U9-U11 Players 3v3v3 in quads

OBJECTIVE: Defending, Pressure, and Cover

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

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

Terry Babatunde
Eguaeje, Ed.D.



ORGANIZATION:

3v3v3 with quads 1. Players in three (3) groups of 3 (Red, Blue, Yellow) in a 25-30 yards by 15-20 yards grid with a 3-5 yard zone in the middle. 2. Each player stay in their quads. Reds and Blues passing to each other. 3. Yellows try to intersect passes and gets points.

NOTES:

4. Group (Blue) can pass to each other but gets extra points if they can pass across the mid-zone to Red. 5. Encourage defenders to be compact and stay compact, Pressure, and Cover 6. PROGRESSION - Goalkeepers can be in the middle zone to intersect passes

🕒 **MOMENT:**
Defending

👤 **AGE:**
U9-U10 / 7v7

👤 **PLAYERS:**
3 vs 3

🕒 **DURATION:**
20:0 min