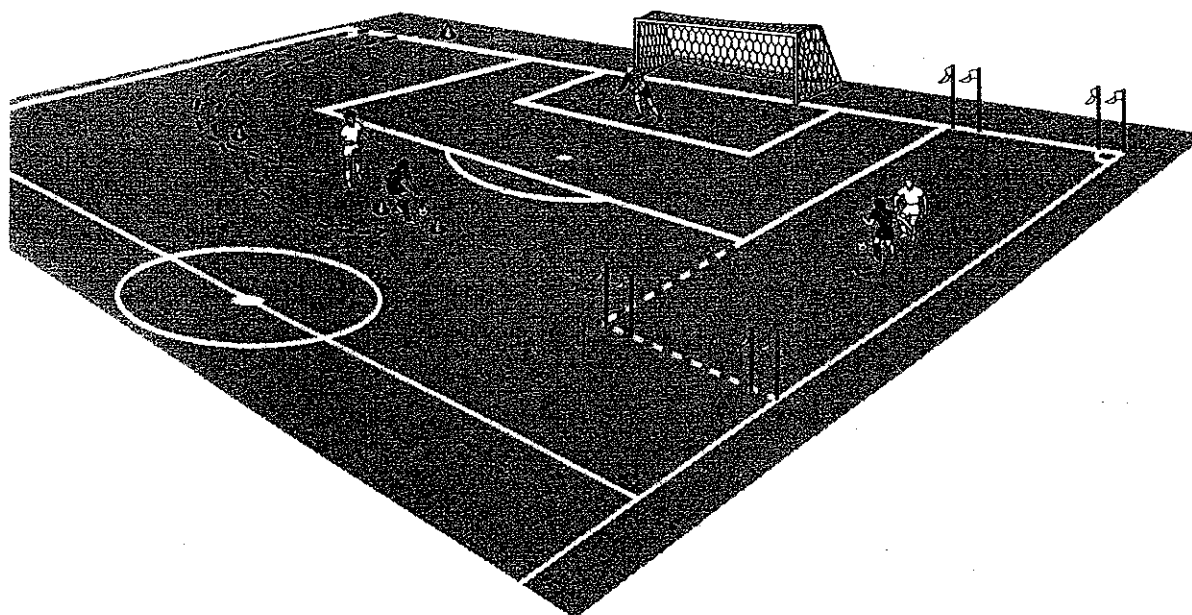**1 vs 1 in 20 x 30 grid with 4 small goals.**
Attacker X can score in goals A or B and Attacker O
can score in goals C or D. Since this is an exhausting
exercise, the players should be changed after 60 seconds.

1 v 1 to Goal: Attackers A & B race to the ball
Whoever wins possession goes to goal with the ball
while the other player becomes the defender.

1 v 1 with a Central Goal:

Use 2 zones with 1 v 1 in each zone.

The goalkeeper is in a central goal. X_1 starts by dribbling while 0_2 defends and tries to win the ball. X_1 attempts to score.
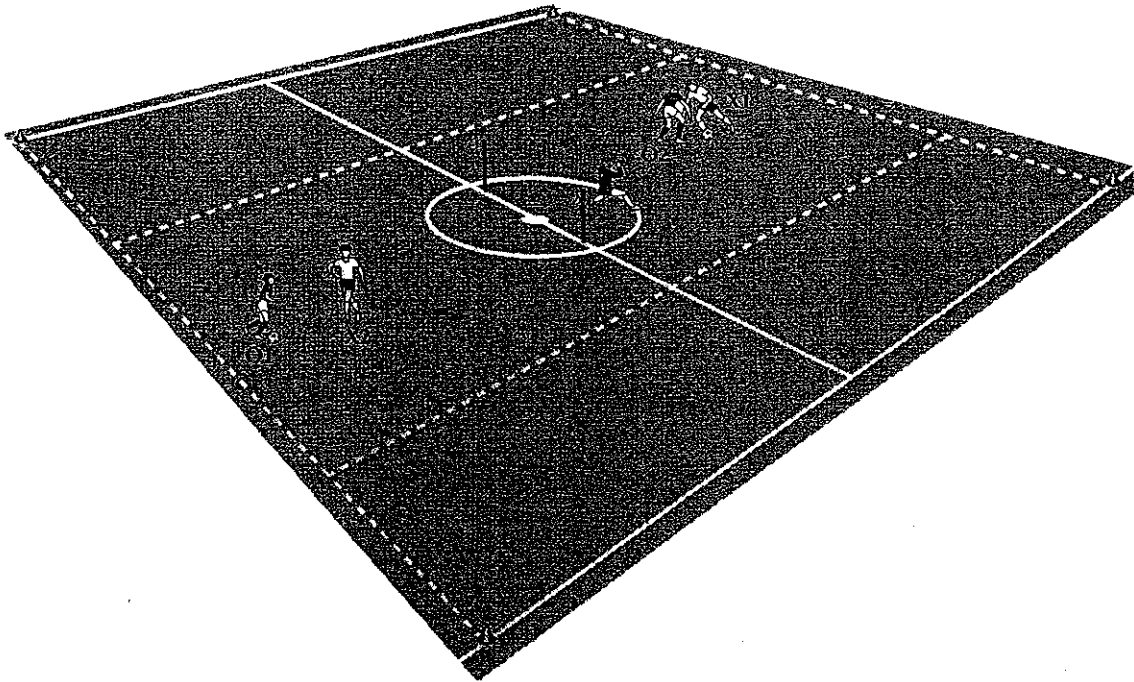
If the ball goes to the opposite side, the first player to the ball become the attacker and the other player becomes the defender.
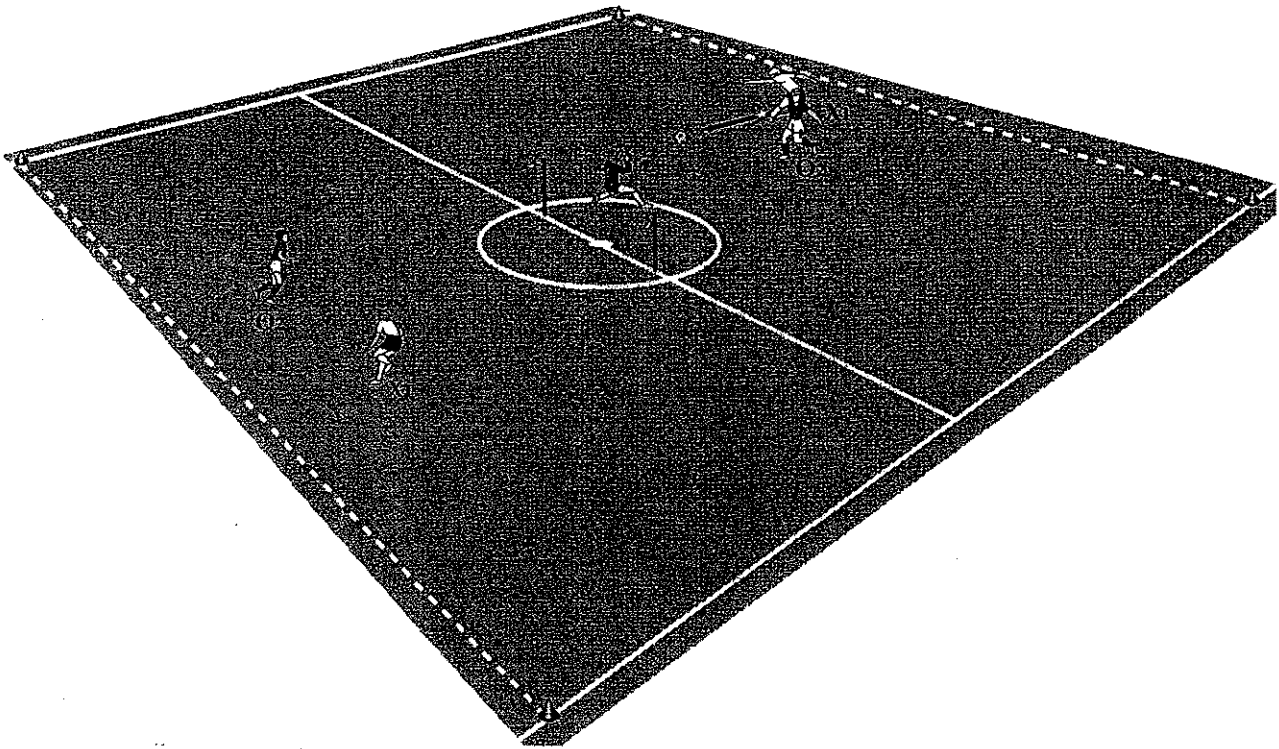
1 v 1: Alternating X_1 dribbles and attempts to beat defender 0_2.

After that attempt, 0_1 takes on X_2.

Players exchange roles in the next round.

1 v 1 in Scrimmages:
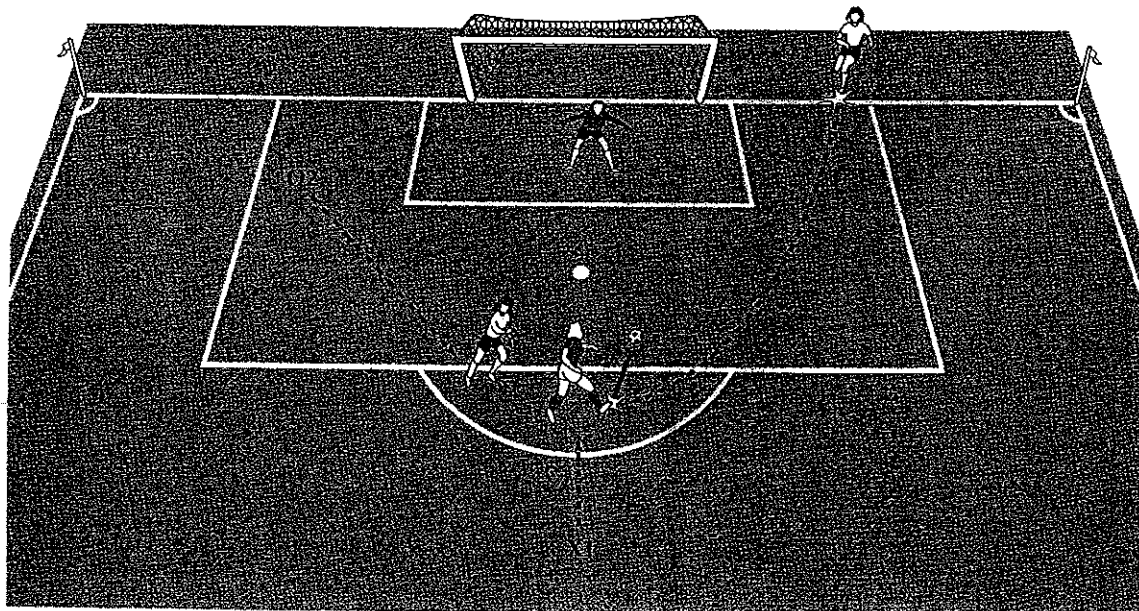**To continue on the theme of 1 v 1 attacking play.**

The following conditions can be added to scrimmage or
small sided games:

(a)
As soon as players receive the ball, they must look to
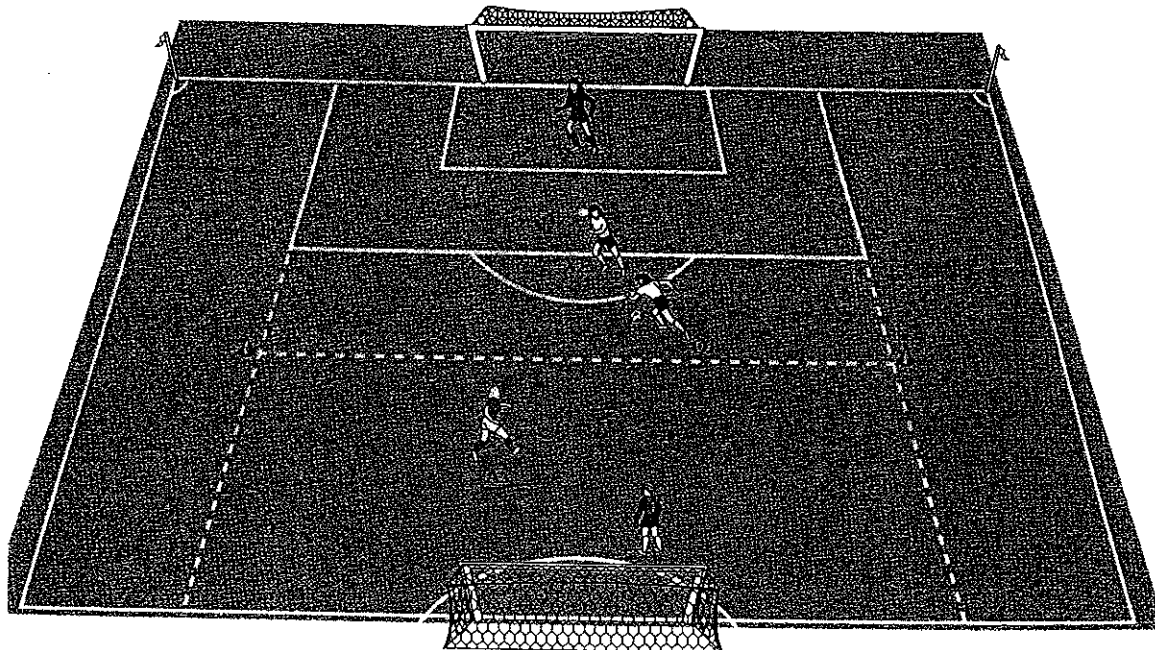beat an opponent with the ball before passing or
shooting.

(b)
Players must dribble pas the player marking them before
they can shoot at goal.

1 v 1 v 1: Players change roles and zones.
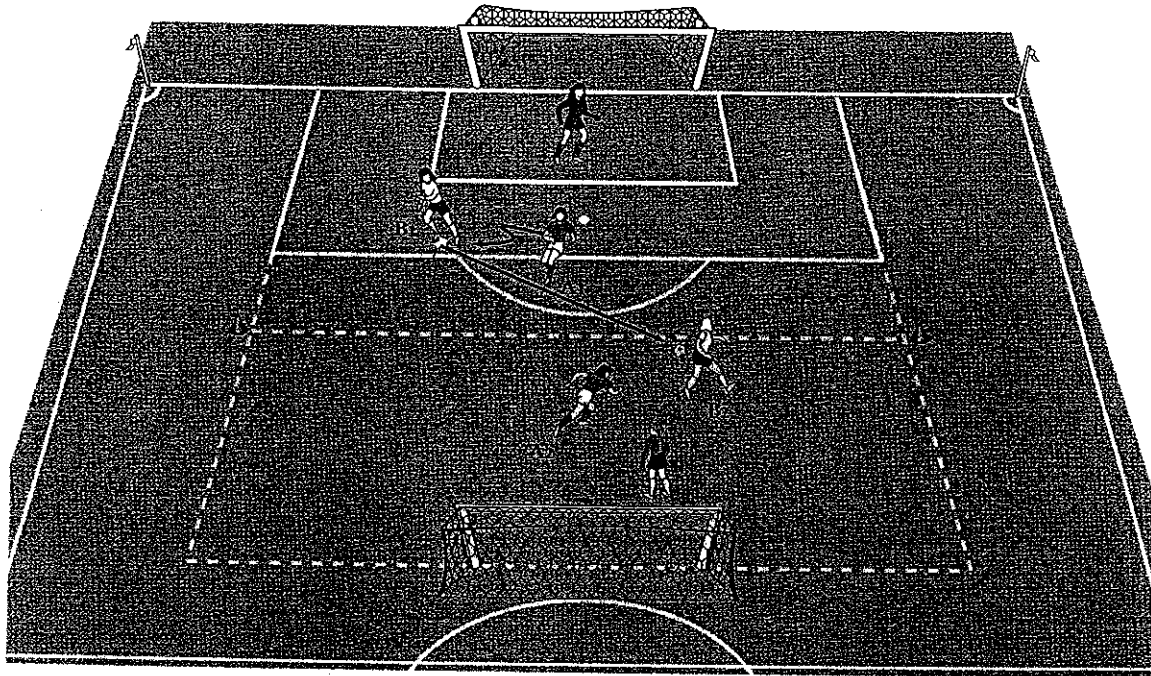
O_1 attacks defender X_2 with the ball.

When a goal is scored or X_2 wins the ball, he/she becomes the attacker and dribbles to the neutral zone before attacking A_3.

1 V 1 in zones: Use 2 zones with 1 v 1 in each zone.

B_1 plays ball into B_2 who attempts to turn and score.

Player must stay in their zone.

Progression:

B_2 can play the ball back for B_1 to run onto and shoot at goal.

Players must still stay in their zones.

1 v 1 in 3 Zones: 6 players are used.

0_1 has the option of dribbling to penetrate or passing to flank players 0_3 or X_4.

Attackers with the ball are encouraged to use safe dribbling in their defensive 1/3 of the field and use their lank players accordingly.

Attackers are encouraged to take risks and beat fenders in the attacking 1/3 of the field. If defender X_2 wins the ball, he/she becomes the attackers and 0_1 becomes the defender.
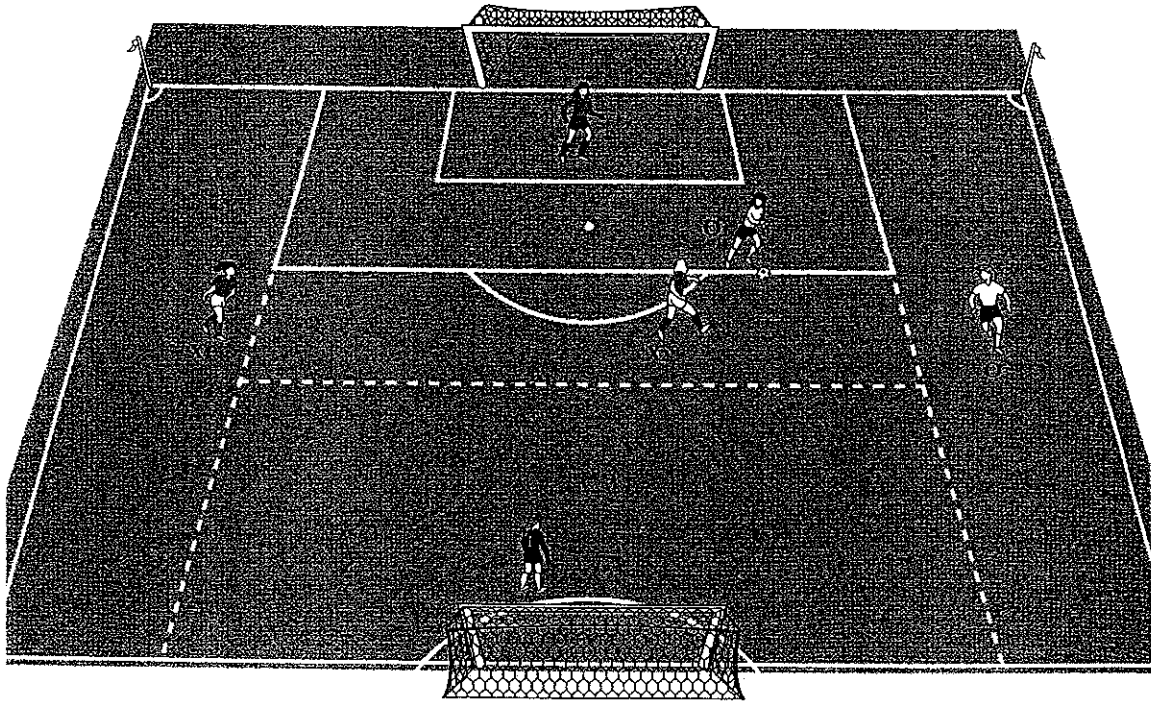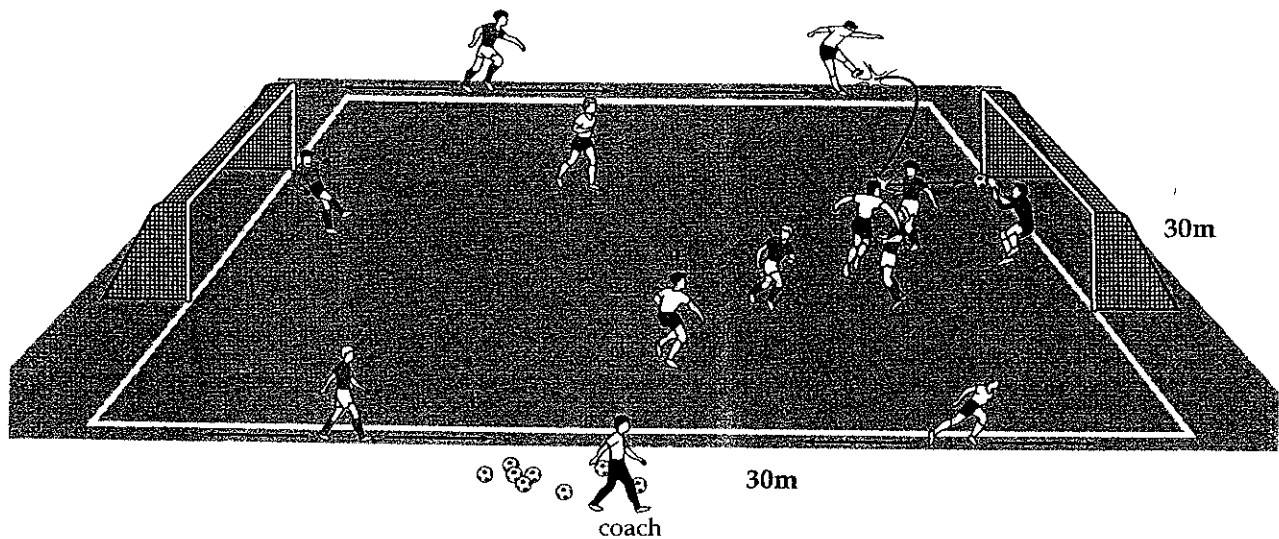
Small Sided Game

4 v 4 with wingers

30 x 30 working area

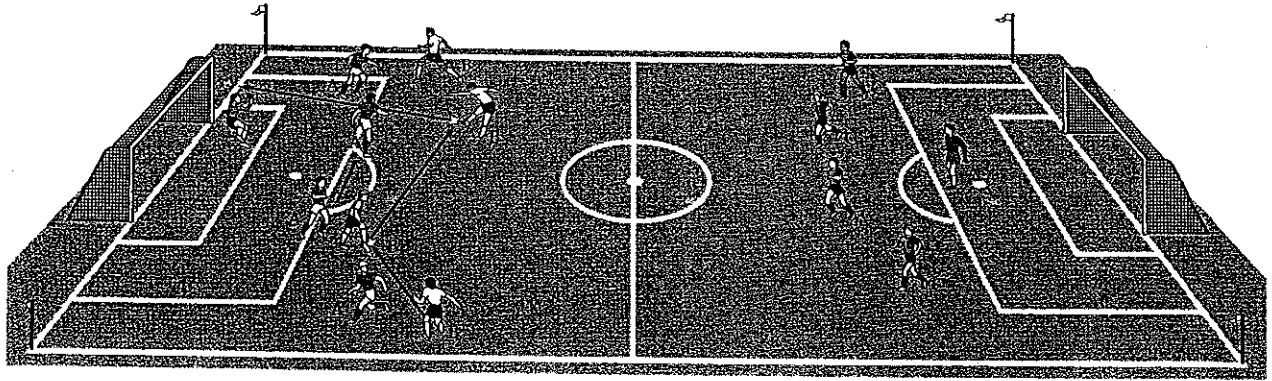Wingers are support players who will not be challenged

Goals can only be scored from a cross ball

30m

30m

coach

Coaching Point

- Team 'B' attacks Team 'A' attempting to score a goal
- When ball becomes dead or 'A' gets possession they must attack Team 'C'
- Team B pursued Team A until the ball is played into C's half
- C then attacks B

Coaching Points
1) Near support
2) Far support
3) Communication
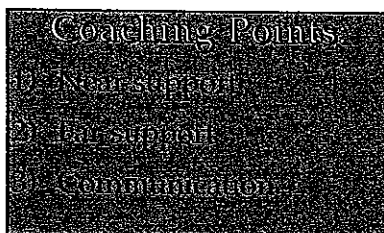
MORE GAMES

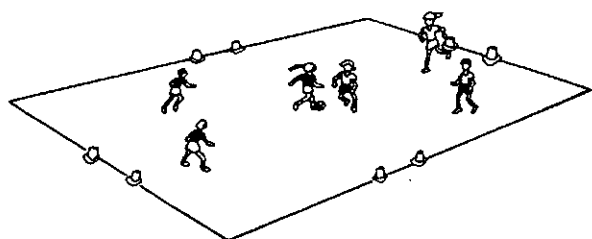## 4-GOAL GAME

- 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
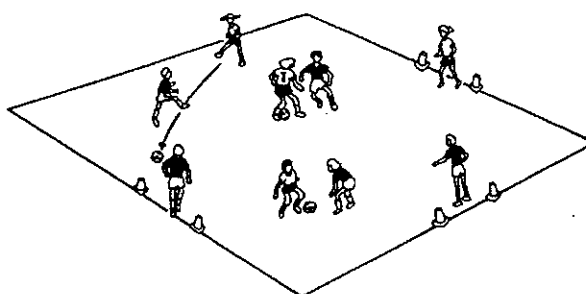
LINE SOCCER

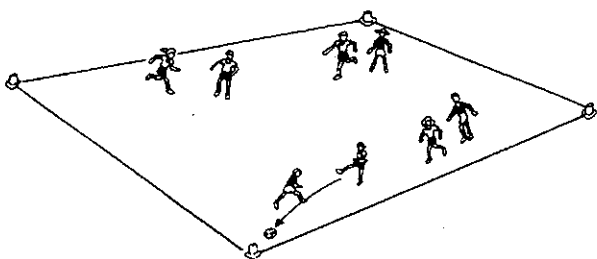- 6 to 12 players
- 30 m x 20 m to 40 m x 30 m area

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:

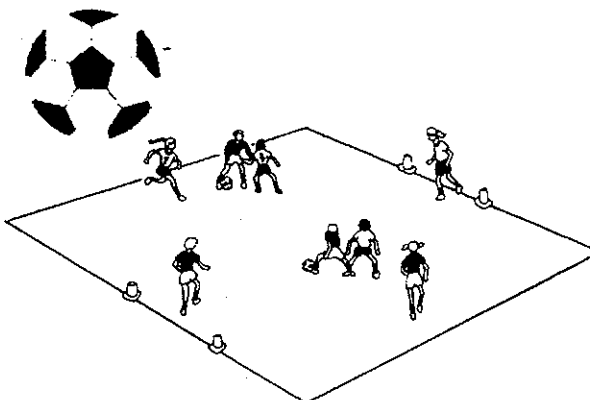dribbling, shooting, passing, control, challenging, vision and awareness, team work

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
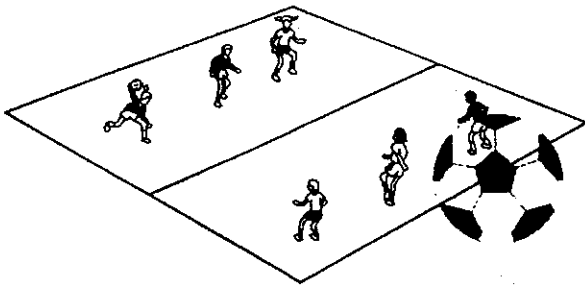
GOAL ALLEY

◆ 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
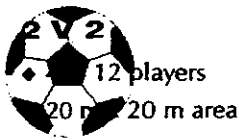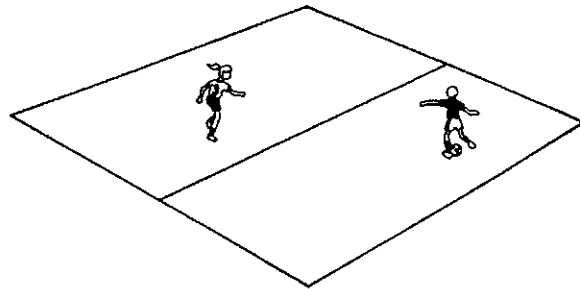
2 V 2

◆ 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