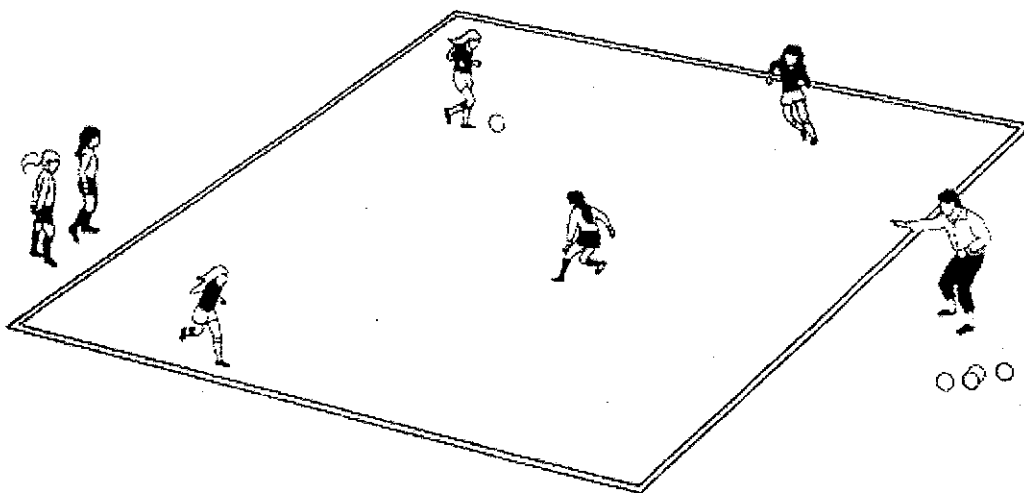


## Game 1

A 3 vs 1 game to develop passing and support



### Game Rules

- Three attacking players against one defending player inside an area 10 yards by 10 yards.
- Attacking team tries to keep possession as long as possible.
- Defending team has one player inside the area and two players outside.
- Attacking team loses possession if the ball goes outside the area or if the defending player makes a tackle or intercepts a pass.
- At loss of possession, defending player is immediately replaced with a teammate.
- Game is over when all defending players have been in the area.
- Number of successful passes accumulated during the three phases is noted.
- Attacking team and defending team change roles.
- Winning team is one with greater number of passes.
- Overall winner is team which first achieves five wins.

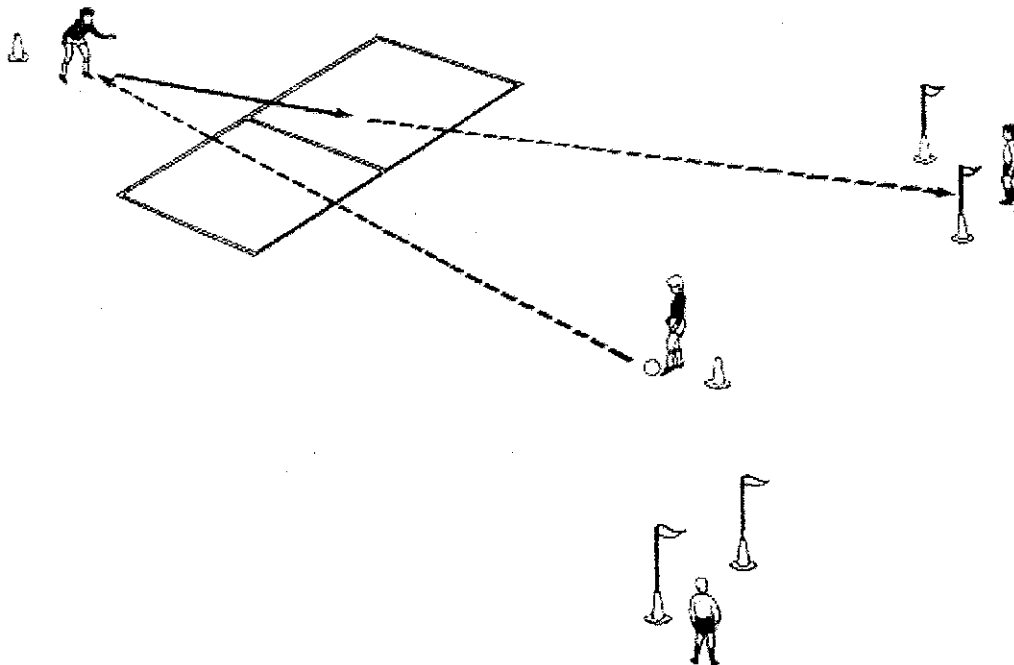
NOTE: The coach should have several balls to replace ones kicked out of area.

### Player Objectives for Attacking Trio

- Player in possession: to achieve pace, accuracy and timing passes.
- Supporting players: to time runs to support the player with the ball, and to provide the correct supporting angles.
- All players on offense: to use all of the available space in area.

## Game 2

A challenging skills practice to develop passing and control



### Game Rules

- Set game up with four players.
- Coach determines, by age and ability of player, size of grid, size of goals and distance between grid and goals. "The game should be challenging but not impossible!"
- Server plays the ball through grid to receiver.
- Receiver starts five yards behind grid, moves towards ball and plays it with the "first touch" into right side of grid, and with the "second touch" (from inside the grid) plays ball through either goal. Next ball is controlled from left side of grid, etc. Players behind goals retrieve balls and return them to server.
- Twenty balls are served.
- Goal counts only if ball is controlled into grid, and played from grid through either goal.
- Player keeps his or her score.
- Rotate all four players; player who scores the most goals wins.

NOTE: If possible, use coach or parent as server to give a greater consistency of service.

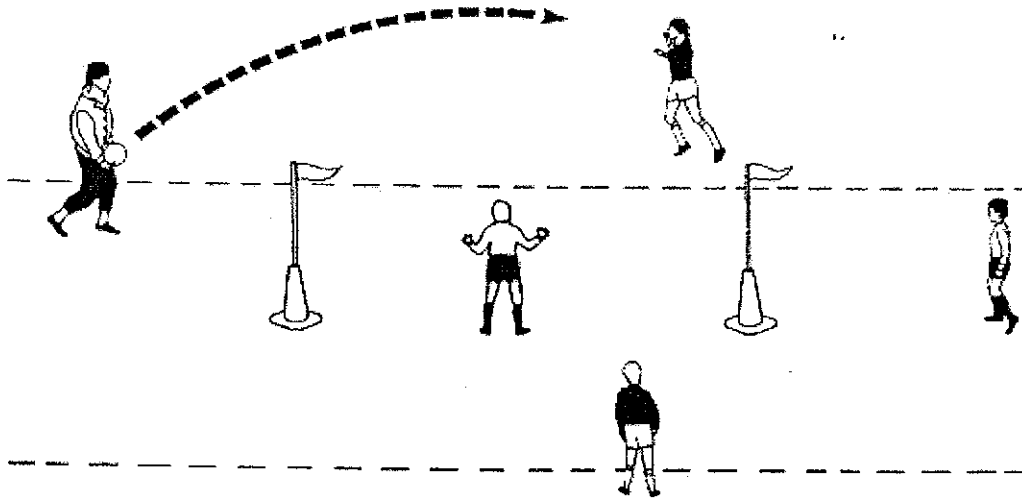
### Player Objectives

- To get a good "first touch" to control and maneuver ball.
- To pass accurately.

NOTE: As players improve, the server may throw the ball so that players have to deal with balls out of the air as well as on the ground.

## Game 3

A game to develop heading technique



### Game Rules

- Set up game with four players.
- Goal is 3 yards wide and distance between goal and dotted lines is 4 yards (dimensions may be varied according to age/ability of the players).
- One team competes against the other, alternating as either Heading team or Goalkeeping team.
- Coach serves ball gently from four yards in the air to alternating players who must head ball from behind respective lines and try to score.
- Goalkeeper is changed after 10 head shots.
- After 20 serves (10 to each player), teams change.
- Winning team is one to score the most goals.

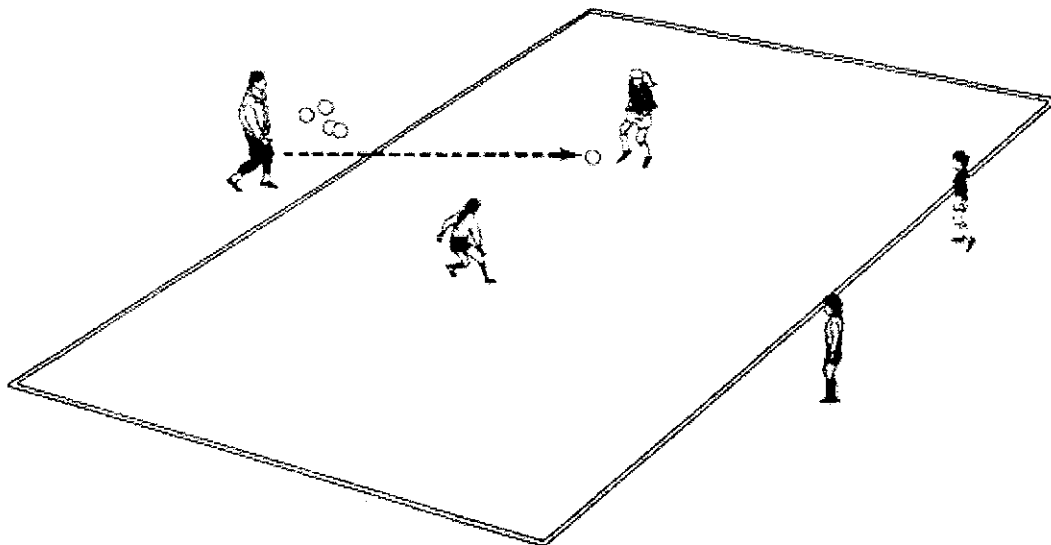
NOTE: The coach dictates the quality and variation of the service.

### Player Objectives

- To be light on feet and adjust to line of ball.
- To watch ball at all times and "throw" the eyes toward it.
- To head ball towards the goal.

## Game 4

A 1 vs 1 game to encourage defending



### Game Rules

- Set up game in area 10 x 15 yards.
- Organize two teams of two or three players: one player from each team is in area.
- Coach plays ball to the player in selected area, whose objective is to score by getting ball on line behind opponent.
- Defending player's objective is to win ball and attack opposite line.
- Either player may slide tackle if necessary to prevent opponent from scoring.
- If ball goes out of bounds, coach immediately delivers another ball.
- Game ends with a goal or after one minute (whichever is sooner).
- Two new players enter game.
- Winning team is first to score five goals.

### Player Objectives

#### DEFENDER

- To defend patiently, delaying the forward progress of opponent and ball.
- To execute a well-timed tackle.

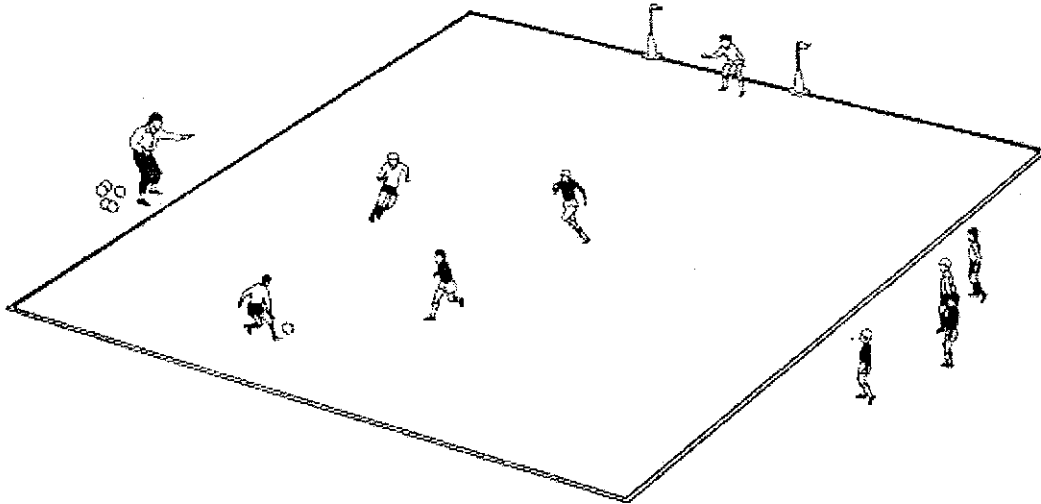
#### ATTACKER

- To maintain ball possession under pressure.

NOTE: This is an excellent game for 1 vs 1 dribbling.

## Game 5

A 2 vs 2 game to encourage players to create shooting positions



### Game Rules

- 2 vs 2 (plus a goalkeeper) inside area 20 x 20 yards.
- Both teams try to score in same goal (six yards wide).
- When ball goes out of play, coach delivers another ball.
- If goalkeeper makes a save, ball goes to coach.
- After five balls are served, outfield players leave playing area - keeping score.
- Two more pairs enter area to compete, also keeping score.
- Score is ongoing and winner is team with more goals after 10 or 15 minutes.
- With a large group of players (e.g., 16) half of the players play small-sided game (4 vs 4) and then change groups.

### Player Objectives

#### PLAYER WITH THE BALL:

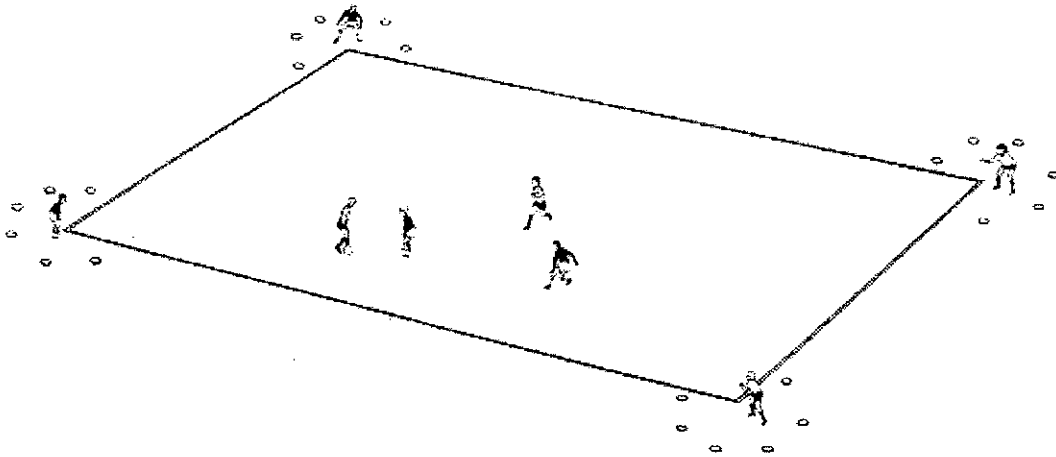
- To manipulate ball to avoid challenges and to open shooting positions.
- To keep head up to observe teammate, opponents and goal.
- To shoot when opportunity is there.
- To change direction - turn with ball.
- To shield ball when necessary.
- To change pace.

#### PLAYER WITHOUT THE BALL:

- To provide support to teammate.

## Game 8

A 2 vs 2 game to encourage the wall pass



### Game Rules

- Set up game with eight players in an area 20 x 30 yards.
- 2 vs 2 within area; other four players each stand on corner of the area.
- Play starts with one of the corner players who passes the ball to one team. Each team must pass at least twice before playing to one of the corner target players within marked areas. If opponents win the ball, they must do the same. Each successful target pass scores one point.
- Each successful wall pass scores 10 points.
- Corner player returns pass to team, playing ball to him or her.
- When ball goes out of bounds, re-start play with kick-in from which wall pass can be used.
- Game is played for 2 minutes, then players change.
- Combined total points should be kept; pair who has the most points after 10-15 minutes wins.

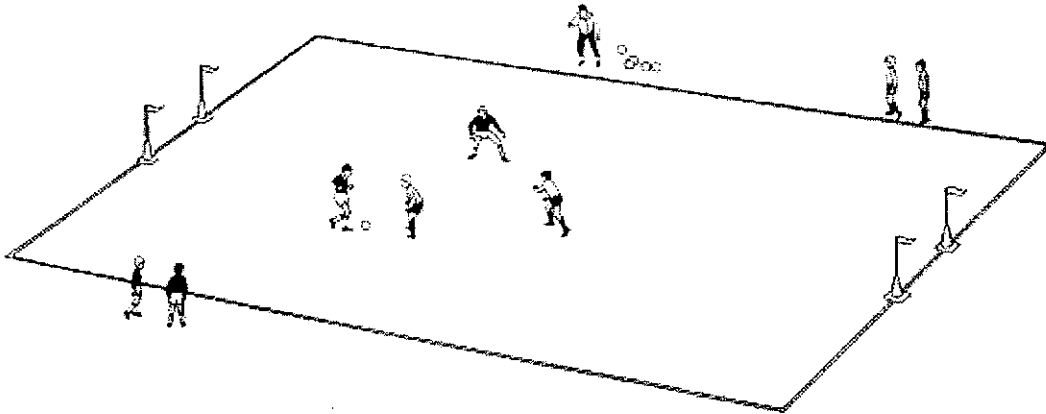
### Player Objectives

- To achieve pace and accuracy in passing.
- To recognize the wall pass.
- To execute the wall pass.

NOTE: The same game may be used to encourage takeovers instead of the wall pass, or both actions may be encouraged.

## Game 9

### A 2 vs 2 game to practice simple defending



#### Game Rules

- Set up the game in an area 20 x 30 yards with goals (3 yards wide) but no goalkeepers.
- Players get in pairs and stand at opposite end lines.
- Play starts when coach, at halfway line, plays ball towards one team; one pair from each team enters game.
- Both teams compete to score goals.
- If ball goes out of bounds or goal is scored, coach re-starts game with pass towards one team.
- After two minutes, two more opposing pairs enter game.
- Winner is the team with more goals after 10-20 minutes.

#### Player Objectives

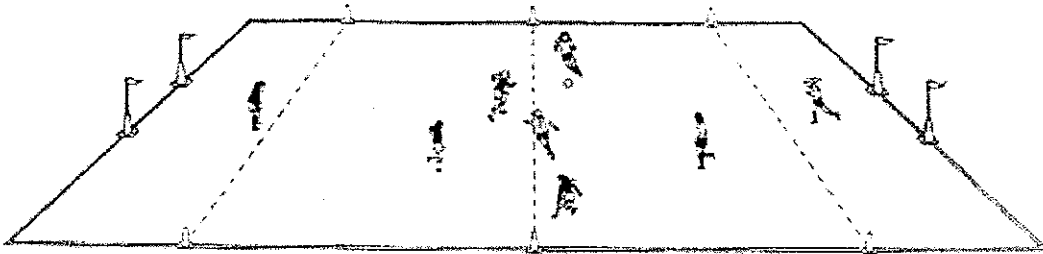
##### DEFENDING PLAYERS:

- To shut out opponents quickly
- To "jockey" opponent correctly.
- To time tackles.
- To use the correct tackling technique.
- To stay goal-side of opponents.
- To provide defensive support.

NOTE: With a decreased area or an increased area, the game may be used for 1 vs 1 or 3 vs 3, respectively, with emphasis on correct defending.

## Game 10

The 4-a-side game to practice the combining of players



### Game Rules

- Game is played in area 25 x 35 yards.
- Goals are 5 yards wide and 5 feet high (corner flag height).
- Halfway line and six-yard lines are marked; cones or markers define lines
- Eight players maximum per team; four players within the area and four resting.
- Goalkeeper designated by each team may use hands only within six-yard area.
- Duration of each period is three minutes; after game all players leave field and are replaced by resting teammates.\*
- At the end of second three minute game, original teams enter playing area; teams change ends and goal teams must select a new goalkeeper.
- Game has corner kicks and throw-ins. Goal kicks must be taken within one yard of goal line and travel over six-yard line to be in field of play.
- After a goal, the team who did not score kicks off from center spot.
- Duration of game is decided by coach.
- Ongoing score may be kept; winning team scores the most goals.

\* Although the game is physically demanding, be aware that off the field players are quickly rested and will become frustrated through inactivity. If in doubt, play two games simultaneously.

### Player Objectives

#### OFFENSE:

- To combine successfully and score goals.

#### DEFENSE:

- To combine successfully and gain possession.



# MORE GAMES

## 4-GOAL GAME

- ◆ 12 players
- ◆ 30 m x 20 m to 40 m x 30 m area

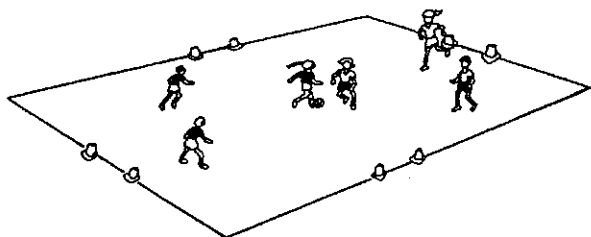
2 equal teams play against one another. There are no goalkeepers. Each team can score in any of the 4 goals. All restarts are "kick-ins" from the point where the ball leaves the field.

### Progression:

Introduce 4 parents as goalkeepers.

### Skills:

dribbling, shooting, passing, control, challenging, vision and awareness



## SCORE ON A GROWN-UP

- ◆ 6 to 12 players
- ◆ Mini-Soccer field

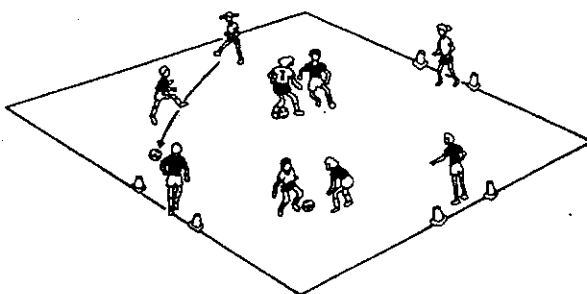
Players work in pairs with 1 ball between them. 3 to 6 goals are set up around the field with a parent acting as goalkeeper in each one. Parents serve the ball to the 2 players facing them to start the game. Players try to beat their partner to the ball and score against a parent. After 2 minutes of play, players attack a different goal.

### Variation:

Change partners every 2 minutes.

### Skills:

control, shooting, dribbling



## LINE SOCCER

- ◆ 6 to 12 players
- ◆ 30 m x 20 m to 40 m x 30 m area

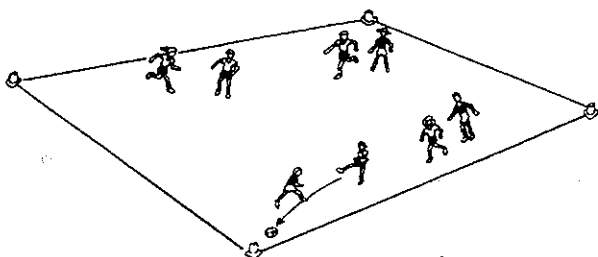
2 equal teams play against one another on a field where the goals are the 2 end lines. There are no goalkeepers. Each team attacks the opposite end line and tries to score by dribbling or shooting the ball across it. All restarts are by kick-ins.

### Progression:

Add a parent to each team as goalkeeper.

### Skills:

dribbling, shooting, passing, control, challenging, vision and awareness, team work



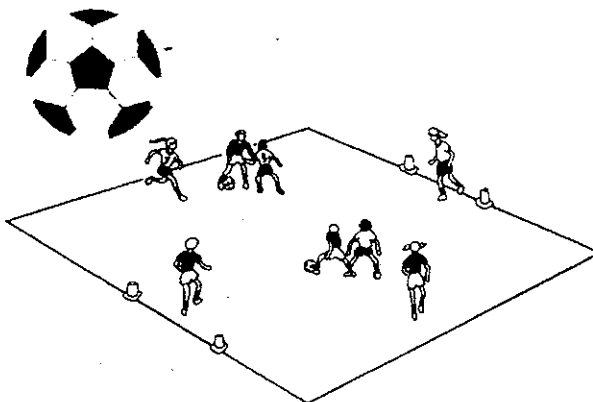
## TRIOS

- ◆ 6 to 12 players
- ◆ Mini-Soccer field

As with "Score on a Grown-up" but with 3 players playing against one another. After 3 minutes of play, the players attack a different goal.

### Skills:

shooting, dribbling, control, challenging



### GOALIE GAME

- ◆ Teams of 1 to 3 players
- ◆ 5 m x 10 m to 10 m x 10 m area

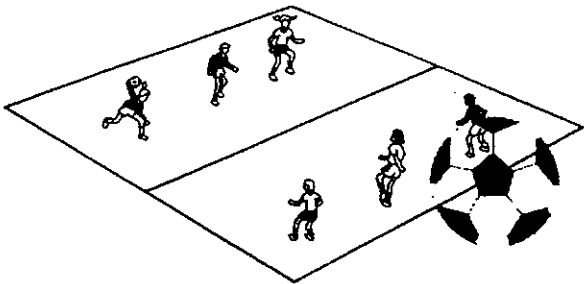
Each team must defend their goal line using any part of the body, including hands. Players can move anywhere in their own half of the field but must not cross the halfway line. A goal is scored when a player throws the ball over the opposing team's goal line.

#### Progression:

Players can score by kicking the ball across the opposite goal line.

#### Skills:

catching, shot stopping, kicking, agility, coordination



### GOAL ALLEY

- ◆ 6 to 12 players
- ◆ 10 m x 15 m to 10 m x 30 m area

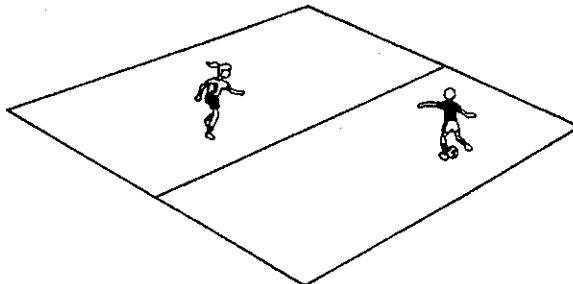
Players work in pairs with 1 ball between them. Each player defends his/her goal while trying to score on the opponent. Players have unlimited touches but must remain in their own half of the playing area. Hands cannot be used. Players try to block shots and control the ball to prevent a goal. Change partners after 5 minutes.

#### Progression:

If the ball rebounds across the halfway line or out over the side line when a save is being made, possession goes to the opponent.

#### Skills:

shooting, dribbling, control, challenging



12 players  
20 m x 20 m area

The normal rules of soccer apply except that kick-ins are taken instead of throw-ins and goal kicks are taken after goals are scored. After 5 minutes of play, change opponents by rotating teams.

#### Skills:

passing, dribbling, shooting, attacking, defending, challenging, vision and awareness, reading the game

### 3 V 3

- ◆ 6 to 12 players
- ◆ 30 m x 20 m area

The normal rules of soccer apply except that kick-ins are taken instead of throw-ins and goal kicks are taken after goals are scored. After 10 minutes of play, change opponents by rotating teams.

#### Skills:

passing, dribbling, shooting, attacking, defending, challenging, vision and awareness, reading the game

