

END ZONE

Best suited for ages 7-9

4v4 or 5v5 - the playing area has a score line at each end. The team with the ball aims to pass or dribble the ball into their opponents' end zone line.

SESSION 10

• MIDDLE / 10 MINUTES

EQUIPMENT

• Marker cones to define playing area 20m x 30m, 1 ball per game, bibs/braids to differentiate teams

WHAT TO DO	<p>Setting Up</p> <ul style="list-style-type: none">• Set up field with goal zones and separate teams. <p>Playing</p> <ul style="list-style-type: none">• Players are to work as a team to try and get the ball into their opponents' end zone;• To score, the ball must be stopped inside the boundaries of the end zone;• After scoring the opposing team starts with the ball at half way.
WHAT TO LOOK FOR	<ul style="list-style-type: none">• Are players using passes to try and score?• Is everyone engaged?
SUGGESTED CHANGES	<ul style="list-style-type: none">• Defending team can only walk;• Add another ball to increase player involvement.

Objective:
Passing the ball,
First touch, 1v1

