

# MTYS Coaches Clinic – Week 3

## Small Sided Games

Small Sided games are meant for allowing players to apply skills to small game scenarios. It allows coaches to break down soccer into “pieces” that are more easily consumed by younger players.

Small sided games can have many different coaching points or focus on a number of different skills. Coaches can decide how they want to focus on a specific skill or technique within small sided games and be able to use the same game to teach a variety of lessons to players.

Small sided games also allow players to experience soccer in smaller numbers - ie. 1 v 1, 2 v 2, etc. – resulting in more touches and access to the ball. It also allows them to get a vision of the field and players in amounts that they can process effectively.

Small sided games are usually played after warm ups and skill work so that the specific skill can be highlighted within that session.

Coaches should be sure to have different color pinnies/jerseys so that players can be differentiated into teams for small sided games.

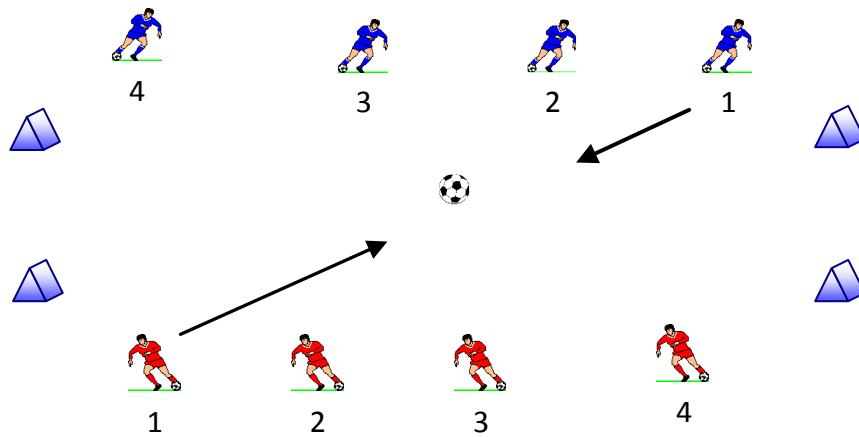
## Activity 1 – Number Game

Number Game (in its most fundamental form) is played by dividing your team into two or more smaller squads, assigning numbers to each player and then having the same number players play in a 1 v 1 or 2 v 2 format. Coaches can configure goals, targets ,etc and have the active players compete to score goals or finish tasks in a competitive format. A Coach begins the game by calling out a number – and the players corresponding to that number become active and compete in the format presented by the Coach. Coaches can cycle through the Numbers several times based on the desired amount of repetitions needed. Two “Number Game” formats are displayed below.

### Number Game – 1 v 1, 2 v 2 – Scoring in Opposition goal

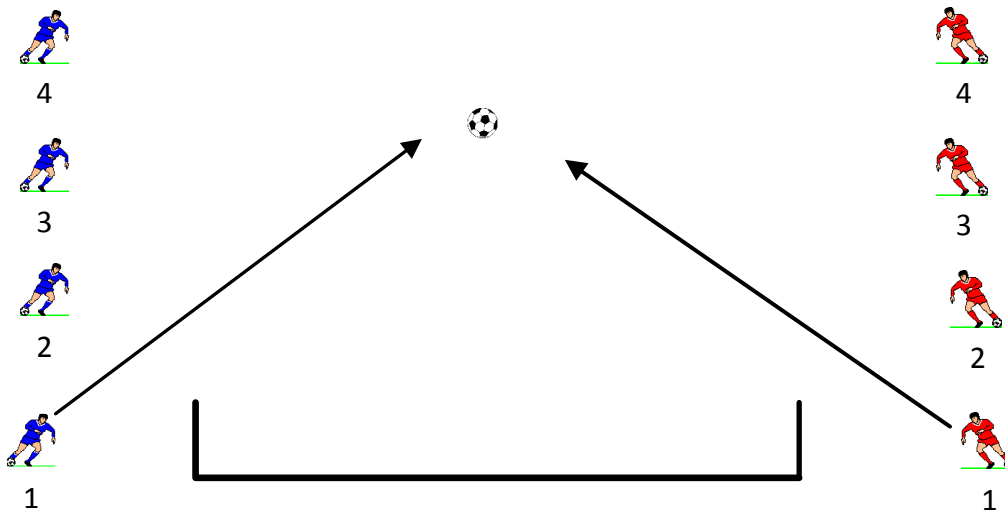
Players numbers are called – they enter the field and attempt to score or defend. The round is done when the ball is out of play or a player scores. Focus for 1 v 1 is individual possession and quick attacking. 2 v 2 introduces the element of passing.

Playing in 3 v 3 or larger format can be done towards the end for variety and fun.



### Number Game – Score in Large Goal

Players compete to score in large goal, add goalkeepers to increase scoring difficulty.



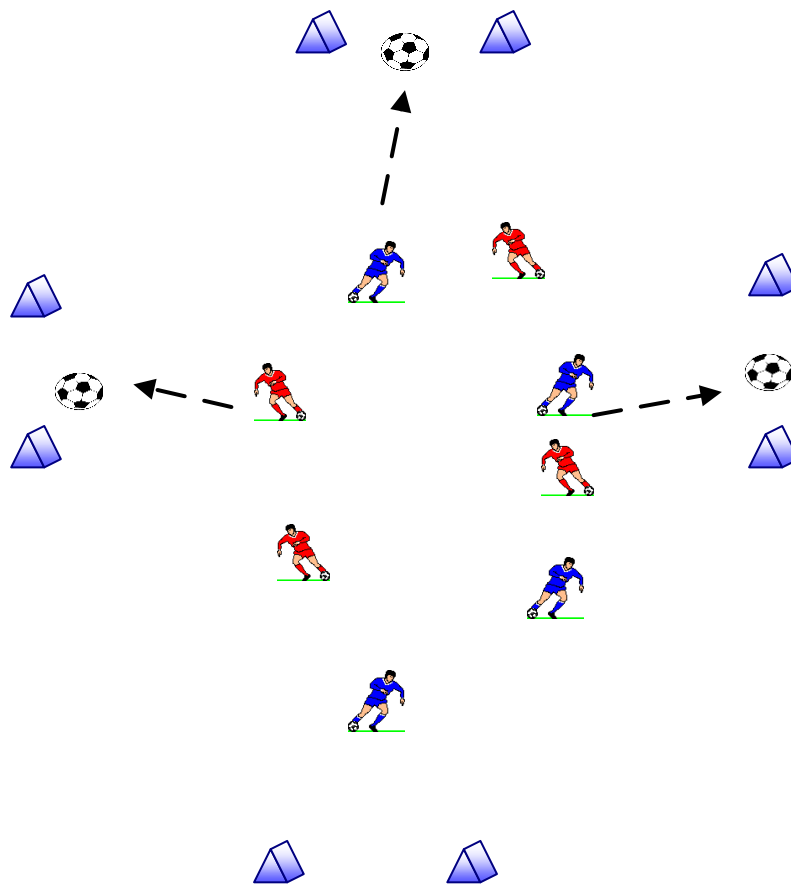
## Activity 2 – 4 Goal Game

4 Goal game is a good warmup/start to training. It can involve all players or rotate with multiple teams.

Players play within an area with 4 goals. The Coach serves balls into the area and players attempt to score. Multiple balls can be served at the same time. Teams can be rotated in after 3 – 5 goal are scored. Non-Active Teams can play perimeter as Neutrals and keep balls from going out of play.

The primary coaching points / skill developments are:

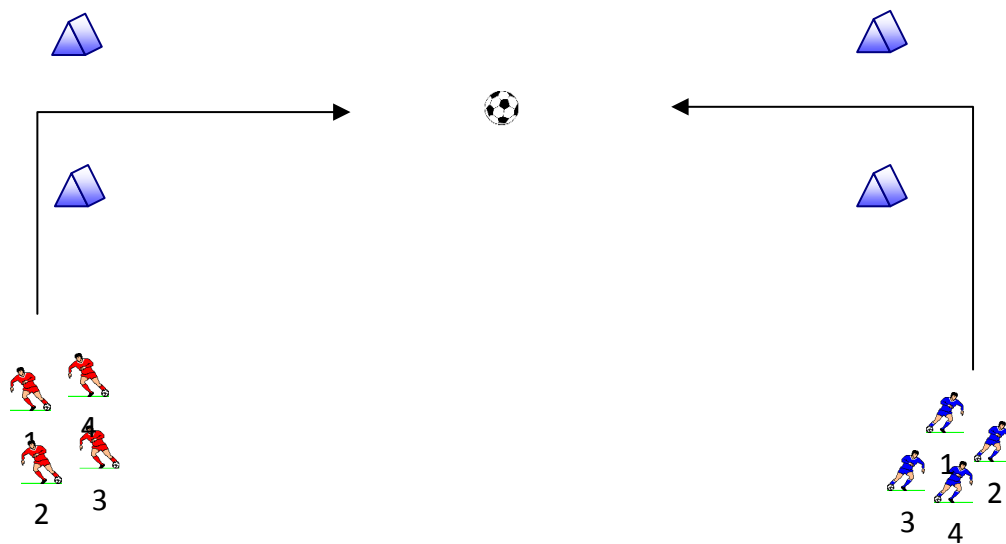
- Attempt to score in the closest goal available to the player that is NOT being defended by large numbers
- Promotes developing field vision and reaction time
- Rapid Change of directions develop turning skills
- Development of on field decision making



## Activity 3 – 1 v 1, 2 v 2

Small sided attacking and defending game. Send players (on Coaches command) around corner cone and through the goal onto the field. Player(s) that reach the ball first attack and opposition defends. Continue play until the ball goes out or a team scores. Vary from 1 v 1 to 2 v 2 for ages 4 – 8. Send larger numbers towards end of game for fun.

This activity can be used to focus on attacking or defending. Coaches can create the focus on either but shouldn't try to stress both in a single session.



## Activity 4– Steal the Bacon

This activity promotes the repetition and development of dribbling and turns.

Create 2 Arcs with cones on either side of training area with a line of balls in the middle. Split team into two groups each starting inside their Arc. On command, players run out of the Arc to the line of balls, perform an action and then return to the Arc. Actions to use (examples):

- run out, get a ball and dribble back - foot on top
- run out, perform pull back turn and dribble back
- have players sit or lay down in arc – then get up, run out, pull back turn and bring ball back

**Each activity can be repeated 2 x (or more if time permits)**

**Final Progression – put an Odd number of balls along the Cone line. See which team can run out and dribble ball back to Arc and stop the ball within the Arc. Then return to get another. See which team can gather the most balls. This progression can only work if # of balls is greater than # of players**

