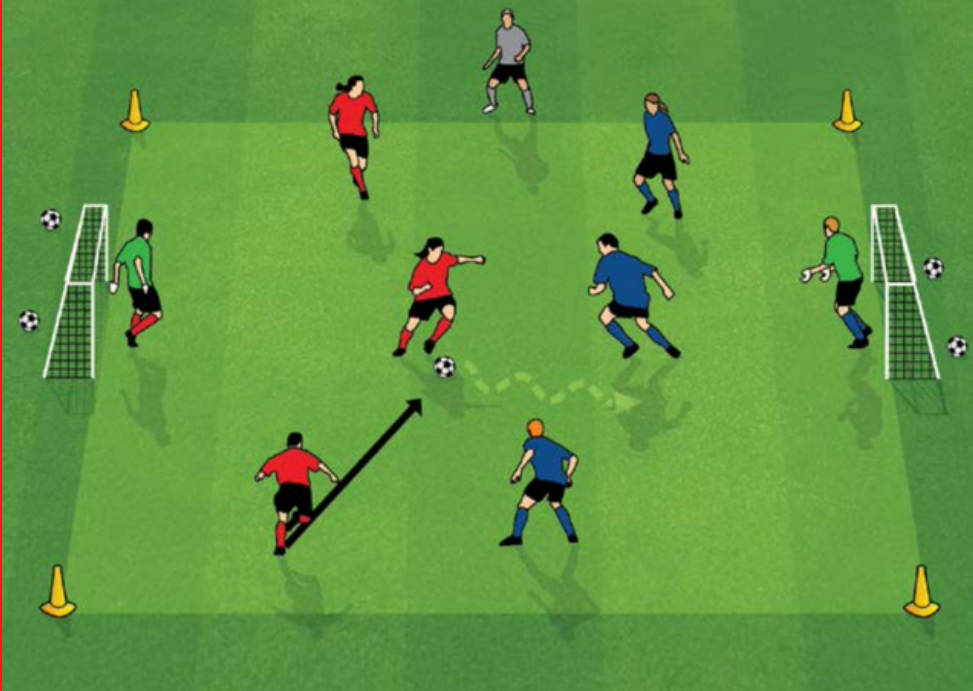


SMALL SIDED GAMES

ARRIVAL 5-10-MINS



Set up 2 x fields for small sided games (no more than 3v3) with no conditions for players to play as soon as they arrive, especially if they are early.

The emphasis is placed immediately being involved in a creative "play" environment.

Make adjustments to teams / pitches as more players get to training.

Examples:

- 1V1
- 2V2
- 2V2+1 (1 plays for team in possession)
- 3v3

Coaches observe : Players play

FOCUS - ATTACKING - SHOOTING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Create a circle 20m in diameter or use a centre circle
- Create a smaller circle inside (7-8m in diameter) using 6 cones
- 6 Reds are positioned around the outside with a ball each and play as GKs
- 6 Blues are positioned in the inside circle

HOW TO PLAY

- Blues receive a rolled ball from the GK and with a controlled strike, shoot back into the GKs hands
- They then quickly move to receive a ball from another GK
- Change roles after 1 minute
- Encourage accuracy over power

POSSIBLE PROGRESSIONS

1. Encourage players to shoot with both feet and different parts of the foot
2. GK's throw the ball for players to volley and half volley

SKILL OUTCOMES

- Timing of strike
- Shooting accuracy

FOCUS - ATTACKING - SHOOTING

SKILL TRAINING 20-MINS



SETUP

- Area up to 35 x 15m
- 1 goal at the end of the area, with GK
- Split players into a group of 1, 2, 3, and 4. Players line up in this order
- Each group, including the individual player, need a ball for their team

HOW TO PLAY

- The 1st player dribbles quickly and attempts to score
- Once the 1st player shoots the next group (2 players) attack 2v1 against the player that just attacked
- Once the Group of 2 have attacked, they turn and defend the next Group of attackers (3 players). This continues until all groups have attacked.
- Encourage teams to attack quickly
- If a defender or defending team win the ball, they can score by passing to the coach within 3 seconds

POSSIBLE PROGRESSIONS

1. Add a shooting zone 10m from goal that they have to shoot from within or outside of
2. Place a time limit on how they have to shoot at goal (eg 8 seconds)

EXERCISE TASK

- Can you get as close to goal to shoot before the defender/s might be able to tackle or block?

PLAYER TASK EXAMPLES

- If you can't shoot, can you make space so you can, or play to a team mate to shoot?
- If your team mate has the ball, can you get in a position where you can receive and shoot quickly?

FOCUS - ATTACKING - SHOOTING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 50x30m. Modify depending on the age and ability of players involved
- Line of flat spots marking out the thirds
- Two teams of equal numbers, bibbed accordingly
- Large goals at each end. GKs for each team
- Footballs beside each goal and around the playing area

HOW TO PLAY

- Teams play a regular game of football, but with all players operating in 2 thirds of the pitch
- A condition is that only 1 defender and 2 attackers are allowed to break into the attacking third
- If the defender wins possession, all players move into 2 thirds of the pitch
- If defending team win possession in their attacking third they can attack immediately
- Rotate player positions every 2 minutes

POSSIBLE PROGRESSIONS

1. 2 attackers and 2 defenders can break into attacking third
2. 3 attackers and 2 defenders can break into attacking third

SKILL OUTCOMES

- Timing of strike
- Shooting accuracy
- Passing so that a team mate can shoot