

## Small Sided Games - #3 / Volley & Catch

Start Game – 15 Minutes

### Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Session Set up as illustrated with 6 small goals on the end lines.

### 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 player in possession is allowed to make one bounce movement using their hands (basketball style).
- To pass the ball players must make a volley pass out of their hands to one of their teammates.
- To score a goal, the players must make a first-time volley shot into the one of the opponents' goals.
- No offsides.

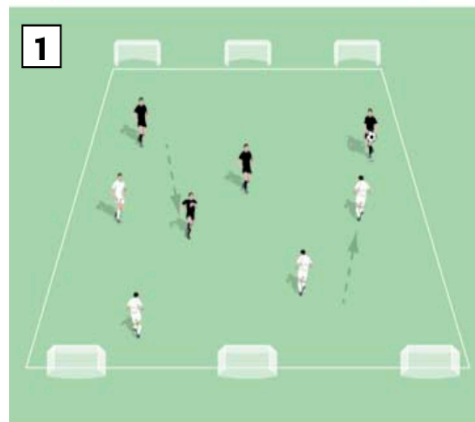
### Variation

- To pass the ball, players use their hands to throw the ball to team mates to encourage goalkeeping skills.

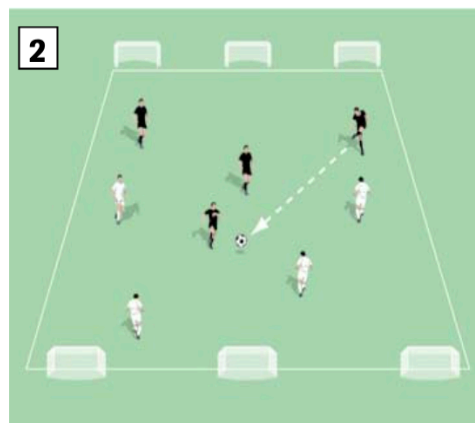
### Coaching Points

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

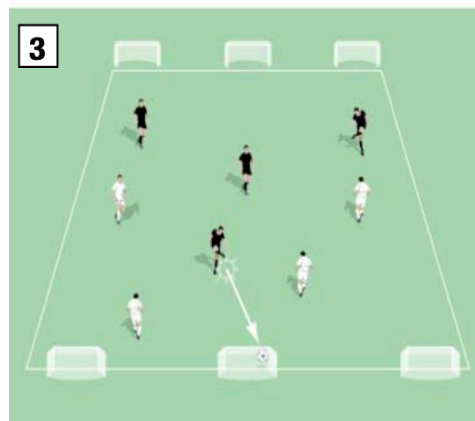
### Diagram



1. The player in possession can bounce the ball basketball-style.



2. The players must volley "out of their hands" to pass.



3. To score, the players must volley the ball into an open goal.