

End Zones

U10+

Phase: Session 2

Intensity: High

Intervals: n/a

Recovery Time: n/a

Coaching Points:

Short field play, spreading the field, working counter attacks



Instructions:

Players form 2 lines on opposite side of the coach.
Game starts by coach rolling out a ball with players first in line racing to it.

Teams score by placing the ball inside the endzone. It must come to a complete stop in the endzone. Opposite teams are not allowed in the endzone to clear it.

When the orange team scores a new blue player comes in from the line and vice versa.

After a score or out of bounds the coach rolls another ball to the center.

First team to 5 balls in the endzone wins.