

Small Sided Games - #18 / Directional Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated with 4 mini goals, positioned on all four sides the playing area.
- Two teams of four players.

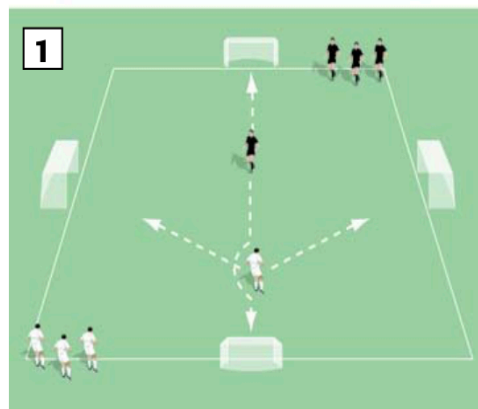
Rules

- One player from each team enters the pitch.
- Start the game by feeding a ball in for a 1v1 dual.
- One team attacks the goals across the width of the pitch.
- One team attacks the goals down the length of the pitch.
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- After each attack add one to each team.
- The game is played for a set period of time.
- If a goal is scored or the ball leaves play, pass a new ball onto the pitch.

Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- When defending, close down the player on the ball quickly.

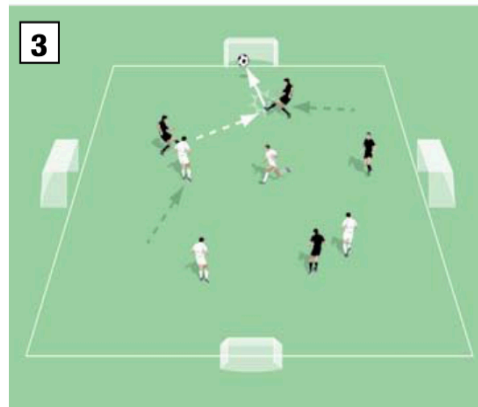
Diagram



1. The white team are trying to score left to right, blacks top to bottom.



2. It's now 4v4 and the black team make it difficult by pressing and tackling.



3. When they win possession, the black team must attempt to score.