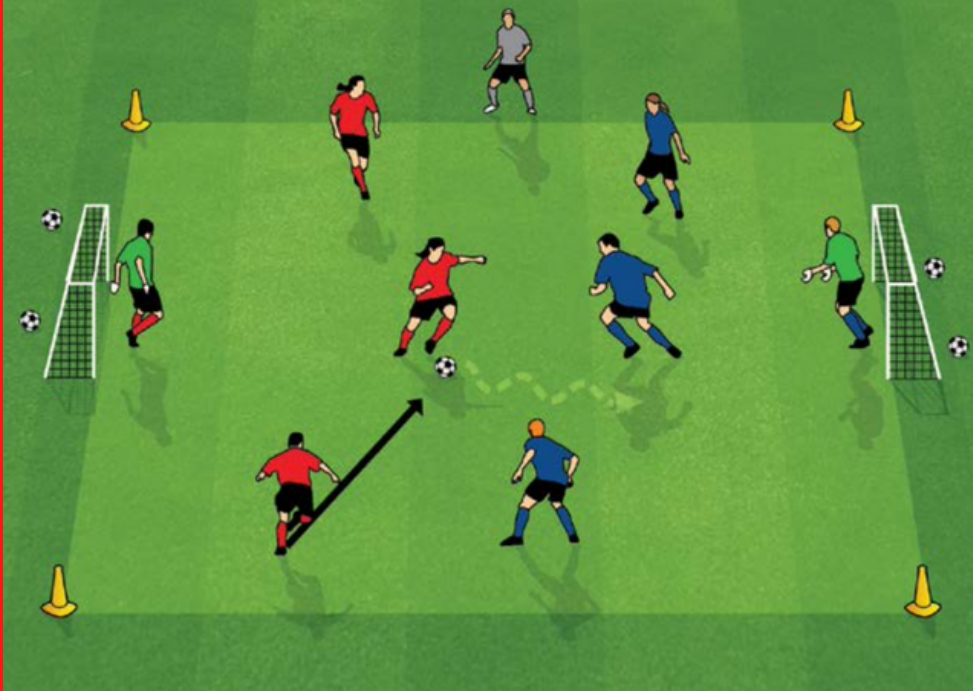


SMALL SIDED GAMES

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

- Set up area of 30x20m. Modify area depending on the number and age of players
- 2 'goals' inside the area. Goals are made by two players (Reds) holding one end of a bib each (stretched out) to form a goal
- All other players (Blues) have a ball each
- Place spare footballs around the perimeter

HOW TO PLAY

- The 2 'goals' move around the area keeping a bib stretched out to maintain distance between them.
- Players dribble around and try to score by kicking the ball between goal, underneath the bib. Players follow their pass/ shot to collect the ball and continue.
- 1 point for every goal. Try to score as many points as possible in 90 seconds.
- Change over the Goals after each 90 seconds.

POSSIBLE PROGRESSIONS

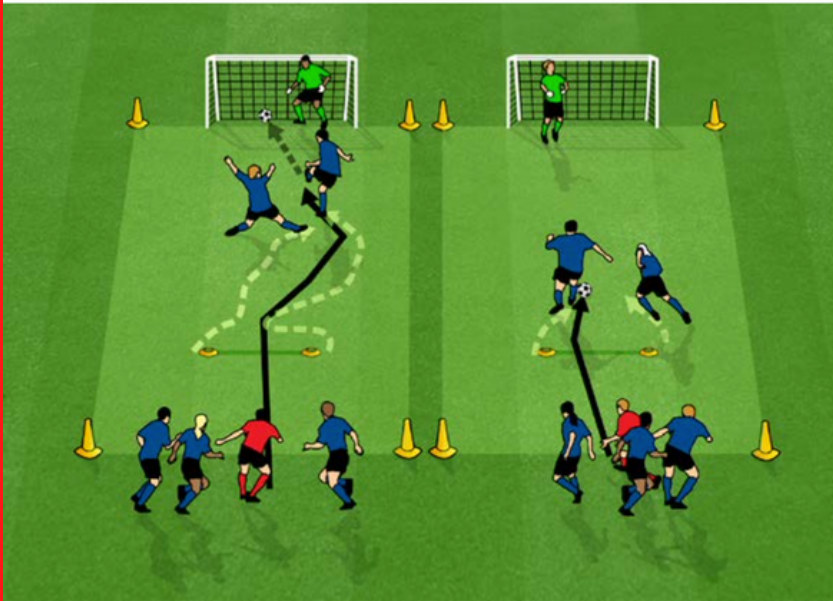
1. Coach to specify which foot to pass with (left/ right)
2. Increase or decrease the size of the area
3. Goals can defend by stopping the balls using feet

SKILL OUTCOMES

- Dribbling ball with close control
- Shooting over different distances
- Timing of shot

FOCUS - ATTACKING - SHOOTING

SKILL TRAINING 20-MINS



SETUP

- Area of up to 30x15m
- 1 goal at the end of area, with GK
- Split players into a two groups. Players line up behind cones, either side of a server
- Footballs begin with the server
- Create two pitches to ensure shorter waiting times for players

HOW TO PLAY

- Server passes the ball through middle of the first two attackers on cones
- As soon as the attackers see the ball they run to get to it first
- The 1st player to the ball dribbles quickly and attempts to score
- The 2nd player attempts to tackle the player on the ball. If they tackle the attacker, they also shoot at goal
- Once the attempt has come to an end, the players got to the back of the line and change opponents
- Play repeats with two different players receiving the ball from the server

POSSIBLE PROGRESSIONS

1. Change the type of service to players (along the ground / in the air)
2. Place a time limit on how they have to score a goal (eg 6 seconds)

EXERCISE TASK

- Can you get the ball away from the defender in order to shoot at goal?

PLAYER TASK EXAMPLES

- Can you get your body between the defender and the ball?
- Can you look to see where the GK is before shooting?
- Can you change the direction of the ball in order to get away from the defender?

FOCUS - ATTACKING - SHOOTING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 25x18m. Modify area depending on number and age of players involved
- Split players into 3 teams of 4 players
- Teams set up with 3 players in their defensive half and 1 in their attacking half
- 1 team observing on the side
- Large goals at each end of the area, with GK at each
- Additional footballs by each goal

HOW TO PLAY

- Teams play a regular game, attempting to score in the oppositions goal
- All players must stay in their assigned half for the duration of the game (but can change roles in the next game)
- Teams can only score by:
 1. A shot from their defending half
 2. A finish by the player in the attacking half from a rebound
- Play for 90 seconds then rotate teams
- Ensure players don't just play in one position for all the games

POSSIBLE PROGRESSIONS

1. Limit the number of passes to take a shot
2. Make the area smaller

SKILL OUTCOMES

- Shooting with accuracy and precision
- Rebound opportunities
- Combination passing
- Receiving the ball to shoot
- Awareness of GK position