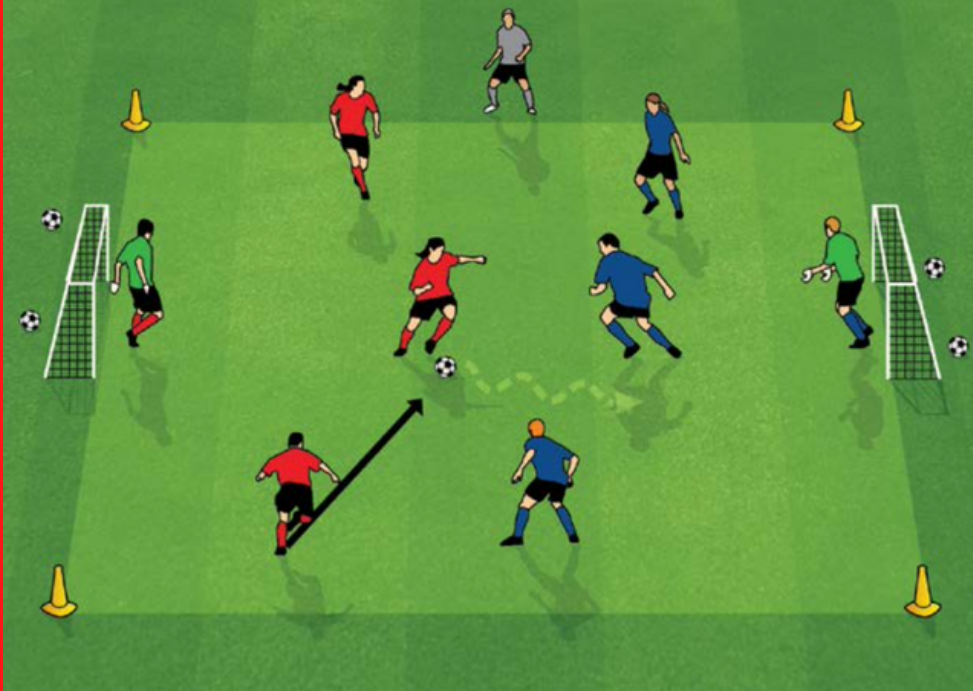


### SMALL SIDED GAMES

### 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 - FACING A DEFENDER

### SKILL INTRODUCTION 10-15-MINS



#### SETUP

- Area of 30x20m, with a 5x20m zone marked at one end
- Large goal at opposite end, with GK
- 10x20m channel place in the middle of the area
- Split players into 2 teams of 6 and bib accordingly
- Red defenders start in the middle channel with 2 Footballs
- Blue attackers start inside the end zone, with a ball each
- Blue attackers are numbered, from 1-6

#### HOW TO PLAY

- Attackers dribble their ball around the end zone
- Defenders pass their footballs to each other
- When the coach calls a number, the attacker with that number attacks the goal
- When the attacker dribbles through the middle channel, the defenders must attempt to pass the footballs so that it hits the attacker's football
- If the attacker travels through without their ball being hit, they score 1pt. If they then continue to score they receive 2pts for their team
- If the attacker's ball is hit, they continue to the goal for a shot but only 1pt is awarded if they score
- Attackers have 10 attempts before their total score is awarded
- Teams swap roles and the new attacking team try to beat the score set

#### POSSIBLE PROGRESSIONS

1. Two numbers are called, causing two attackers to attack the goal at the same time

#### SKILL OUTCOMES

- Dribbling at speed and under control
- Acceleration and deceleration when dribbling
- Change of direction whilst dribbling

### FOCUS - ATTACKING - FACING A DEFENDER

### SKILL TRAINING 20-MINS



#### SETUP

- Area of up to 30x18m. Modify area depending on the number of players involved
- Goals at either end of the area, with GKs
- 2 teams of equal numbers, bibbed accordingly (Red & Blue in diagram)
- Both teams start at opposite ends of the pitch, stood next to their goals
- Spare footballs by the coach on half way line
- Players allocated numbers from Number 1-6

#### HOW TO PLAY

- Coach passes a ball into the pitch and calls a number
- The players with that number allocated, run to the ball and play a 1v1. Both players attempt to score in the opponent's goal
- If the ball goes out of play, players are given 6 seconds to rejoin the team mates
- If either team scores, they win 1 point

#### POSSIBLE PROGRESSIONS

1. Coach calls out more than one number, creating 2v2, 3v3, 4v4 etc

#### EXERCISE TASK

- Can you attack the defender at pace and create an opportunity to get beyond them quickly

#### PLAYER TASK EXAMPLES

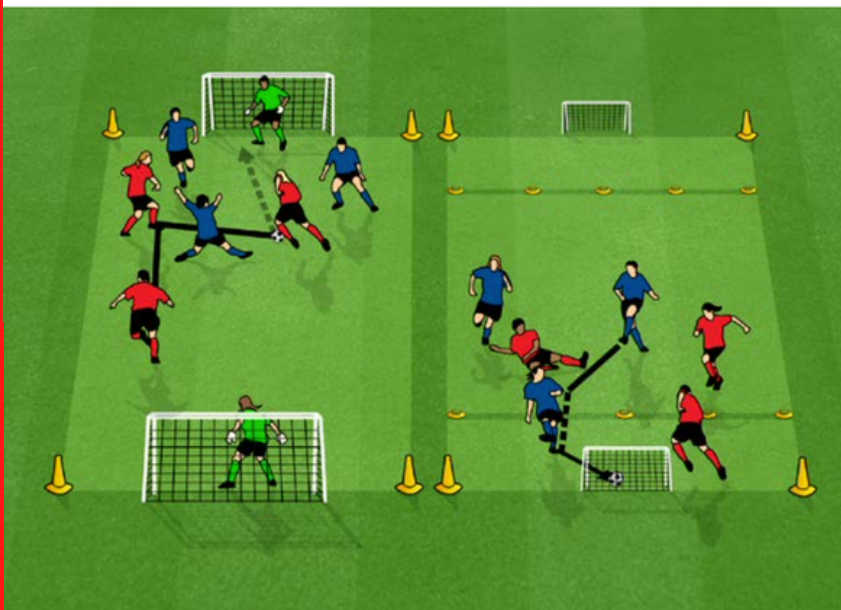
- When you gain possession, can you try to attack the defender quickly
- Can you unbalance the defender, then get past them before they can regain their balance
- Can you draw the defender to one side, then go around them on the other

#### OBSERVATION DISCUSSION

- When attacking a defender that's facing you, what can you do to get past them with the ball?

### FOCUS - ATTACKING - FACING A DEFENDER

### SKILL GAME 20-25-MINS



#### SETUP

- Set up two pitches of 30x20m, with a 10m channel in between them

#### PITCH 1 SETUP

- Place a small goal at the end of each area
- Place a line of markers 8m out from each goal, creating a goal zone
- Divide players into 2 teams of 3 players and bib accordingly

#### PITCH 2 SET UP

- Place a large goal at the end of each area, with GKs
- Divide players into 2 teams of 3 players and bib accordingly

#### HOW TO PLAY - PITCH 1

- Teams play in a regular game, attempting to score in the opponents goal
- Players must score from inside the end zone
- Rotate teams so that they have the chance to play on Pitch 2 and against different opposition

#### HOW TO PLAY - PITCH 2

- Teams play in a regular game, attempting to score in the opponents goal
- No corners. If GK makes a save and it goes behind the goal, play restarts from other teams GK
- Rotate teams so that they have the chance to play on Pitch 1 and against different opposition

#### SKILL OUTCOMES

- Movement of body and the ball to beat an opponent
- Acceleration and deceleration when dribbling
- Change of direction whilst dribbling