



U8-U14 Small Sided

Category: Small-Sided Games

Difficulty: Beginner

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Description

1v1, 2v2, and 3v3 situations happen all over the field in any game format. Very important to learn how to make good decisions in these situations!

Lay out a 20x20-20x30 space with cones or goals.

All games can be played 1v1 or 2v2

1v1 to goals can be played up to 3v3

After you are a defender you go to the attacking line, after you are the attacker you go to the defending line. Can also be played with defenders and attackers staying in their lines for a certain amount of time (3mins suggested per round) then switching roles.

Keep rounds short (3mins suggested) but ensure players are giving 100% effort within the short periods. Several rounds can be played. Several games can be going at the same time to ensure shorter lines (3-4 people per side ensures enough rest and keeps players focused)

1v1 to space (10 mins)

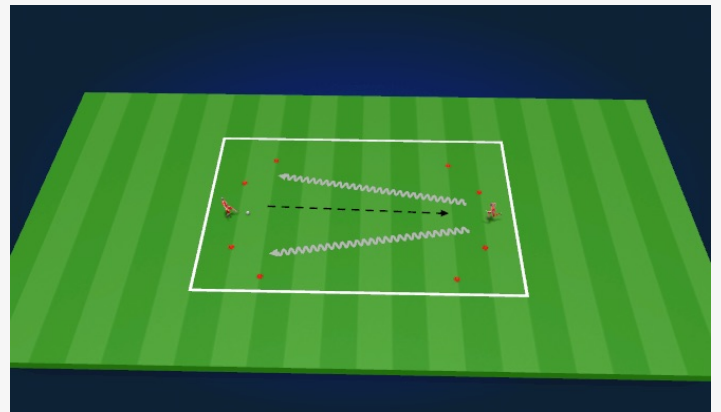
1v1 to space

Defender plays the ball across to attacker, attacker with the ball tries to beat defender 1v1 and dribble through either of the cone gates. If defender takes it he can dribble across the cone gates towards his attacking end.

Variations:

1v1 can be from defender coming from the front or behind to setup different game like scenarios.

You can play off a 1-2 pass from your coach as defender approaches to work on a different game like scenario.



1v1 to space/goal (10 mins)

1v1 to space/goal

Place a goal in place of one of the cone gates. Players can now shoot/pass on the small goal or dribble through the cone gates. This should add a layer of unpredictability from the attacker.

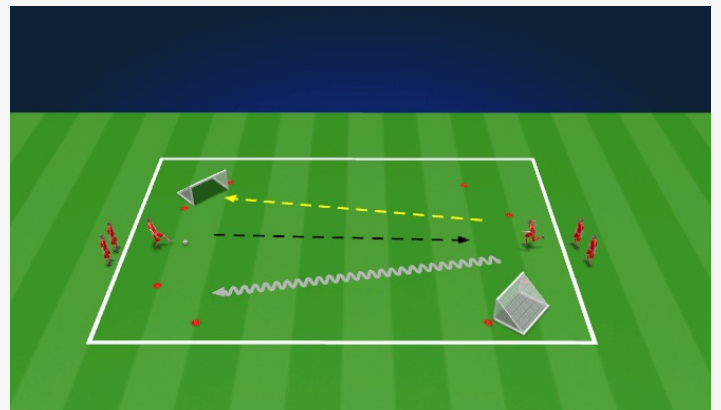
Variations:

1v1 can be from defender coming from the front or behind to setup different game like scenarios.

You can play off a 1-2 pass from your coach as defender approaches to work on a different game like scenario.

Coaching points:

- Can you use a body feint or fake kick to create the illusion you are doing one thing or another to trick the defender?
- Change your speed & direction



1v1 to goals (10 mins)

1v1 to goals

Same as the others except now players has two passing/scoring options and does not need to completely beat the defender in order to score. Half a second of space can be created in order to score.



Numbers Up (10 mins)

Numbers Up

Play starts with 1v1, the player who scores will stay on after scoring and immediately defend. Whichever side the goal was scored on brings a player on and defending team is now attacking the player who just scored in a 2v1 situation, once they score it become 2v2 then 3v2 and finally 3v3 to end. If the defending team steals the ball and scores while they are down numbers for example in a 2v1 situation and the 1 scores then it becomes a 3v1 then 3v2 and finally 3v3. Attacking coaching points:

- First touch
- Change of speed & direction to throw defender off balance
- Use skill moves when/if needed (be creative!) - sometimes less is more, 10 skill moves aren't necessary to beat the player
- Body feints/fake shots

Defending coaching points:

- Fast to slow, sideways and low as you approach attacker
 - Cut off space quickly for them to dribble but slow down as you get closer - in athletic side on position ready to change directions or steal the ball
 - Patience - don't stab/poke, wait for a mistake
 - Curved run to cut something off

These can be used for defending principles or attacking principles.

