

MICRO SOCCER

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.
- + Shooting

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.
- + Shooting technique

WHY USE IT

The activity encourages speed of play and positive transitions to attack.

SET UP

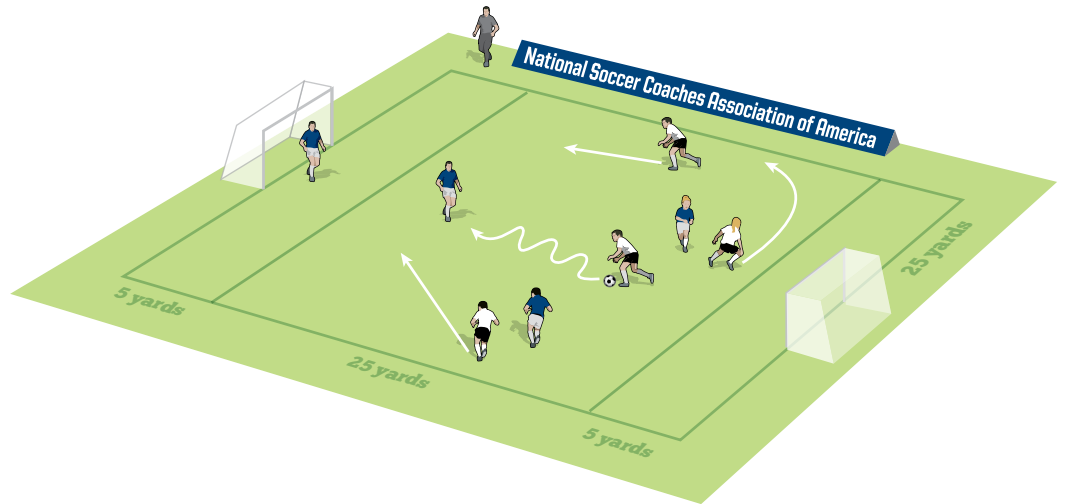
35 x 25 yard field with 5 yard end zones and small goals. Play is 4 vs. 4.

HOW TO PLAY

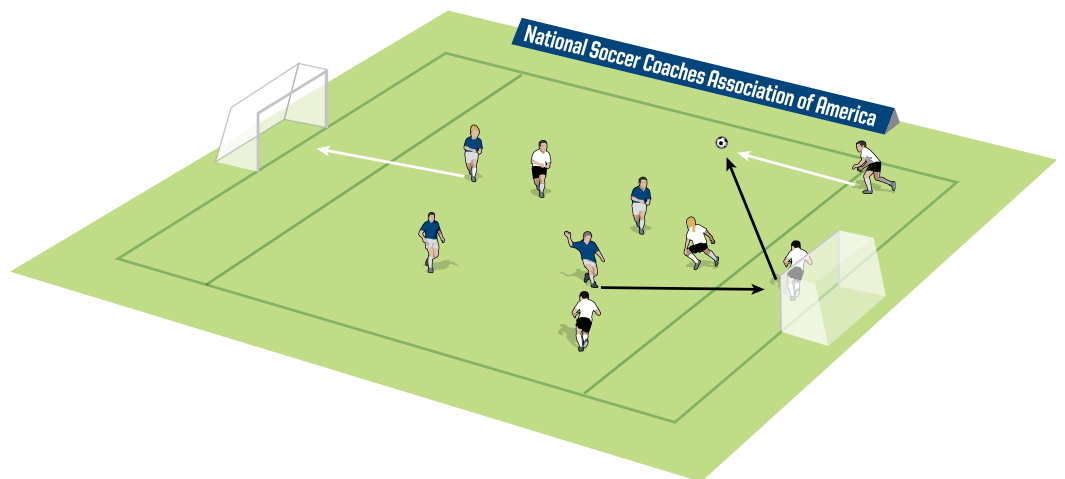
The game commences with the coach passing to one of the teams of 4. The defending team must drop one player back into the end zone, to leave 3 defenders against 4 attackers. When the ball is turned over, the team losing possession must drop a player into the defensive zone and the attacking team can attack at full strength - 4v3.

COACHING NOTES

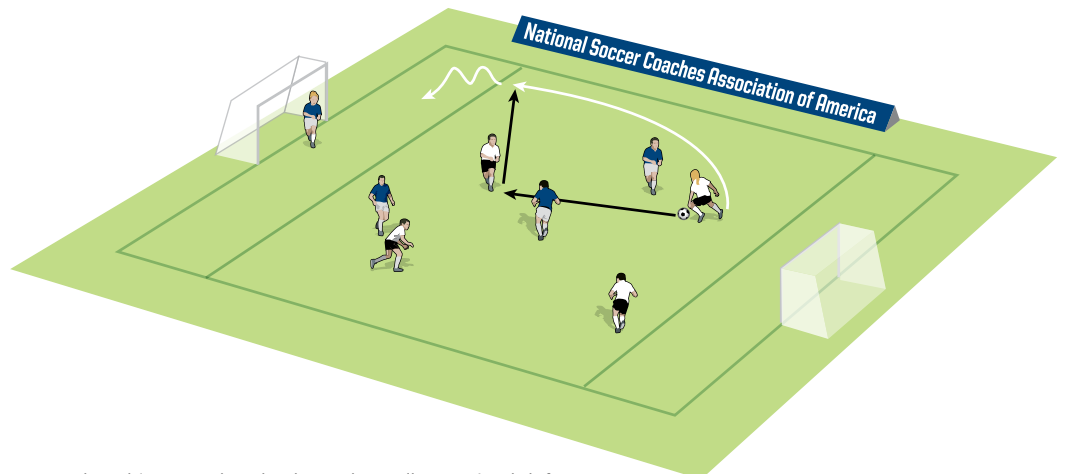
- + Coaching objectives - to get players to play fast and positive in attacking transition.
- + Coaching tip - have a good supply of balls so play is continuous and fast paced.
- + Adaptations - allow the attacking team to penetrate the end zone on the dribble.



- + The player with the ball commits the opponent on the dribble.
- + Other 3 attacking players employ width and mobility to get open.
- + 4 white players establish a shape to stretch the 3 blue players.



- + The blue team's strike at goal is saved.
- + White team quickly transition with an outlet pass.
- + Simultaneously, one of the blue players immediately recovers to the goal.



- + The white team breaks down the well-organized defense.
- + A give and go eliminates a blue opponent allowing the white player to get into the space behind.

