

Small Sided Games - #10 / 4v4 – Ice Hockey style

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Set up as illustrated using cone for goals.
- No goalkeepers

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

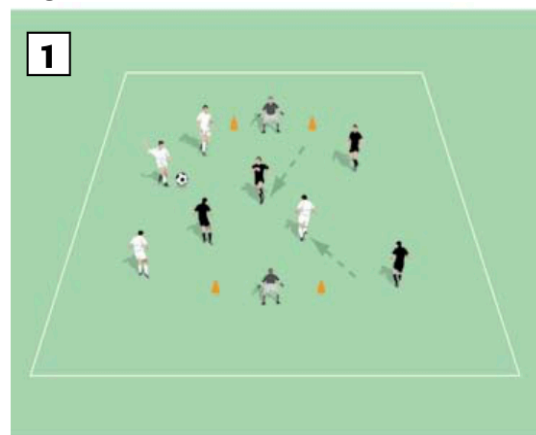
Rules

- The players can score in the front or the back of the goal.

Coaching Points

- As with most small-sided games, the emphasis is on pass.
- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot when the opportunity presents itself.
- When defending, close down the player on the ball quickly.
- Encourage players that if they are blocked when in front of goal they should look to play quickly to the other side, behind the goal to try and score.

Diagram



1. The team in possession are looking to create scoring opportunities but the path to goal is blocked.



2. A white attacker makes a run behind the goal, his team mate spots him and passes.



3. A goal is scored through the back of the goal - ice hockey style.