

Passing & Receiving: Small-Sided-Game #1

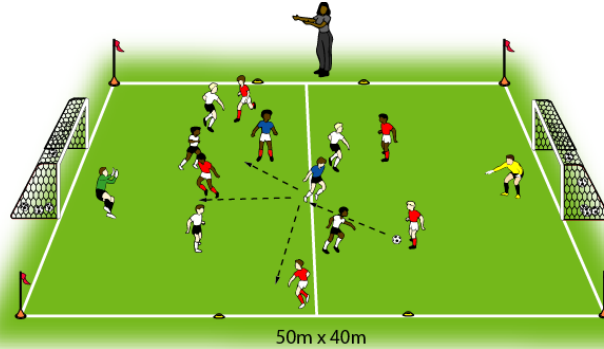
Small-Sided-Game:

Passing & Receiving Game.

20 minutes

Organization:

- Two teams of 6 including the GKs plus 2 neutral players.
- Playing field of 50x40m.
- One goal at each end.
- The 2 neutral players are always on the team in possession.



Coaching Points:

- Get behind the ball to receive it.
- Receive the ball facing forward if possible
- Relax your controlling surface on contact.
- Keep the ball rolling & out of your feet.
- Watch the ball.
- Passing: Part of foot; part of ball.

Description:

1. This game is designed to allow players in possession of the ball with space and increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a “kick-in” when the ball goes out over the touch line. Switch the neutral players every 5 minutes.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

