

Small Sided Games

Get Outta Here! (U6 to U10)

This is a very fun shooting game. Divide the teams into two. Each team gets to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.

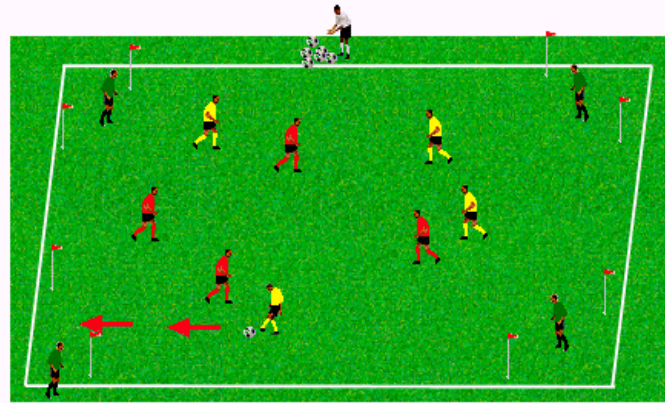


Boss of the Balls (U6 to U10)

Play is simply 4v4 to 5v5 to small goals. The coach is in the middle of the field and on the side. Coach is the “boss of the balls”. Anytime the ball goes out, the players simply leave it and the coach plays in another one. Coach continues this until all of the balls are gone. The coach then tells the players to retrieve them as fast as they can.

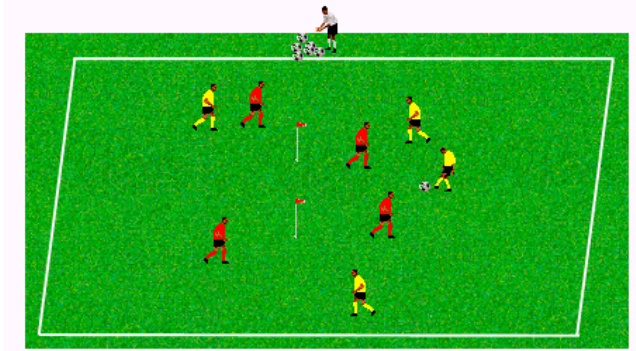
Gatekeeper (U8 and U10)

This next game is a great one that can be used with many age groups. It is good for developing vision, possession for a purpose and other technical implications. The coach makes 4 gates with cones approximately 3-5 yards wide. A player is placed inside or in between each gate. Three teams of 4 or two teams of 7-8 players. Inside the playing field, play 3v3 or 4v4. The coach plays a ball in and then points, does not yell to a gate. The person in the gate that the coach points to steps out of the gate. This is the target gate that both teams are trying to get to. They score when the ball passes through the gate. The player that was in the gate does not try to block the ball, simply step out! If the ball goes outside, the coach plays in another ball and then points to a new gate.



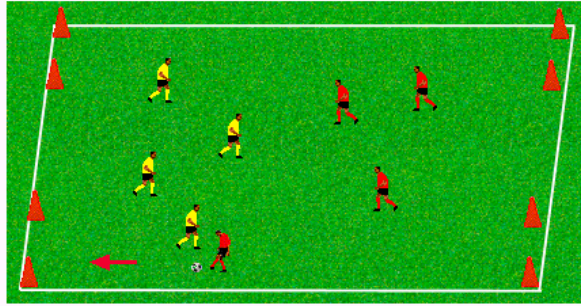
One Goal Game (U6 to U10)

Place a goal in the middle of a playing area. Two teams play around one goal. Teams can score from any direction. Can play with or without goalkeepers. A variation would be to have one team score from one side and the other team score from the other.



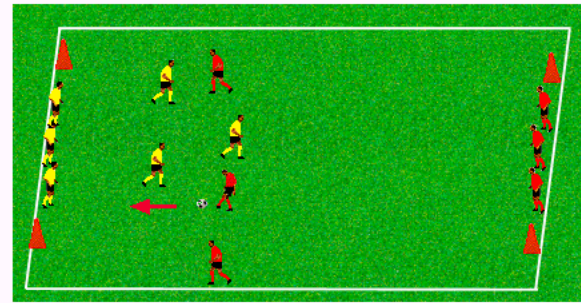
Multiple Goals (U8 and U10)

Two teams play a normal game. Each team has two goals to attack and two goals to defend. Goals are placed on the sides of the playing areas. This game is good to teach team shape and to work on getting the team to spread out a bit. When a team is on one side and it is too crowded, can they go to the other side and score?



3v3 “Change” (U6 to U10)

Two teams of 6 players. 3 players from each team play out on the field, the other 3 players go into a goal or protect a line. Play like a normal game. When the coach yells “Change” the players who were on the field switch with the players who were in goal. The players simply leave the ball where it was when the coach yells “Change”.



2v1, but in 2's (U8 and U10)

Two pairs play together one team. It is a small-sided game that works on 2v1 situations. When a team is attacking, they must attack with 2. The team that is defending, is allowed to have 1 defender on the field and the other player must go back and protect the goal, so it is a 2v1 situation. When the team that is attacking scores or a there is a change of possession, the teams simply change roles. Could play with any number of players, just that when a team is defending someone must go and play the role of the goalkeeper.

