



## Small Sided Games

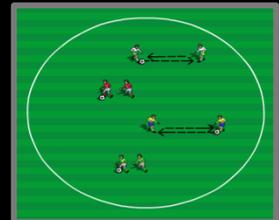
Players learn best when they learn from each other. This session will focus on the key principles of shape and organization whilst also exposing players to various game situations.

Warm Up

**Follow the Leader:** Players in two's. One dribbles and the other follows their movements. When the coach shouts a number, players pass the ball that number of times and the players swap positions.

### Coaching Points

- Head up when dribbling
- Good awareness of surroundings
- Good, firm passes
- Teach good stretching habits



Game #1

**Gates Game:** In a 30x40 yard area, players compete for possession and score a goal by passing to a team-mate via one of the gates on the field. Encourage movement off the ball and players to look for space on the field.

### Coaching Points

- Close control of the ball
- Quick passing and movement
- Encourage positive first touch
- Play at a high tempo

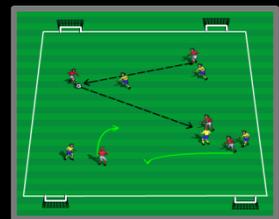


Game #2

**Wide Goal Game:** Players play in a 40x30 yard area. There are two small goals in the two corners of each goal-line. Opposing players try to score in either of the two goals. Emphasis is on shape and passing into space

### Coaching Points

- Head up when dribbling
- Good awareness of surroundings
- Change of direction & pace
- Good passing and finishing



Game #3

**7 Ball Game:** Field is setup for a 4v4 game with 6 balls placed on the perimeter. Each ball has a number. When a goal is scored, or the ball goes out of play, the coach calls a numbers and the players restart from that ball

### Coaching Points

- Length, Width & Depth
- Head up when dribbling
- Change of direction & pace
- Options: Dribble, Pass or Shoot



Cool Down

**Dribble & Stretch:** Players remain in their two teams. Half of them stand and perform a stretching exercise whilst the others dribble gently around them. Players rotate roles every 1min. Include basic balances.

### Coaching Points

- Lower heart-rate gradually
- Prevent injuries
- Keep control of the ball
- Teach good stretching habits

