



SOCCKER END ZONE GAME

Emphasis:

The soccer end zone game is a great soccer game that will help coaches focus on all aspects of attacking and defending. With incorporating end zones into the game it gives players a chance to learn to attack space behind the defense and allows defenders to learn how to deny space behind them.

Game Info:

This is for ages U8-U14. It is best run with at least 8 players but no more than 16 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Create a 40X30 yard grid with 5 yard end zones on each end of the field. Create two evenly matched teams

Instructions:

A team scores a goal by getting the ball from one end zone (by passing or dribbling into the zone) and immediately attacking the end zone and gaining possession in the end zone on the opposite end. If the other team wins the ball before they are able to successfully gain possession in both end zones no point should be awarded.

Progression:

- Limit the number of touches.
- Mandate a certain number of passes
- Designate neutral players

Coaching Points:

- Focus on basic passing, moving and support.
- Focus on basic defending and attacking skills.
- Focus on quick counter attacks.