

Passing & Receiving: Small-Sided-Game #2

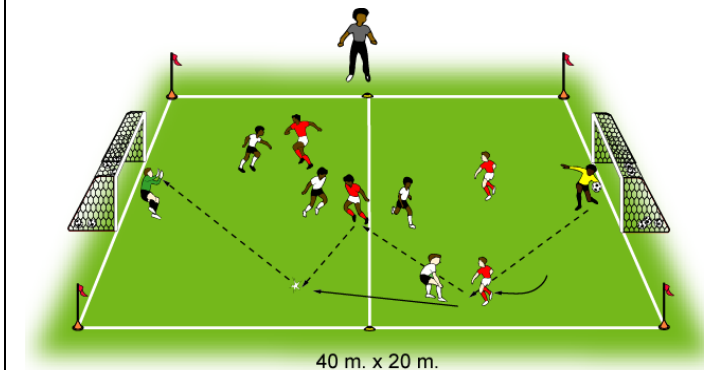
Small-Sided-Game:

Passing & Receiving Game.

20 minutes

Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x20m.
- One goal at each end.



Coaching Points:

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

Description:

1. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players are limited to three touches only in their own half of the field but they have unlimited touches in the opponents half. Too many touches in your own half results in a free kick to the opposing team.
2. Goals scored following a combined play doubled.
3. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
4. **5 Minute Cool Down at the end of the game**

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