

Small Sided Games - #20 / Two Goal Game, Score In The End Zone

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 30m x 25m.
- 4v4 game.
- Set up as illustrated with 2 empty goals.
- No offside.

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.

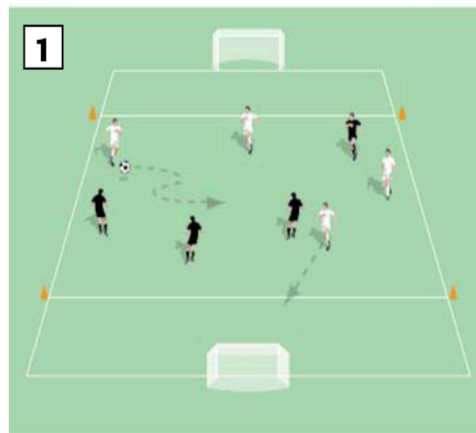
Rules

- A goal can only be scored from inside the end zones.
- Game is played in the central area.

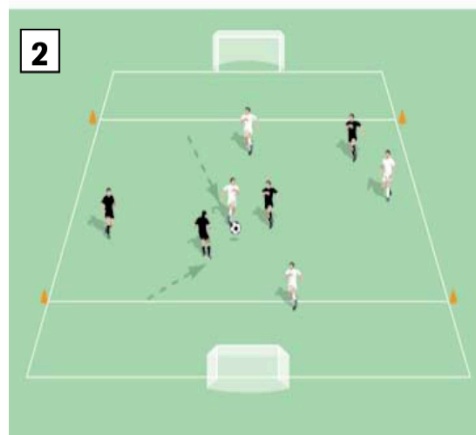
Coaching Points

- 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.
- Shoot as often as possible when in the end zone.
- When defending, close down the player on the ball quickly.

Diagram



1. The white team are in possession but must start within the coned off area.



2. A white player makes a run into the end zone.



3. His team mate spots the run and makes a pass into the end zone.