

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.

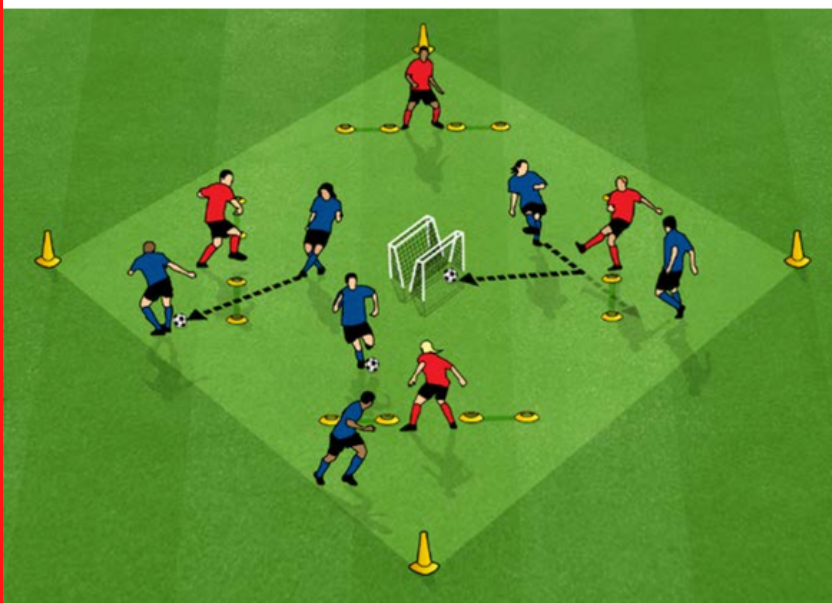
Examples:

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

Coaches observe : Players play

FOCUS - DEFENDING - INTERCEPTING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up area of 25x25m. Modify area depending on number and age of players
- 2 small goals placed in the centre of the area
- 4 players bibbed in Red - these are the defenders
- All other players are partnered in groups of two (Blues). One ball between each pair
- Set up 2 small gates, either side of each defender

HOW TO PLAY

- Blues pass the ball around the area in their pairs
- Blues objective is to pass to each other through one of the small gates. If they achieve this they receive 1 point per gate
- Reds attempt to intercept the ball in one of the gates. If Reds intercept, they try to pass the ball into one of the small goals
- Every time a Red defender scores a goal it takes 2 points off the attackers' score
- Rotate the defenders every 60-90 seconds

POSSIBLE PROGRESSIONS

1. Increase the amount of gates and allow defenders to move gates
2. If defenders win possession and score, attackers' score reduced to zero

SKILL OUTCOMES

- Passing through balls
- Runs to receive a ball behind a defender
- Intercepting passes

FOCUS - DEFENDING - INTERCEPTING

SKILL TRAINING 20-MINS



SETUP

- Area of up to 20x20m. Modify size of area depending on number and age of children involved
- A second area inside up to 10x10m
- 3 groups of 4 players, bibbed accordingly
- 1 team (Yellows) start on the outside of the area with a ball each
- 1 team (Reds) begin inside the 10m area
- 1 team (Blues) begin between the 20m and 10m areas
- 4 Small goals placed around the outside of the area
- Additional Footballs placed around the outside of the area

HOW TO PLAY

- Yellows pass into the Reds, who turn and try to pass to another yellow. Each time they complete this they receive 1 point.
- Blues attempt to intercept the pass and, if successful, pass it into the goal. If Blues score, 2 points are removed from the attackers score.
- Blues are only allowed to intercept a pass from a Yellow player (not Red to Yellow)
- Yellows and Blues stay on their allocated side
- Play for 1 minute and see which Red can achieve the most points
- Rotate teams so that they take part in different role

POSSIBLE PROGRESSIONS

1. Blue defenders can intercept all passes (including Red to Yellow)
2. Blue defenders are able to move to a different side
3. Decrease to 2 footballs on the outside

EXERCISE TASK

- Can you get between the passer and receiver and anticipate the pass to intercept it?

PLAYER TASK EXAMPLES

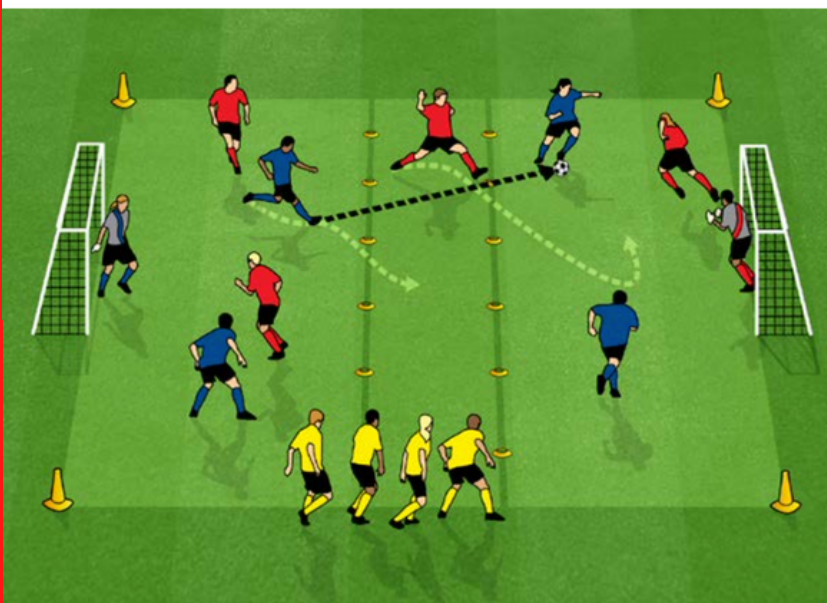
- Can you check to see where the red receiver is as much as possible?
- Can you move to intercept as a Yellow begins to pass the ball?
- As you intercept, can you take your first touch towards the goal in which you wish to score?

DRINKS BREAK DISCUSSION

- What were the difficulties when trying to intercept the ball? How did you try to overcome these?

FOCUS - DEFENDING - INTERCEPTING

SKILL GAME 20-25-MINS



SETUP

- Area of up to 40x30m. Modify area depending on number and age of players
- 2 large goals at the end of the pitch
- Flat cones placed in a channel across the middle of the pitch
- Group divided into 3 teams of 4. 2 playing (Reds and Blues) and one observing (Green)
- Teams set up in a 2-2 formation, with players staying in their own half of the pitch
- When at team is out of possession they must push a defender (from their defending half) into the central channel

HOW TO PLAY

- Teams play in a normal 4v4 game, attempting to score in the opponents goal
- Teams must play through the halves of the pitch, from defensive to attacking. They must pass the ball through the central channel to the attacking half
- If the defender inside the channel wins possession, they can break into attacking half to make a 3v2
- If the defender in the channel does not intercept, they can run back to defending half to try to create a 2v2
- Rotate teams after 1 minute

POSSIBLE PROGRESSIONS

1. Players can pass and dribble into defensive half
2. Players can move into each half but the team must maintain a 2-2 formation

OBSERVATION TASK

- What do the defenders have to do in order to intercept the ball?

SKILL OUTCOMES

- Passing through balls
- Reading play and intercepting passes
- First touch to goal on counter attack