

Conditioned Small-Sided Games – Penetration



Zonal Game



Principle: Penetration

Organization: 30x30m grid with 5m end zones at each end. Divide players into two teams of 4.

Procedure: Teams gain a point by passing the ball into the end zone to a teammate. Players can't wait for the ball in the end zone. They must run into the end zone as the ball enters the area. Once a team scores a point they will give the ball to the other team.

Progression: Once a team scores a point, they will keep possession and attack the other end zone