



Rec 1 Session 2 - Game Day Prep

Category: Small-Sided Games

Skill: U8

Pro-Club: Loudoun Soccer Club
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Description

small sided games (10 mins)

Objective: Ignition game to keep players active when arriving at training

Duration: 5-10 minutes

Description (rules, number of players, grid size, etc.):

*two small sided fields to play 2v2, or one field to play 3v3 or 4v4

*add players to game as they arrive

* play with regular restarts (kick-ins, goal kicks, corner kicks).

Key Points:

few if any - get them playing!



Partner Gates (10 mins)

Objective: introduce and emphasize techniques and visual cues for playing in pairs

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

players in pairs, passing through gates. Try to pass through as many gates in 30 seconds.

Progressions: add a bandit to "steal" ball (give back to coach, then coach returns to pair)

Key Points:

Call for the ball "ball!" "here!" "ya!"

show for the ball: body balanced (on toes, feet shoulders' width, knees bent, weight forward)

passing technique: step in/snap through (placement foot next to ball, kicking foot open, toe up and heel down, ankle locked, land on kicking foot to follow-thru).

receiving technique: body balanced, open body in direction you wish to play, take touch in that direction

Vision: to find open gate, to move in sync with your partner's dribble



2v2 games (10 mins)

Objective: create game-like reps to review rules and format.

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

*two small sided fields to play 2v2

* play with regular restarts (kick-ins, goal kicks, corner kicks).

Key Points:

review game rules - kick-ins as restarts, defending team to midfield for goal kicks, etc.

encourage quick restarts as kick-ins - players off ball must move to open "window"



4v4 game (20 mins)

Objective: apply concepts and techniques from previous activities into full game

Duration: 20 mins

Description (rules, number of players, grid size, etc.):

two teams

full rules (kickins, goal kicks, corner kicks etc.)

play four 5-minute quarters to replicate game

Key Points:

*team shape - recreate your diamond at each restart; stay connected as the ball moves up and down the field, and to offer supporting options

*transition - pushing up quickly to join the attack, dropping back quickly to defend goal

*use your "skills" when dribbling

* play around the "scrum" of players.

