



Small-Sided Games Session

Category: Small-Sided Games
Difficulty: Moderate

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

IAS Special Topics Clinic: 4/4/17

Warmup

Surfaces Dribbling

Technical Warmup using all surfaces of each foot.

Organization:

- See Diagram
- One ball per group of 2 players.
- Set of cones set up in small space.

How to Play:

- Dribbling patterns, Attacking Moves & Turns between cones.

Coaching Notes:

- Keep control of ball (within touching distance).
- Stay balanced.
- Use both feet.



2v2 Activity

2v2 Rapid Fire

Continuous SSG Activity that forces quick decision making.

Organization:

- See Diagram.

How to Play:

- Coach serves balls.
- One player from each cone enters the field when new game begins.

Coaching Notes:

- Recognize when it is best time to dribble and best time to pass.
- Go forward right away.



Final 4v4

4v4 Games

Final phase of the session. Add different restrictions & progressions.

Organization:

- See Diagram. 4v4 to Goal.

Progressions:

- Require certain amount of passes.
- Add a neutral / target player.
- Add channel / wing players.
- Only play the direction you face.

