



Diagram Key:



Player running with ball



Pass



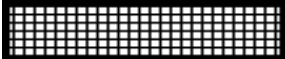
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

4+2 v 4+2 plus GK's

Category: Small Sided Games

Practice Segment:

- Technical/Tactical

- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Ball Striking/Shooting
- Defending

Players: 14

Time: 20 min

4+2v4+2+GK's

Set Up:

- 2 teams of 7 (4 outfield players, 1 gk, 2 "bumpers" per team)
- Bumpers are beside the goals (off field) and are 1 or 2 touch and must actively support the play
- Players inside the field may be put under condition at the coach's discretion
- Bumpers rotate with outfield players at a set time interval; sub/switch "on the fly."
- Team shape for outfield players is a diamond

Action:

- Play is free or as conditioned by coach depending on training goals

Points of Emphasis:

- Use skill to solve problems-play yourself out of pressure without kicking ball away
- Support angles
- Receive facing forward or on the half turn
- Recognize opportunities to run a defense w/ball and take on unsupported defenders
- Take responsibility to shoot when in a good position
- Be comfortable and confident on the ball. If you lose it, win it back immediately

