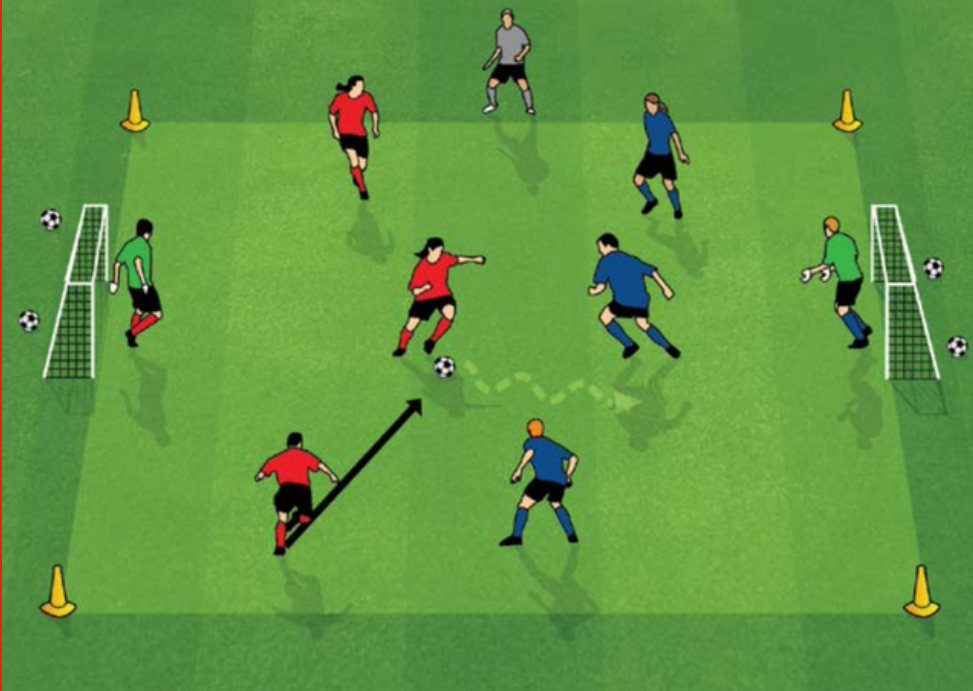


SMALL SIDED GAMES

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.

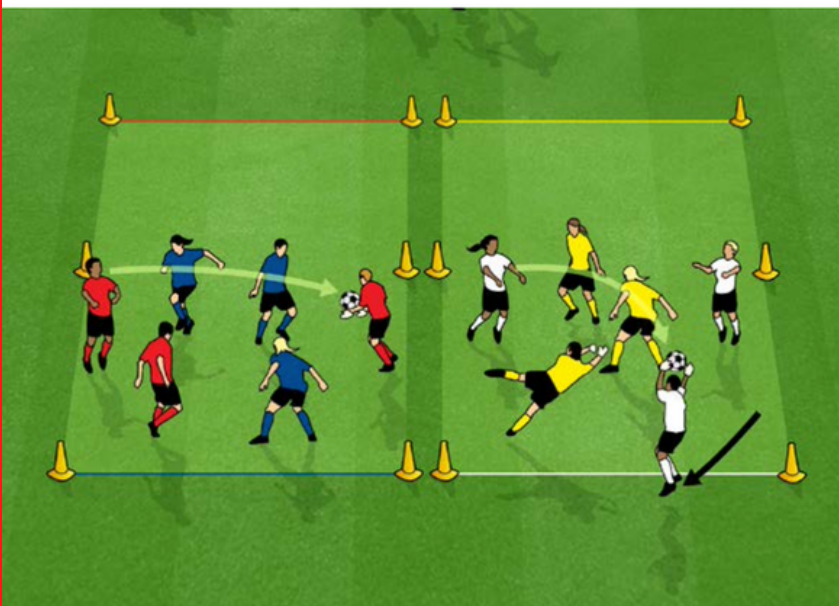
Examples:

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

Coaches observe : Players play

FOCUS - DEFENDING - MAN MARKING

SKILL INTRODUCTION 10-15-MINS



SETUP

- Set up 2 pitches of 25x10m
- Flat spots placed across each pitch, on half way line
- 6 players in each area
- Divide players into two teams of 3, and bib accordingly
- Footballs spread around the area

HOW TO PLAY

- Teams play in 3v3 games on their pitch
- The objective is to pass to a team mate over the end line
- Players must make the scoring pass from their attacking half
- Instead of using feet, the ball is thrown and caught in hand
- Players cannot move when they are in possession of the ball
- When a goal is scored, the conceding team starts with the ball from their goal line
- Play for 2 minutes before rotating the teams

POSSIBLE PROGRESSIONS

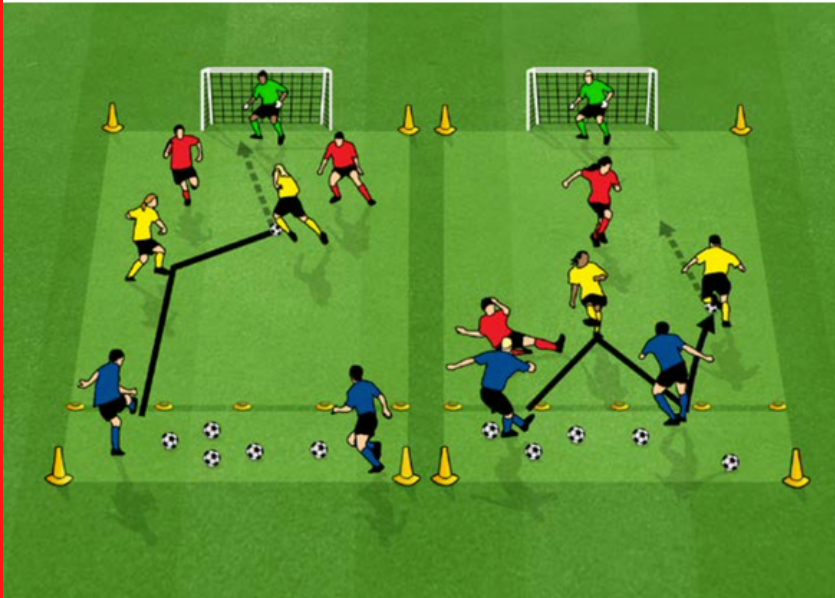
1. Players are allowed to move when in possession of the ball. If they are tagged when moving, they surrender the ball to the opposition

SKILL OUTCOMES

- Decision making – when to mark tightly and when not too
- Closing down players as the ball is passed to them
- Tracking runners

FOCUS - DEFENDING - MAN MARKING

SKILL TRAINING 20-MINS



SETUP

- Set up two areas of 20x12m
- Large goal at the end of each area
- 6 players in each area
- Divide players into three teams of 2, and bib accordingly
- Footballs at the opposite end of the area to the goals

HOW TO PLAY

- 2 Blues play as servers
- Servers pass into Yellow attackers, who play in 2v2 against Reds before shooting at goal
- Attackers can pass back to the servers if needed, for a maximum of two times
- If Reds win possession, they play the ball back to the Blue servers
- Attackers get 1 point for a shot on target
- Attackers get 2 points for a goal scored

POSSIBLE PROGRESSIONS

1. Attackers can use the servers as many times as they wish
2. Servers can move around the sides of the area too

EXERCISE TASK

- This activity is about stopping the attackers playing forwards. Can we win possession of the ball? If not, can we ensure that they play backwards?

PLAYER TASK EXAMPLES

- Can you always ensure that you are in a position to see the ball player and your direct opponent?
- Try to ensure that you are close enough to meet your opponent as they receive the ball, but far enough away to protect the area behind.
- Try to provide cover for your team mate if they are engaged with the ball player. If they get beaten, are you close enough to stop a shot?

FOCUS - DEFENDING - MAN MARKING

SKILL GAME 20-25-MINS



SETUP

- Set up an area of up to 60x40m. Modify area depending on the number
- 2 large goals at each end, with GKs
- Two lines of flat cones across the pitch, dividing into thirds
- Players divided into two equal teams and bibbed accordingly
- Teams begin in a 2-3-1 formation

HOW TO PLAY

- Players take part in a regular game, attempting to score in the opponents goal
- Play starts from a GK and restarts from GK each time it goes out of play
- All outfield players play in one half of the pitch, except for 1 player from each time
- These players become a target for the team in possession a marker
- Target and Marker must remain in the area between the half way line and the third line (as shown)
- In order to progress to the other half teams must pass into their target an join in
- If opposition win the ball before it has travelled over the half way line, they can immediately attack goal

POSSIBLE PROGRESSIONS

1. 2 Targets and 2 Markers play in the target channel

SKILL OUTCOMES

- Marking opponents tightly
- Tackling & Intercepting
- Decision Making - when to tackle / when to intercept