

Description of Games

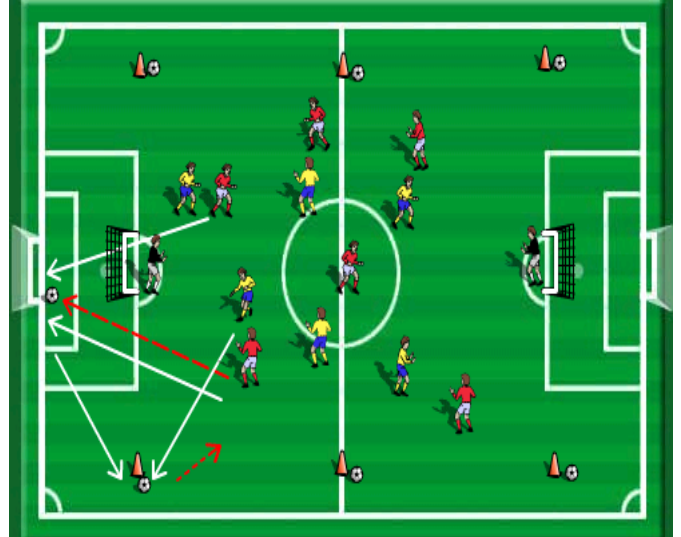
Game 1

Seven Ball Game

Players set up in seven aside shape. Six balls are placed on markers at corner flags and halfway line.

If team miss target with shot at goal they have to retrieve ball. Opposition restart game with ball from either corner. Opponents have to replace ball from marker that does not have ball. Same applies if ball goes out side of pitch.

Dimensions: 60 x 40

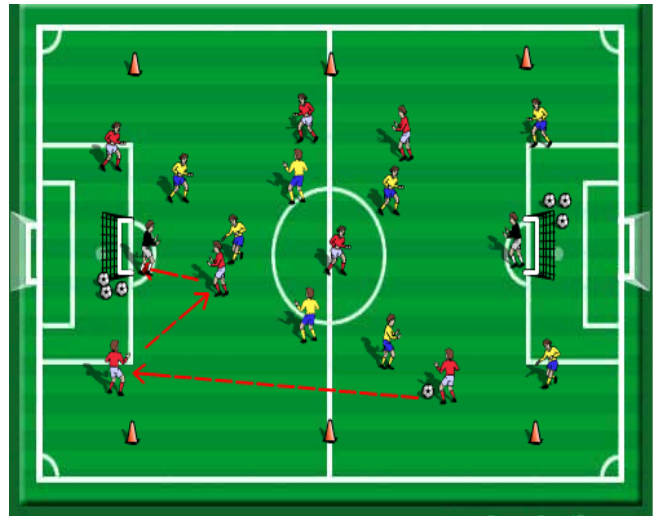


Game 2

Target Players

Players set up in formation. Two target players play from corner flag to goalpost. Condition of game is players can only score when ball comes back from target player. Encourage timing of run from supporting players. Target Players restricted to two touches.

Dimensions: 60 x 40

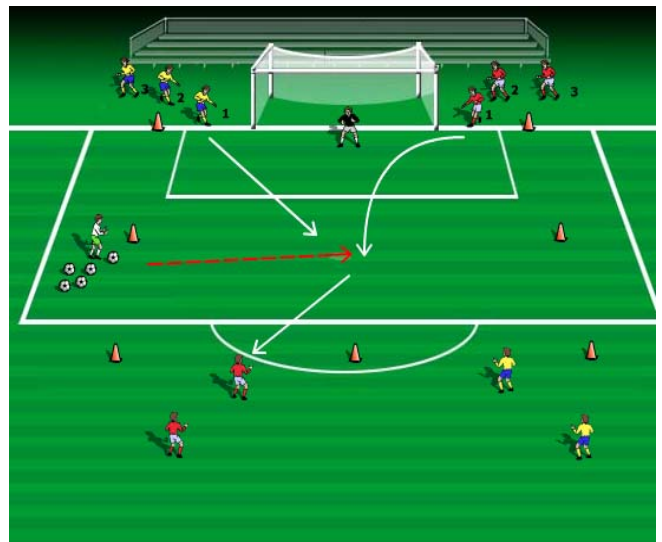


Game 3

Gerrard Houllier Game

Game starts with neutral player playing ball in area. Two players from each team from behind goal compete for ball. When team wins ball link up with end player to create 3 v 2 and attack goal. If defenders win ball hit target player.

Dimensions: 20 x 25



SFA Small-Sided Games

Training Session Planner

Description of Games

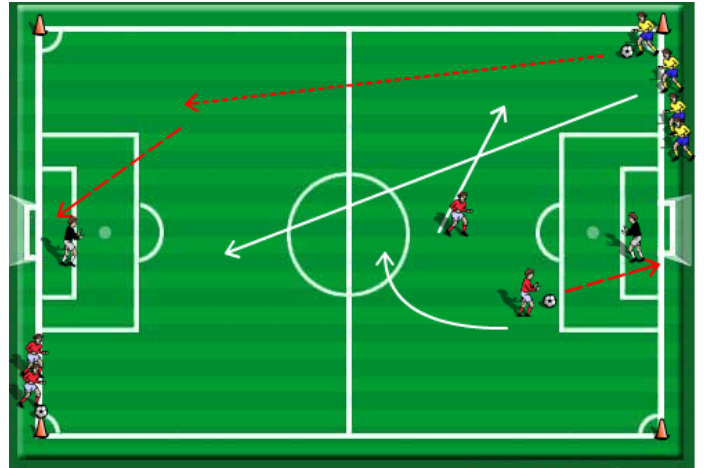
Game 4

Fast Break Attack

Players score goal by keeping ball for successive passes amount determined by coach. The amount will be determined by ability of group of players.

Game can also be conditioned to amount of touches each player is allowed.

Dimensions: 25 x 20



Game 5

Depth Game

2 reds in possession play against 2 white defenders. If the defenders win the ball they play the ball to one of the target players between the gates.

The two new red attackers now penetrate toward the two white defenders in the opposite side of the field. (The original two red attackers take their places between the two gates and so on.)

Players should be rotated so that both green and red players get a chance to defend and attack.

This could be used as a 3v2 practice if required.

Coaching Points: Deny space & time, delay, channel, cover and depth, communication.

Dimensions: 25 x 20

