

Small Sided Games - #2 / Two Goal Game, Skinny Pitch

Start Game – 15 Minutes

Organisation/ Explanation

- 4v 4 + goalkeepers' game.
- Playing Area: 25m x 20m.
- Two size zones 5m from touchline.
- Session set up as illustrated.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

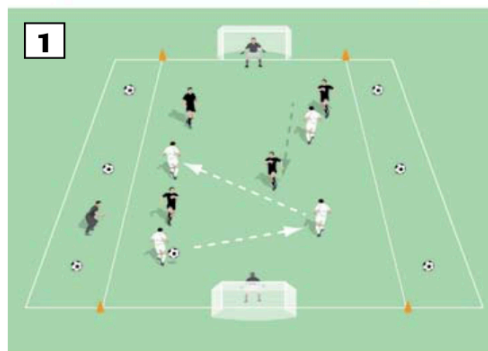
Rules

- The pitch is long in length but short in width.
- This forces the teams to try and build up in central areas using their skill and combination play.
- No offside rule.

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.
- Play the ball to the outside players as often as possible to score a point.
- When defending, close down the player on the ball quickly.

Diagram



1. The team in possession must pass up the middle of the pitch.



2. The narrow pitch means they need to pass accurately and shoot quickly.



3. Each team takes it in turn to mount an attack.