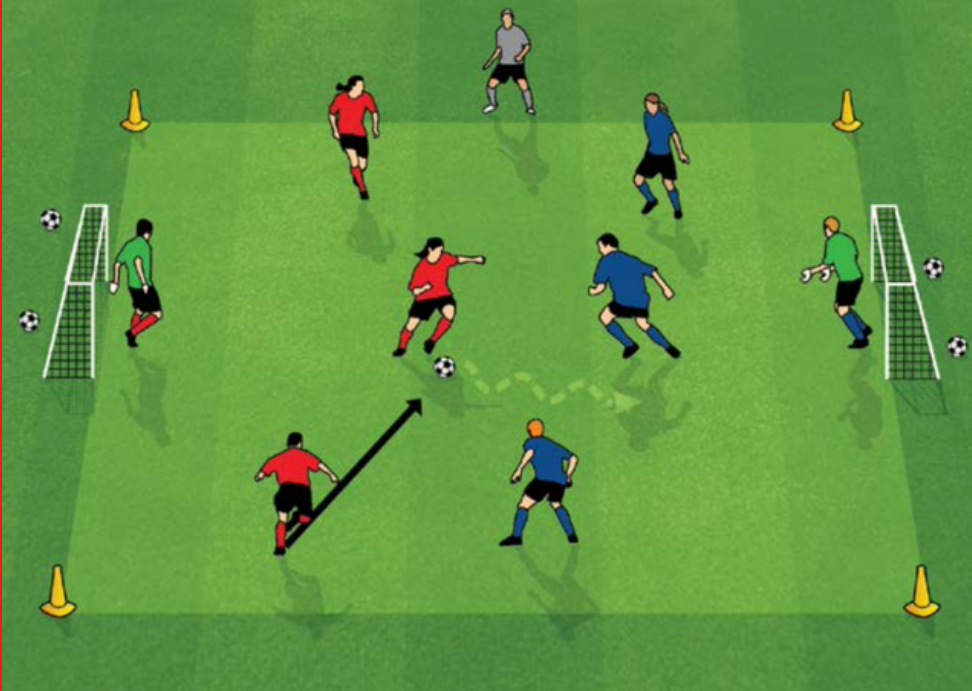


SMALL SIDED GAMES

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.

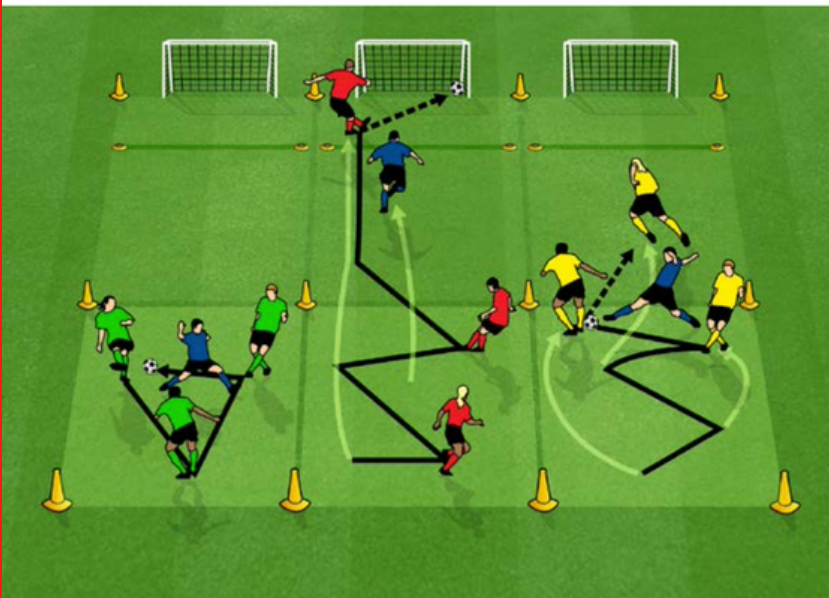
Examples:

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

Coaches observe : Players play

FOCUS - ATTACKING - 1V1'S

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up multiple 10x10m squares
- 4 players per square, playing in a 3v1
- Place small goals 20m away from each square
- Place a line of markers 5m in front of each goal

HOW TO PLAY

- Players take part in 3v1 possession practice in each square. If the defender wins the ball, they swap roles with the player that lost possession
- Once 5 passes have been completed, attackers can play a through pass for a team mate to run onto and score
- As soon as the ball is played, defender is allowed to chase and attempt to dispossess
- Attackers must attempt to score passed the line of markers
- If the defender wins the ball, they attempt to play back to the square. They then become an attacker
- If the attackers score, the defender remains

POSSIBLE PROGRESSIONS

1. Increase the distance to the line of markers
2. If defender wins possession in the square, they break out to attempt to score in the goal. Attackers are allowed to chase

FOCUS - ATTACKING - 1V1'S

SKILL TRAINING 20-MINS



SETUP

- 20x30m area with a large goal at one end
- Line of markers placed 10m away from the goal
- Line of markers placed 5m away from the opposite end line
- Red attackers start at the opposite end of the area to the goal. Players are numbered (1 to 6) and have a football each
- Blue defenders placed on the cones as shown, without a football

HOW TO PLAY

- Coach calls a number, for example "#3"
- "#3" dribbles to ball towards goal and attempts to score. Shot must be taken from inside the line of markers
- One defender is allowed to leave the cone and attempt to tackle the attacker. A different defender must be used for each of the 6 attempts
- If the attacker scores, 3pts for the attacking team
- If the attacker shoots on target, 1pt for the attacking team
- If the defender wins possession and dribbles back to their starting cone, 2pts for the defending team
- Change teams over so that they get to attack and defend

POSSIBLE PROGRESSIONS

- 1 Add a GK.
- 2 Coach calls out two numbers. 2 attackers dribble in with 1 ball and attack 2 defenders

EXERCISE TASK

- Can we travel with the ball quickly so that we get away from the chasing defender?

PLAYER TASK EXAMPLES

- When running with the ball can you get yourself in between the attacker and the goal?

FOCUS - ATTACKING - 1V1'S

SKILL GAME 20-25-MINS



SETUP

- Two 30x15m pitches. Modify size of area depending on age or number of players
- Line of markers dividing the pitch into thirds as shown
- 2 teams of 3 players in each area, bibbed accordingly
- Place a goal 15m away on each side of the area

HOW TO PLAY

- Teams play in a 3v3
- Play starts from a GK. Players must operate in the nearest two thirds to the starting GK
- Attacking team attempt to pass / dribble into the final third. Only one attacker can enter the final third
- Defenders may follow into the final third
- If defending team wins possession, play continues and they can score immediately
- Play from a GK each time the ball goes out of play

POSSIBLE PROGRESSIONS

1. Two attackers are allowed to enter the final third (two defenders can follow)

SKILL OUTCOMES

- Incisive passing
- Control of the ball whilst running
- Movement of ball away from a defender
- Decision making – when to pass and when to dribble?