LESS CHALLENGING: 2v1 to 4 Corner Goals

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. Place a 4v4 game with 2 teams on the sideline who switch after 2 minutes. Both teams will defend the 2 goals on one ½ of the field & attack the 2 goals in the opponent’s ½. Place several soccer balls around the field for quicker restarts. Rules: Coach keeps track of time. After 2 minutes, both teams leave the field and the teams on the side enter. As soon as a player steps onto the field, the game begins.

KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: What can you do if no one is near you? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Dribble the ball toward the closest goal & score. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: You may only need to use 1 of the fields for 8 players. If more players are in attendance, use the second field and divide the players so 2 games are played simultaneously. If you have less players, make 3 teams. Play 2 games and rest for 1.

PLAYERS: 8 - 12

INTERVALS: 3 - ACTIVITY: 20 sec. - REST: 30 sec.

DURATION: 20 min.
MORE Challenging: 3v3 to 4 Goals

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward, Create passing options

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. Play a 3v3 game. Rotate subs into the game as needed & at a minimum, every 2 minutes. Both teams will defend the 2 goals on one ½ of the field & attack the 2 goals in the opponent’s ½. Place several soccer balls around the field for quicker restarts. Rules: Coach keeps track of time. If the ball leaves the field, the team who didn’t kick it out or score can retrieve any ball around the field & play continues.

KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Stay close to help your teammate or move across the field to the other goal. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: You may only need to use 1 of the fields for 8 players. If more players are in attendance, use the second field and divide the players so 2 games are played simultaneously. If you have less players, play with smaller teams or uneven teams.

2nd Play Phase: The Game – 4v4

OBJECTIVE: To pass or dribble past an opponent then score goals

PLAYER ACTIONS: Pass or dribble forward, Create passing options

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goalkeepers. Play for 22 minutes – 2 x 9 minute halves with a 2 minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: help your teammate, switch it

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded?

ANSWERS: Stay close to help your teammate or get wide to make room or drop back to help create passing options. If the opening to the goal in front of you is too crowded, switch the ball with a big kick to a different area of the field to see if your teammate can score.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE | TRAINING SESSION SELF-REFLECTION QUESTIONS
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1. Organized: Is the exercise organized in the right way? | 1. How did you achieve your goals of the training session?
2. Game like: Is the exercise game like? | 2. What did you do well?
3. Repetitions: Are there repetitions when looking at the overall goal of the session? | 3. What could you do better?
4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) |