

Dribbling & Shooting: Small-Sided-Game #1

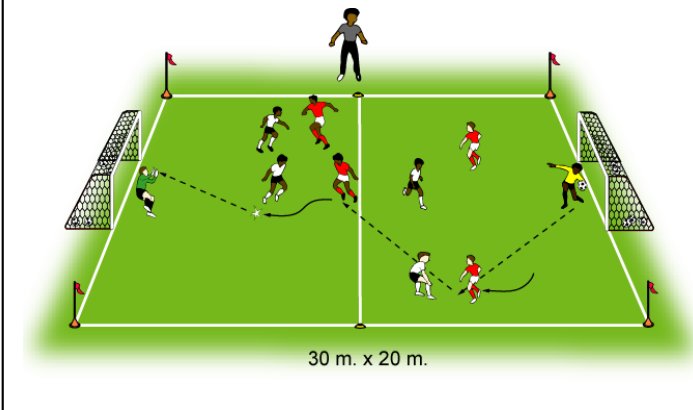
Small-Sided-Game:

5v5 Dribbling Game.

20 minutes

Organization:

- Two teams of 5 including the GKs
- Playing field of 30x20m.
- Markers to indicate the halfway line
- One goal at each end



Coaching Points:

- Take a long first touch to take space quickly.
- Get head up to see what options you have.
- Cut across the defender when you get past them.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

- 1 Play begins with one of the GKs rolling the ball to a teammate who looks to try and build play toward the opponents goal. All players must attempt to dribble past an opponent in the opposing half of the field but may pass to teammates in when they receive the ball in their own half. Normal rules of soccer with the exception that the ball must be “kicked-in” when the ball goes out over the touch line.
- 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**

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