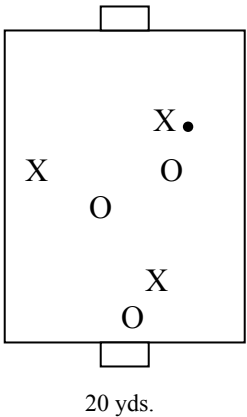
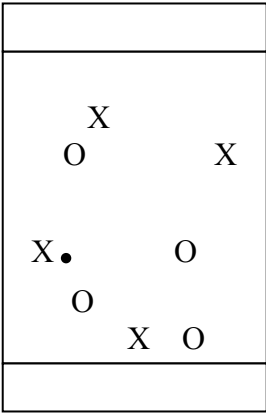
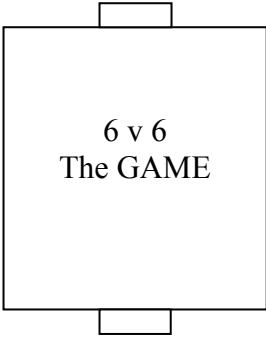


Topic: **Small Sided Games**

Organization	Variations/Principles	Diagram	Coaching Points
Warm Up			
<p>Technical dribbling work, each player with a ball (define area if needed). Stretch.</p>	<ul style="list-style-type: none"> ▪ Keep it innovative, demanding and realistic. ▪ Add disc cones as opposition in area. ▪ Vary demands on the players. For example: right foot only, left foot only, turning, etc. ▪ Implement Coerver exercises and moves. 	<p style="text-align: center;">X•</p> <p style="text-align: center;">X•</p>	<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Body shape, agility and balance ✓ Change of speed and direction ✓ Deception and disguise ✓ Shielding technique – protecting the ball
Exercise #1			
<p>3 v 3 with two small goals (20 x 30 area or as needed).</p>	<p style="text-align: center;"><u>Attacking Principles</u></p> <ul style="list-style-type: none"> ▪ Quickly make playing area as big as possible – width and depth. ▪ Play the ball deep whenever possible. ▪ Maintain possession of the ball. ▪ Create chances to score goals. 		<p>Attacking:</p> <ul style="list-style-type: none"> ✓ Triangle shape with width and depth to provide safe passing ✓ Angles of support ✓ Combination play – ability to penetrate with 2 player combinations <p>Defending:</p> <ul style="list-style-type: none"> ✓ Shape is compact ✓ Pressure, cover and depth when ball is central ✓ Pressure, cover and balance when ball is wide ✓ Delay – provide time to get numbers back behind the ball

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Exercise #2			
<p>4 v 4 with end zones (30 x 40 area with 5 yard wide end zones or as needed).</p>	<p style="text-align: center;"><u>Defending Principles</u></p> <ul style="list-style-type: none"> ▪ Quickly make playing area as small as possible. ▪ Depending on situation: move toward the ball (press), towards own goal (delay) or toward the flanks (squeeze). ▪ Immediate pressure on the ball. ▪ Mark tighter near the ball. ▪ Mark looser away from the ball. ▪ Maintain depth and balance. 	<p>5 yds.</p> <p>40 yds.</p>  <p>5 yds.</p> <p style="text-align: center;">30 yds.</p>	<p>Attacking:</p> <ul style="list-style-type: none"> ✓ Diamond shape ✓ Angles and timing of support ✓ Combination play with 2nd and 3rd man runs <p>Defending:</p> <ul style="list-style-type: none"> ✓ Team shape – compact ✓ Pressure, cover and balance ✓ Delay to get numbers behind the ball
Exercise #3			
<p>5 v 5 with goalkeepers to two large goals (40 x 50 area or as needed).</p>	<p style="text-align: center;"><u>Transition</u></p> <p>Defending:</p> <ul style="list-style-type: none"> ▪ Nearest player applies immediate pressure. ▪ Remaining players recover behind the ball. <p>Attacking:</p> <ul style="list-style-type: none"> ▪ Penetrate with the ball immediately. ▪ Immediate support around the ball. ▪ Make the field as large as possible. 	<p>50 yds.</p>  <p>40 yds.</p>	<p>Attacking:</p> <ul style="list-style-type: none"> ✓ Diamond shape with a central player ✓ Central player connects sides, back and front ✓ Role of central player <p>Defending:</p> <ul style="list-style-type: none"> ✓ Team shape – compact ✓ Collective defending with ball movement ✓ Counter attack
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session