

Small sided games

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- ❖ Transition game - In an area marked with 2 halves - 2- 2v1's on opposite ends of an area if one wins then he will play it to teammates on opposite end
- ❖ If you change to 3v1 you will get more passing in one half, 2v1 will have more dribbling, if you add a second defender you still get lots of passing cause the man with ball has 2 options to pass to
- ❖ George has removed target goals and uses target players in most of his games/drills
- ❖ 1v1 transition game – Tiffany's drill from summer – 2 goals about 3 yd apart, 2 lines of players on one post at each end, a player w ball attacks a goal to start, a defender from opposite end attempts to stop, immediately after shot shooter becomes a defender and a new shooter starts out toward opposite goal, first team with 5 goals wins
- ❖ discussed the nice guy syndrome - waiting for shooter to recover before attacking goal yourself
- ❖ moved the transition drill to 2v2 from each end
- ❖ praised a player who was dropping back and opening up for ball then was receiving the ball across the body
- ❖ George likes wide low goals for kids to practice with - keepers learn to come off line, players learn that they can score with a pass
- ❖ set up a 7v7 game, had a flat goal in middle to force them to play it wide - added the rule that if he saw you whack ball – not pass or shot then had to try a head stand before you could resume play
- ❖ removed the flat goal at middle and added a 5x5 yd box at mid on each side with 1 player from each team in the box – played two half field games with the boxes as target for the defenders on each end, he was playing 3v3 on one end and 4v4 on the other
- ❖ George tells keeper to throw ball out to those wing boxes (wide targets) and even if there is a mistake then you haven't played ball into middle
- ❖ changed to full field game with the boxes still there to use in needed
- ❖ showed them how to get ball out of corner under pressure
- ❖ kept encouraging them to use the wing boxes
- ❖ new game – divided into two teams - had a pair of players (one from each team) hold ends of a pair of pants, score by shooting under goal, holders can move to help or hind scoring
- ❖ 4 goal game – set up 2 goals at the end of a playing area for two teams, goals slightly narrower than normal, keeper were to defend both goals on their end
- ❖ kept making verbal rewards for receiving a ball across the body
- ❖ You can't make good decisions without good vision
- ❖ You should not force young player to play keeper, however you should give every player that wants a chance to play in goal

This session reported by Gene Pitstick [cjvs_gene@mveca.ohio.gov]