

Small Sided Games - #6 / Play Out, Go Out.

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Set up as illustrated.
- Both teams have two players inside the playing area and two players on outside of the playing area.

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

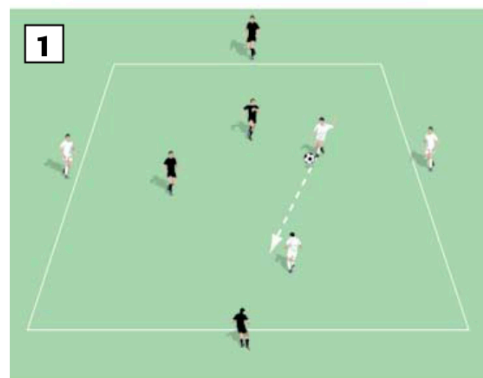
Rules

- The aim of the game is to make a pass out to a team-mate.
- The passing player then goes to the outside whilst the receiving player dribbles into the playing area.
- A goal is awarded for each successful pass to an outside player.

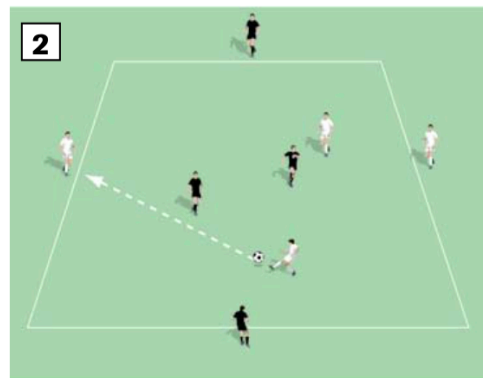
Coaching Points

- 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.

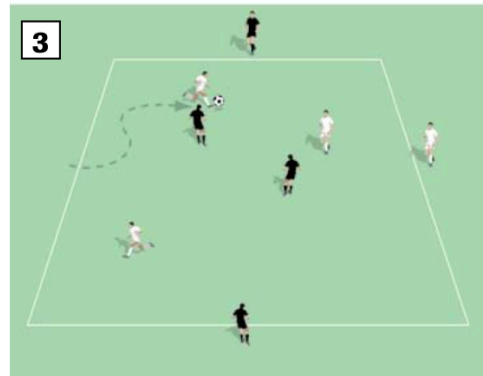
Diagram



1. The white team are in possession in a simple 2 v 2 game.



2. A white player creates an opportunity to pass to his team-mate off the pitch.



3. A successful pass means the two players swap roles.