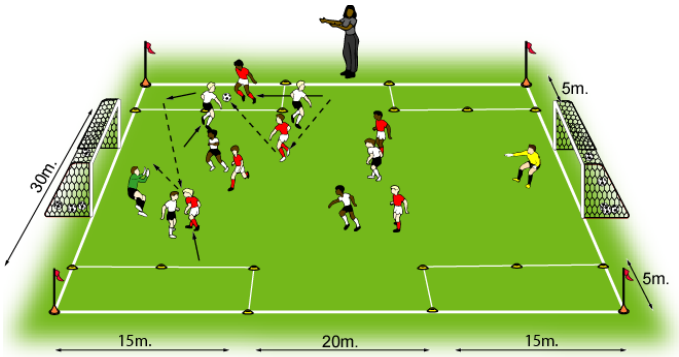
Dribbling: Small-Sided-Game #2

Small-Sided-Game:	7v7 Dribbling Game.	20 minutes

Organization:

- Two teams of 7 including the GKs
- Playing field of 50x40m. to encourage dribbling.
- Markers to indicate crossing zones where only one player at a time can enter and be unchallenged.
- One goal at each end



Coaching Points:

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.
- Be composed and protect

Description:

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

Attacking & Defending

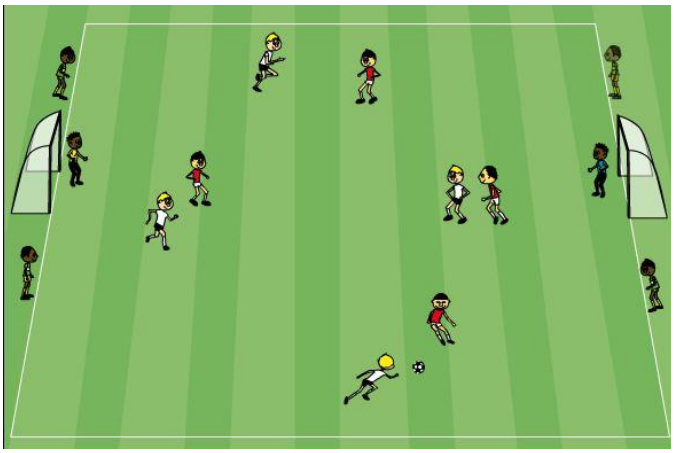
Four versus four each player attacking and defending

1 goal by using support players on end line:

Skill Work:	**1v1 Attacking & Defending one goal**	**15 minutes**

Organization:

- Set-up area 40x40m.
- Set up with 3 teams of 4, playing on a small pitch with four end players (green)
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Width, depth
2. Eye contact & communication on pass;
3. Follow through towards the target when passing;
4. Play forward when possible

Defender

1. Apply good pressure on offensive players
2. Choose right moment to tackle

Description:

1. **Team function**: Attacking / defending
2. **Meaning in the game**: To keep the ball in possession and score / to defend the goal and to win the ball back

3. 4v4 game where players play freely but must hit end players with a pass before supporting and finishing on goal.

    a. Depending on standard end players should be restricted to two touches.

SSG - Attacking & Defending

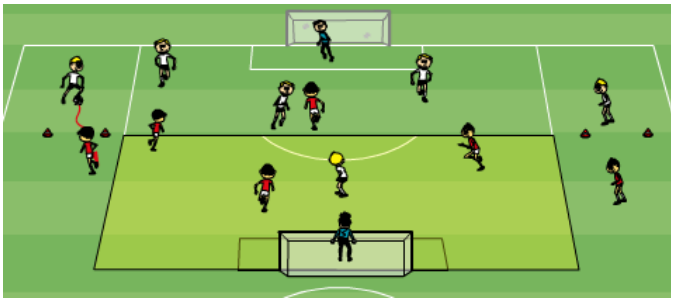
Four versus four without goalkeepers

Attacking and defending one goal line:

Small Sided Game:	**4v4 Attacking & Defending one goal line**	**15 minutes**

Organization:

- Using the real width of the pitch for games
- Set up with 2 teams of 4 inside players, 2 wide players and a GK
- Mark up outside channels for the wide players.



Coaching Points:

Attacker:

1. Good technical skills
2. Decision making to go to goal or play wide;
3. Decision making of wide players to go in, dribble or use support

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function**: Attacking / defending

2. **Meaning in the game**: To keep the ball in possession and score / to defend the goal and to win the ball back

3. 4v4 game where players play freely inside. Each team has two support players on the outside.

    a. Option 1: wide players must take the defender 1 on 1on the outside channel to play the ball inside for a goal
    b. Option 2: wide players have the option to dribble inside to create a 5 versus 4 situation

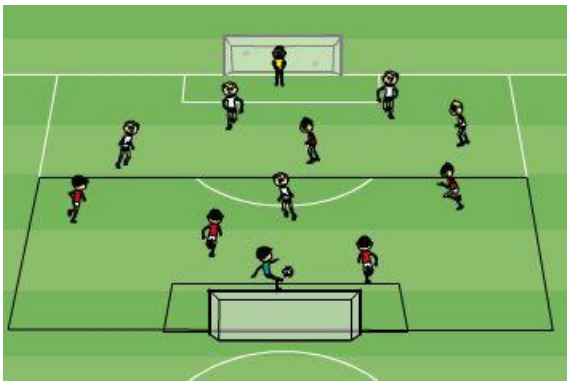
SSG - Attacking & Defending

Six versus six with goalkeepers:

Small Sided Game:	6v6 Attacking & Defending one goal	15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 2 teams of 6, playing on a small pitch
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Quality technical skills
2. Good decision making
3. Players off the ball look to support
4. Player are mobile rather than static
5. Look to score every time you can

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function**: Attacking / defending
2. **Meaning in the game**: To keep the ball in possession and score / to defend the goal and to win the ball back
3. 6v6 game where players play freely.
    a. Depending on standard end players should be restricted to two touches.

SSG - Attacking & Defending

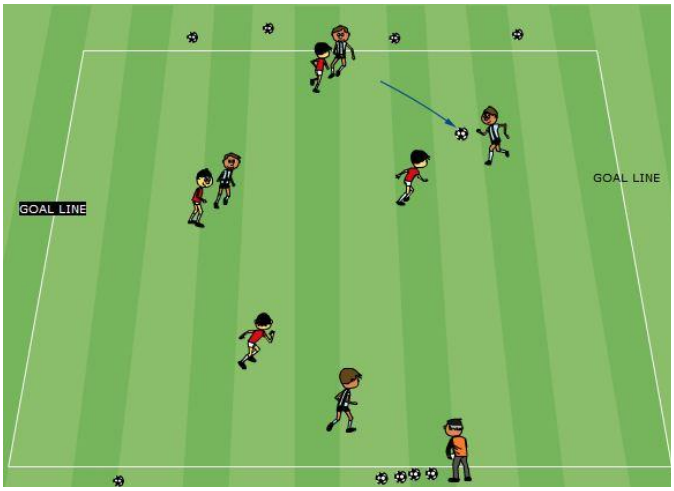
Four versus four without goalkeepers

Attacking and defending one goal line:

Small Sided Game:	**4v4 Attacking & Defending one goal line**	**15 minutes**

Organization:

- Set-up area 40m wide x 20m in deep
- Set up with 2 teams of 4 players
- Mark up lines to identify the goal line for each team to score.



Coaching Points:

Attacker:

1. Player 's first option is to play forward & go to goal;
2. Player look to score a goal at every occasion
3. Decision making to run to the line and score
4. Decision to dribble and score
5. Quality control of the ball

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function**: Attacking / defending

2. **Meaning in the game**: To keep the ball in possession and score by stopping the ball on a goal line / to defend the goal line and to win the ball back

3. 4v4 game where players play freely.

    a. Depending on standard end players should be restricted to two touches.

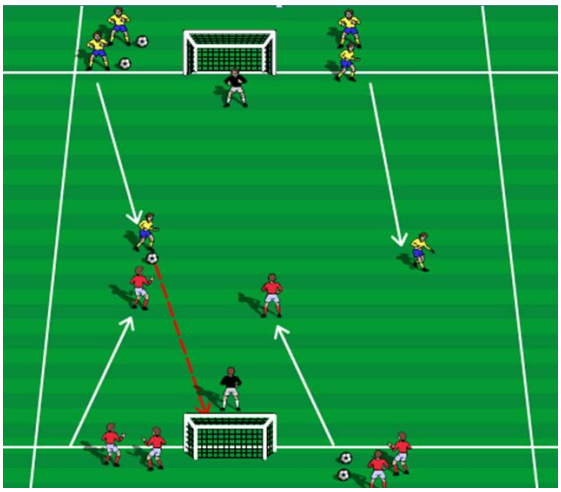
Attacking & Defending

Two versus two each player attacking and defending

Technical & tactical:	2v2 attacking & transition to defending	15 minutes

Organization:

- Set-up area 30x40m.
- Players work in pairs
- 2 yellows attack the other goal and try to score;
- When the ball is out or in the goal, the next two reds in line go to opposing goal;
- The 2 yellow players must now switch to a defending role.



Coaching Points:

Attackers:

1. Quality technical-tactical skills (passing, dribbling, shooting)
2. Decision making – passing to teammate – dribbling

Defenders:

1. Adjust to speed of opponent
2. Try to gain possession back

TRANSITION – go to goal

Description:

1. **Team function**: Attacking / defending
2. **Meaning in the game**: Quick progression with the ball to score a goal

3. Two players get forward and try to eliminate two opponents to score. If the defender recovers the ball, they must try to score while the two yellow players will work to prevent from scoring.

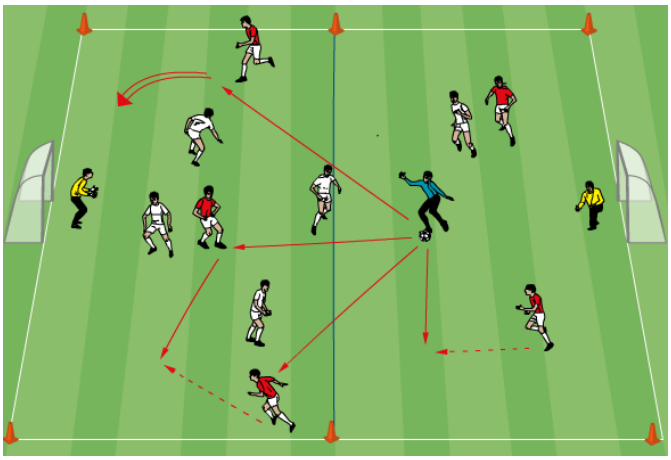
4. If the ball goes out of bounce, or in the goal, the next two red players in line will get going immediately while the two defenders teammate return at the back of the line. The same two yellows who were attacking must defend.

Active for Life: GAG Intro-Game

Small-Sided-Game: 6v6 Game with a Neutral Player – Passing/Support 20-30 minutes

Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 60x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.

Description:

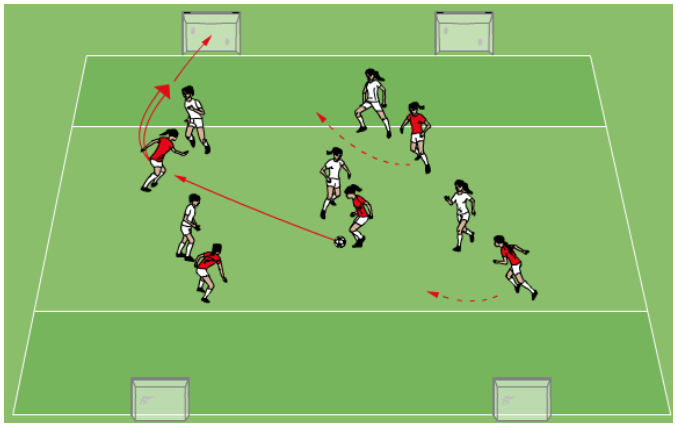
1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. Switch the neutral player every 5-10 minutes.
3. **Progression:** For the last 5-10 minutes, the neutral player can only receive the ball in the defending half of the field in possession.

Active for Life: GAG Intro-Game

Small-Sided-Game:	5v5 Dribbling Zone Game.	20 minutes

Organization:

- Two teams of 5
- Playing field of 50x30m.
- Markers to indicate the end zones 10m in from each end
- Two goals at each end
- End zones are “no-go zones” and can only be used when an attacking player dribbles past a defender to score in one of the goals.



Coaching Points:

- If you have room, take a long first touch to take space quickly.
- Get head up to see what options you have.
- Be positive – Run at the defender if you can turn.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

1 Play begins with the coach playing the ball to the Red team who look to try and build play toward the opponents goal. In order to score, players must attempt to dribble past an opponent and into the end zone before shooting into one of the small goals. Normal rules of soccer with the exception that players must play within the middle zone until an opportunity arises to dribble past an opponent and into the opponent’s end zone. The ball must be “kicked-in” when the ball goes out over the touch line.

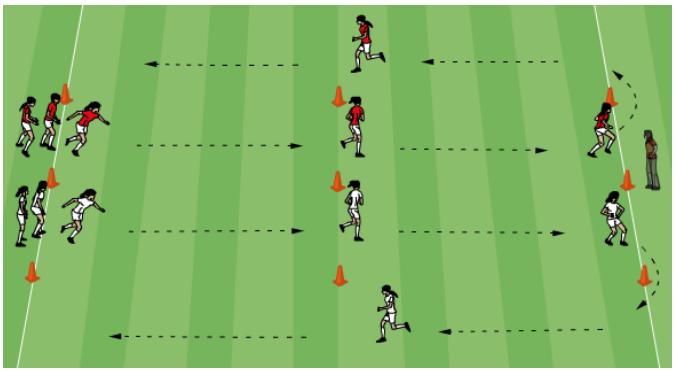
2 **Variation:** Last 5-10 minutes, one defender can recover back into the end zone to protect the goals.

Active for Life: Warm Up #3

Warm-Up:	Dynamic Movement 1	15-20 minutes

Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

Description:

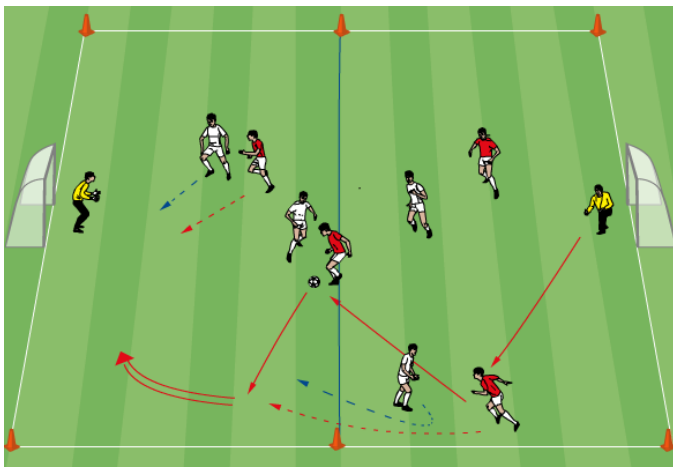
1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
    a. Jog
    b. Jockey backwards (right & left)
    c. Skipping forward
    d. Skipping sideways
    e. Heel flicks
    f. High knee raises
    g. skip & groin stretch (inside to outside)
    h. skip & groin stretch (outside to inside)
    i. skip & kick (left & right)
    j. skip & upper body twist (right & left)
    k. cross steps
    l. wide steps

Active for Life: GAG Intro-Game

Small-Sided-Game:	5v5 Passing & Receiving Game.	20-30 minutes

Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x25m.
- One goal at each end.



Coaching Points:

- If under pressure take your first touch into space away from the pressure.
- If no pressure, open up quickly on first touch and be set to pass on the second touch.
- Pass the ball to a teammate's foot furthest from the defender. Or into space for him/her to collect.
- Disguise the pass (use outside of foot, open out and play back inside, etc)

Description:

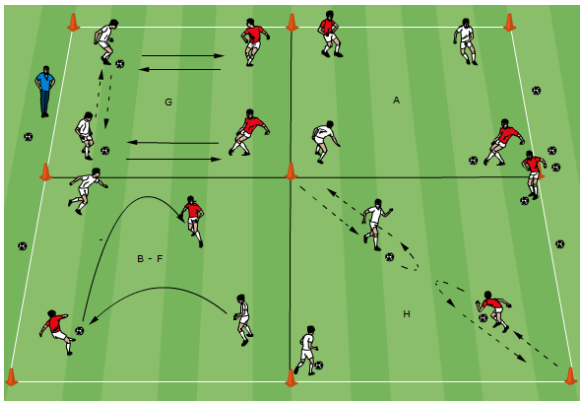
1. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players must have at least two touches each time they receive the ball. Players must now try to control the ball into space or protect it with their bodies each time they receive it. Playing the ball first time results in a free kick to the opposing team.
2. **Progression:** For the last 5-10 minutes, In the defending half of the field players are free to take as many touches as they wish.

Active for Life: Warm Up #10

Warm-Up:	Coordination and Movement with a ball	15-20 minutes

Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
    a. One touch passing.
    b. Throw, volley, catch.
    c. Throw, knee, catch.
    d. Throw, thigh control-volley, catch
    e. Throw, chest control-volley, catch.
    f. Throw, instep control-volley, catch
    g. Side to side Movement – volley, knee, head.
    h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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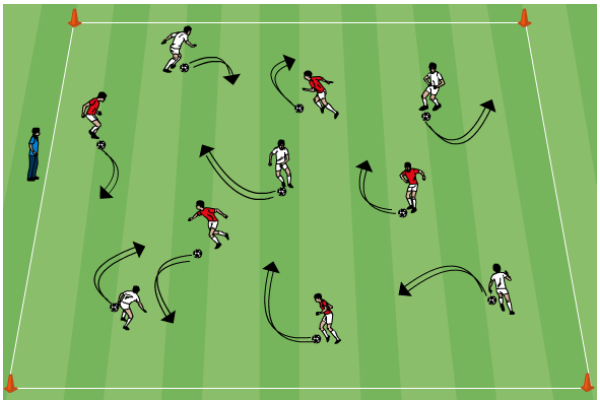
Active for Life: Warm Up #1

Warm-Up:	Dribbling and changing direction	15-20 minutes

Organization:

- Use markers to set up a 25x25m area.
- All players work inside the area at the same time.
- One ball per player when needed.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

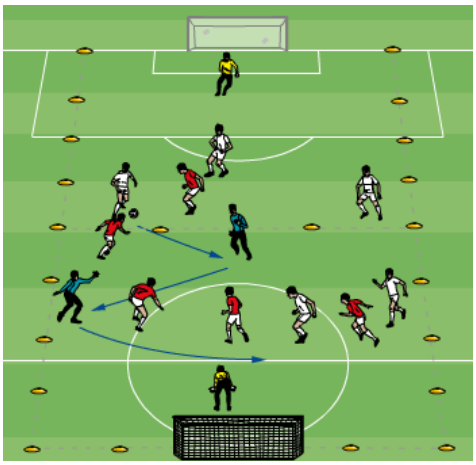
1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right,
2. Include various rhythmic exercises such as skip & groin stretch (inside to outside), skip & groin stretch (outside to inside), skip & kick, skip & upper body twist (left and right).
3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc.
4. **Variations:** Ensure that players practice using both left and right foot (side) equally throughout the warm-up.

Active for Life: GAG Intro-Game

Small-Sided-Game:	Passing & Receiving Game.	20- 30 minutes

Organization:

- Two teams of 6 including the GKs plus 2 neutral players.
- Playing field of 65x40m.
- One goal at each end.
- The 2 neutral players are always on the team in possession.



Coaching Points:

- Get behind the ball to receive it.
- Receive the ball facing forward if possible
- Relax your controlling surface on contact.
- Keep the ball rolling & out of your feet.
- Look up to decide where to pass - Watch the ball when passing.
- Passing: Part of foot; part of ball.

Description:

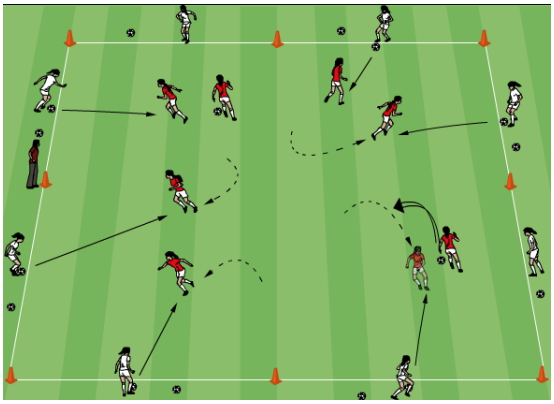
1. This game is designed to allow players in possession of the ball increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a "kick-in" when the ball goes out over the touch line. Switch the neutral players every 5 minutes.
2. **Progression:** For the last 5-10 minutes limit the neutral players to a maximum of 2 touches each time they gain possession.
3. **Variation:** Can be played with fewer players on a smaller field (4v4+2, 5v5+2)

Active for Life: Warm Up #5

Warm-Up:	Windows Warm-Up	15-20 minutes

Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute.



Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Servicer use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
    a. Control & pass back with inside of foot.
    b. Control with outside foot & pass back.
    c. Control with laces & pass back.
    d. Control with thigh & pass back.
    e. Control with chest & pass back.
    f. Control with foot, turn & pass to another server.
    g. Control with thigh, turn & pass to another server.
    h. Control with chest, turn & pass to another server.