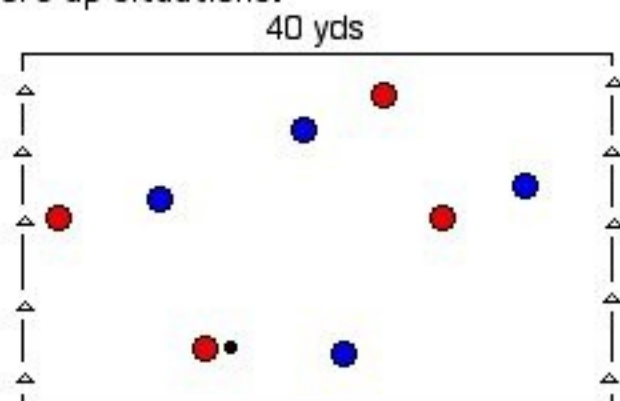
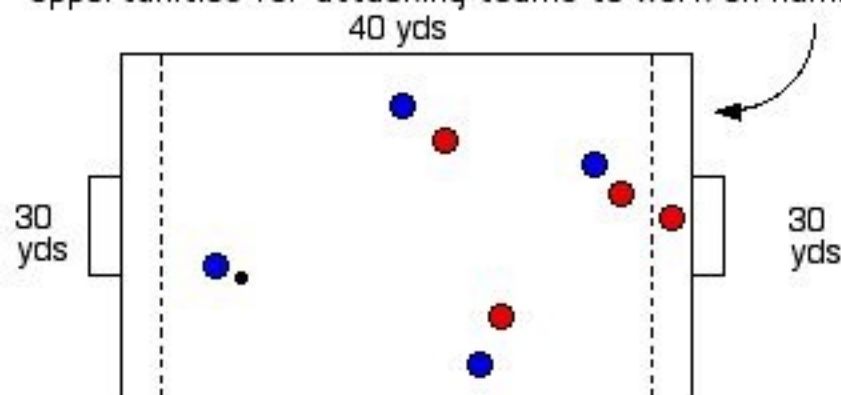
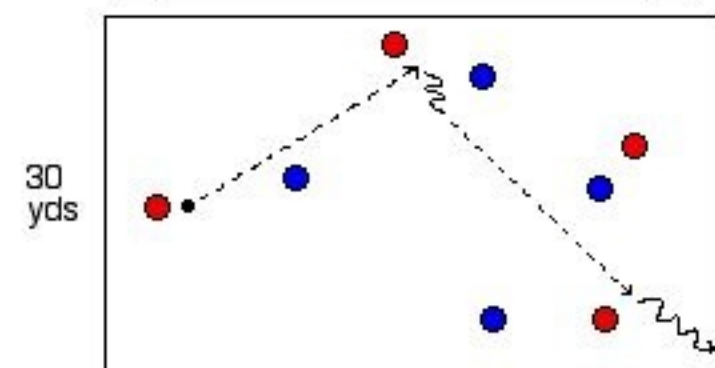


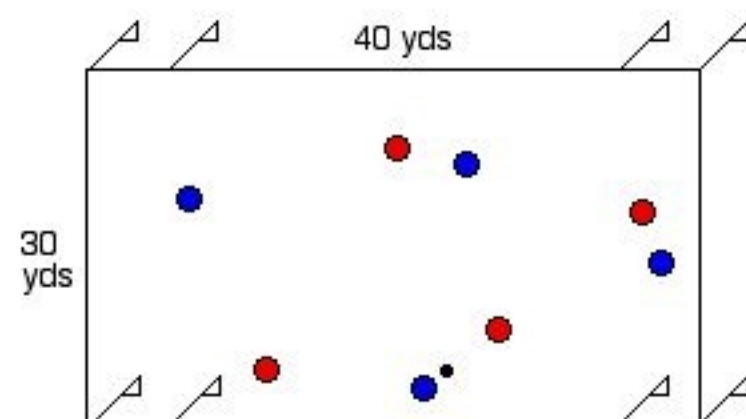
One Goes Back Game: The defending team must always send one player to become the GK. GK's must remain in the neutral zone, delineated by a line in front of the goal. Anytime a defending team wins possession of the ball, they cannot go to goal until they have played back to the GK in the neutral zone. This gives the opponents time to send one player back to goal. The attacking team always has one more player than the defending team, creating opportunities for attacking teams to work on numbers up situations.



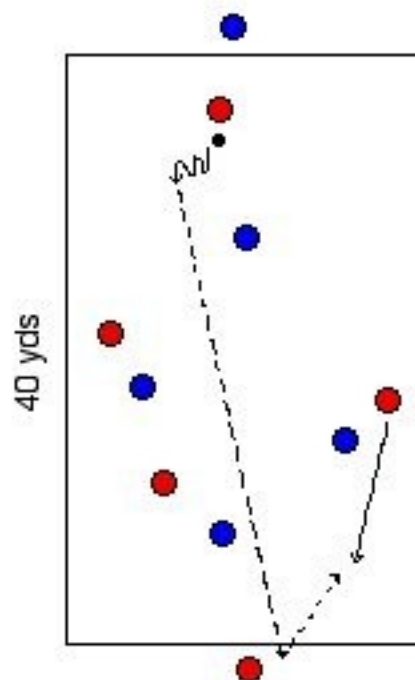
Hit the Cones Game: The object of the game is to knock over all of the opponents cones with the ball. Attack the least defended cones.



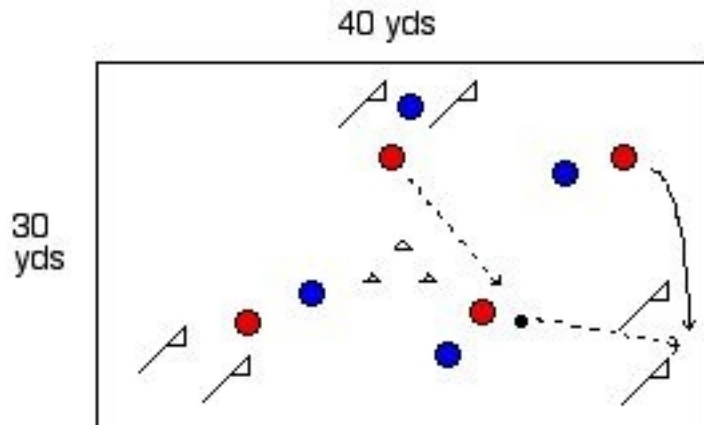
Line Soccer Game: Reds attack one direction, blues the other. Goals are scored by stopping the ball on the opponent's endline.



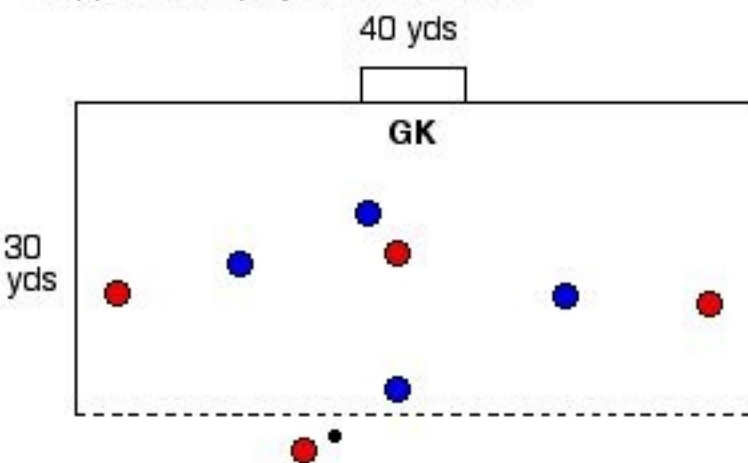
Four Corner Game: Each team attacks only one direction, but has two goals to score on...one in each corner of the attacking half. Players are evaluated by whether or not they choose the most beneficial direction to attack, and if they can switch the point of attack rapidly enough to take advantage of a numbers-up situation.



Targetman Game: Each team has a targetman off the end of the field. Targetmen have one touch. A goal is awarded when a team can connect a pass to their targetman, then receive a pass back from him. The attacking team should rush to support to receive the 2nd. This game is excellent for teaching downfield support on penetrations.

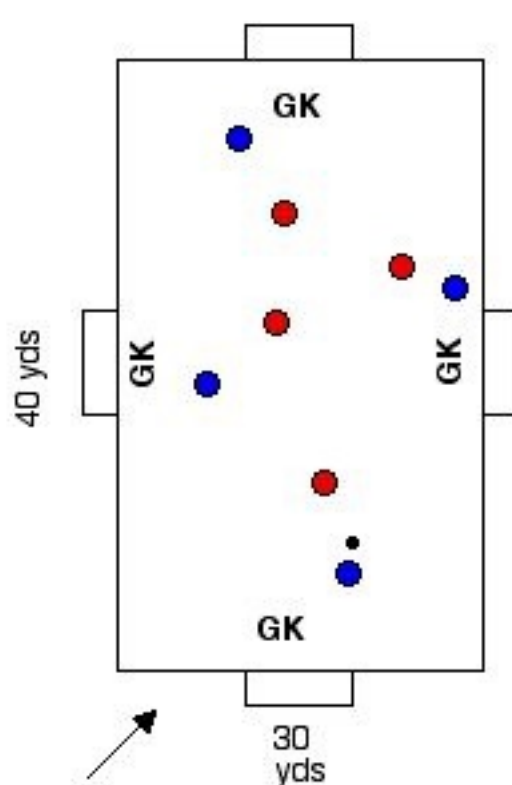


Thru the Gates Game: Teams score one point by connecting a pass thru the flags to a teammate. No team is allowed to score thru the same goal two times in a row. Notice the cones set in the shape of a triangle in the middle of the field. Any passes connected thru these cones are worth two points. The game does a good job of constructing scenarios where teammates must support the player on the ball.

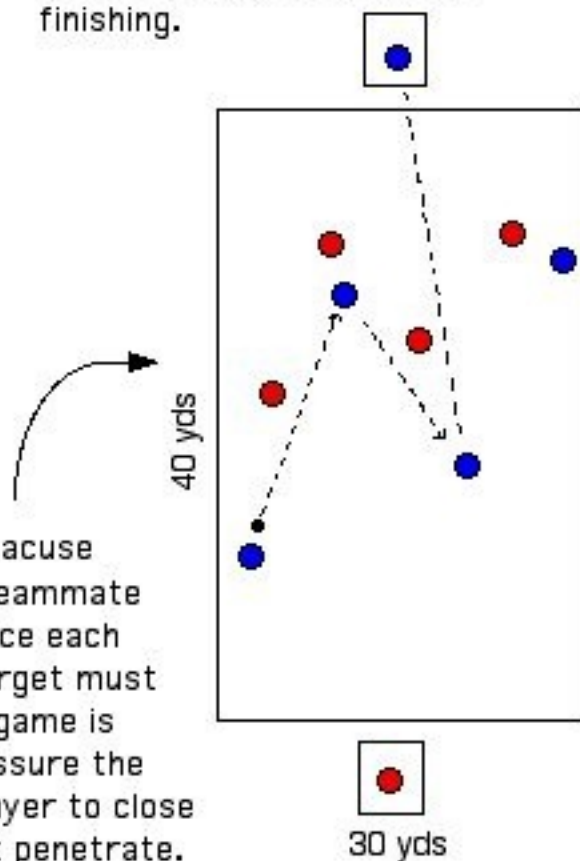


Backcourt Game: Like basketball, the ball must be taken 'back' before going to goal. Offsides is in effect. Teams do not have to take the ball back if no shot was taken before possession was lost.

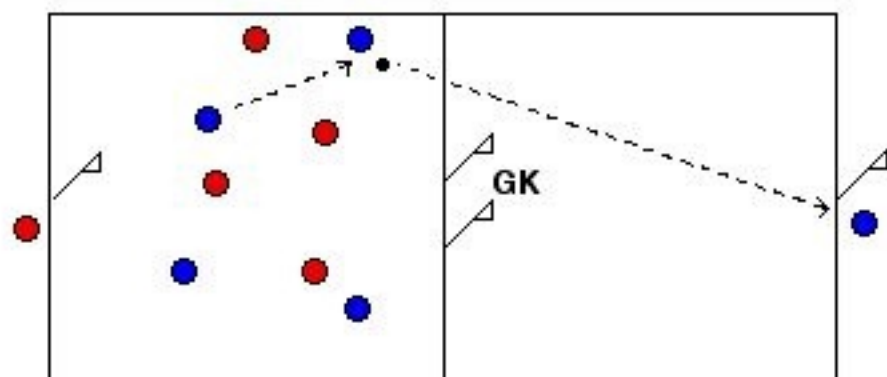
Chip It In Game: This game is called "Chip it In" because teams score points by chipping the ball to their teammate stationed in the grid off the end of the field. Notice each team can score on only one end. To count, the target must catch the pass while staying within the grid. The game is excellent for teaching the defending team to pressure the ball. The defending team must get the closest player to close down the ball quickly so the first attacker cannot penetrate.



N-S-E-W Game: Each team attacks two goals - a side goal, and an end goal. Notice each goal has a goalkeeper. Because there are so many goals involved, this is a good game to promote finishing.

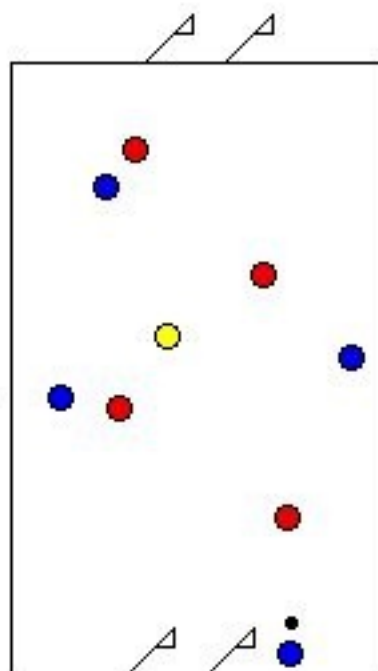


50 yds



Switch Ends Game: Each team has a teammate on an end flag. Teams may only score on the end where their teammate occupies a flag. If possession is gained in the opponents' end, the ball must be switched to the other end and a pass sent to the man on the flag. Whoever plays the ball to the flagman, becomes the flagman, and the flagman can now play himself into the game. The flagman must pass himself in; he cannot receive a pass and dribble to goal. The GK defends both sides of the goal. If the GK gains possession of the ball, he cannot play it to a flagman, but must distribute to a field player. The last person from either team across the midline owes 10 push-ups. The game is good for working on transition, fitness, and play to goal.

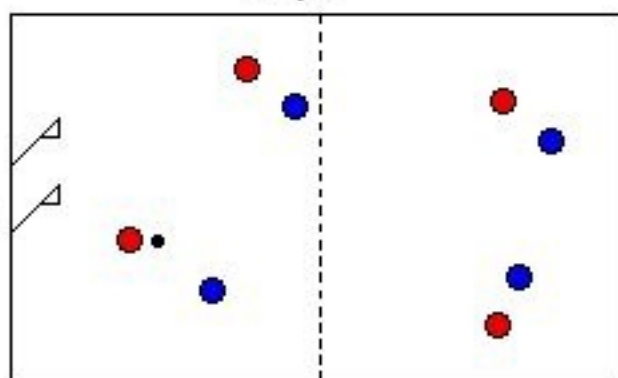
40 yds



30 yds

4 vs. 4 + 1 Game: Two teams of four attack in different directions. One neutral plays all-time offense, giving the team on the ball a man advantage. The game is useful for creating situations where players must find the open man.

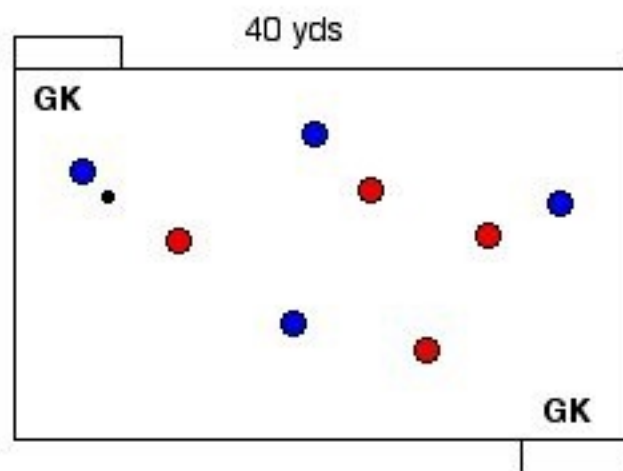
40 yds



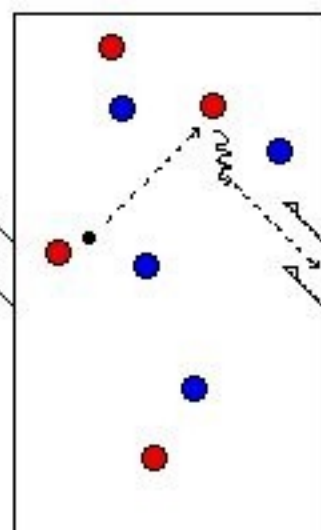
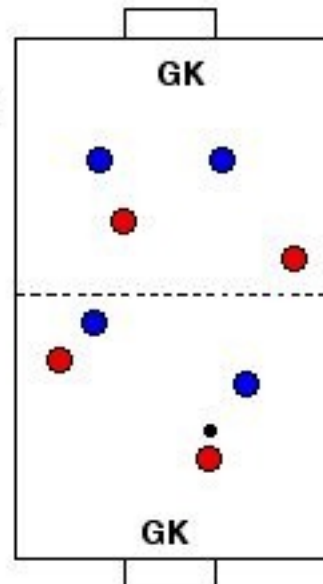
All-In-Front-Half Game: In this game, goals are disallowed unless the attacking team has all players across the line, in the attacking half of the field. This condition forces the team to push forward as a collective unit.

Diagonal Goals Game: Two teams attack different directions. Notice the goals are located in the corners of the field. This field shape creates crossing opportunities, not only from the end line, but also early crosses, and switches further out from goal. How players deal with crossed balls, and what positions they get into for the cross, all comes into play.

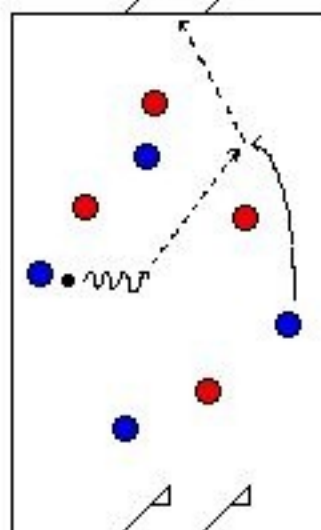
30 yds



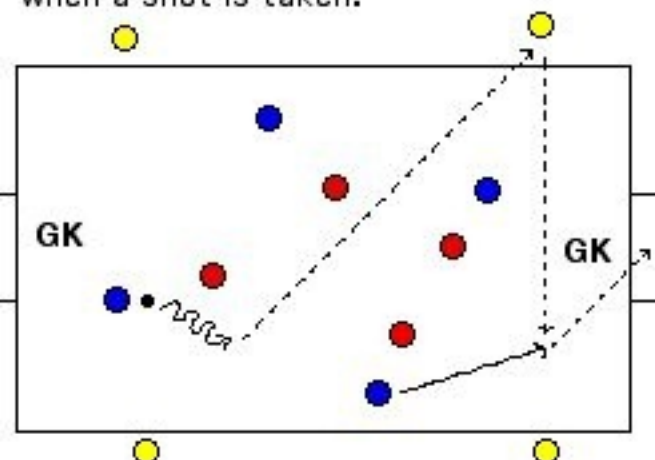
Competitive Cauldron: This game concerns itself with individual performance. Every player is competing against every other player for points. Each player is responsible for keeping track of how many goals and assists they score. At the end of each five minute game, players return to the coach to report scores. Wins are worth 2 points, shutouts 1 point, ties 1 point for entire on the team. Losses = 0. Goals count 1 point per, max of 3 per game, but only for the player who scored them. Coach records scores for each player at game's end, then makes new game assignments. Players never play on the same team. After 8 games have been played, the coach tallies the points, and each player is ranked, #1, 2, 3 and so on.



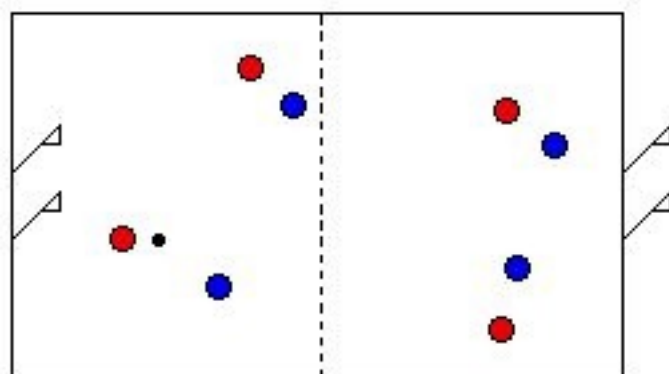
40
yds.



Long Shots Game: 3 points are given for any goal struck from the far end, with one point given for goals from the attacking half. The game encourages shots from distance, and teaches those not shooting to get into good positions when a shot is taken.

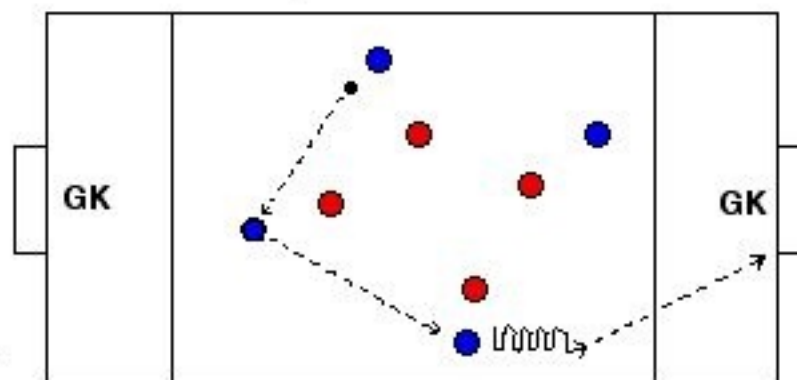


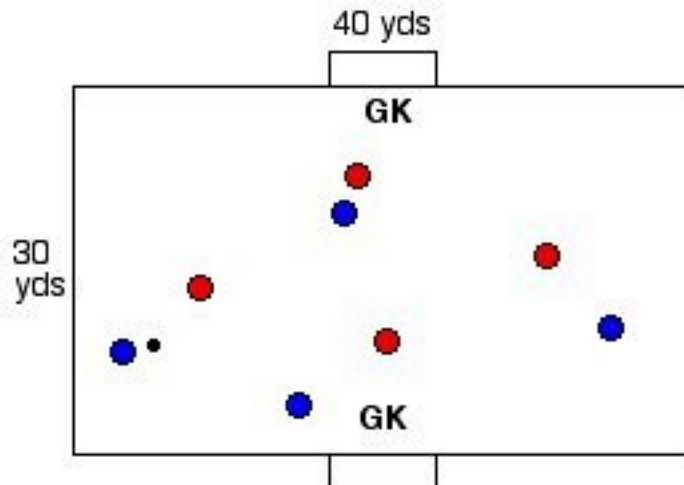
Inside-Out Game: Both teams can use the neutrals located outside the boundaries. Neutrals have one touch. Each goal and the losing team rotates with the neutrals.



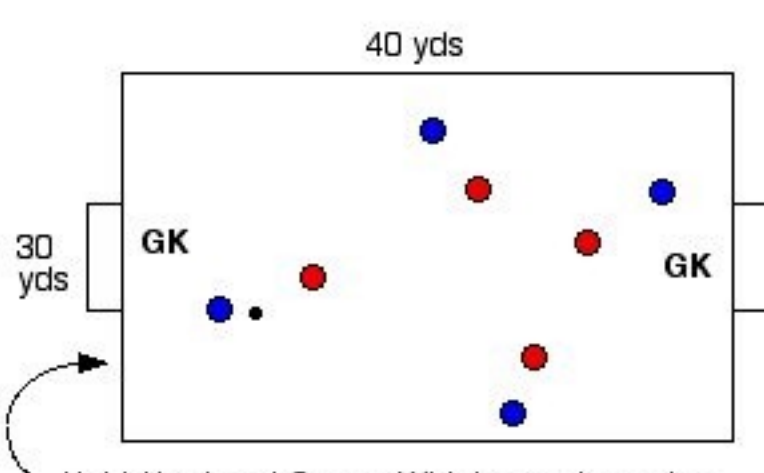
Two-Touch, Unlimited-Touch Game: All players are allowed only 2 touches in their half of the field. But players are given unlimited touches in the attacking half. Teaches field awareness.

Shoot Before the Line Game: Goals must be scored by shooting before the line. The distance between the shooting line, and the goal, can be adjusted depending upon the ages of the players. This game sharpens striking from distance.

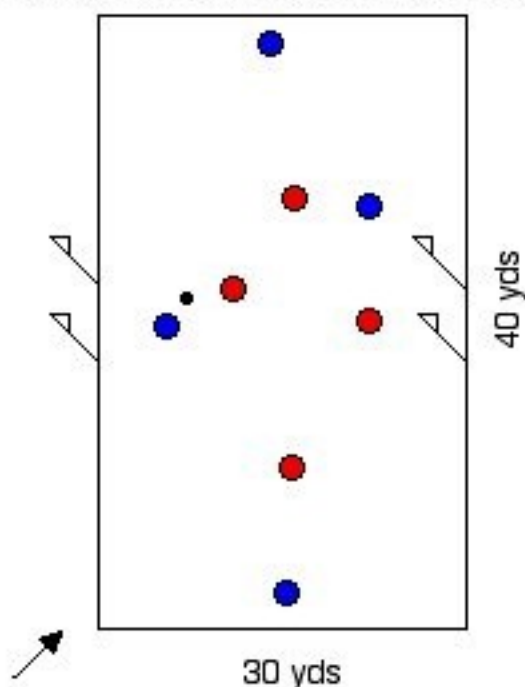




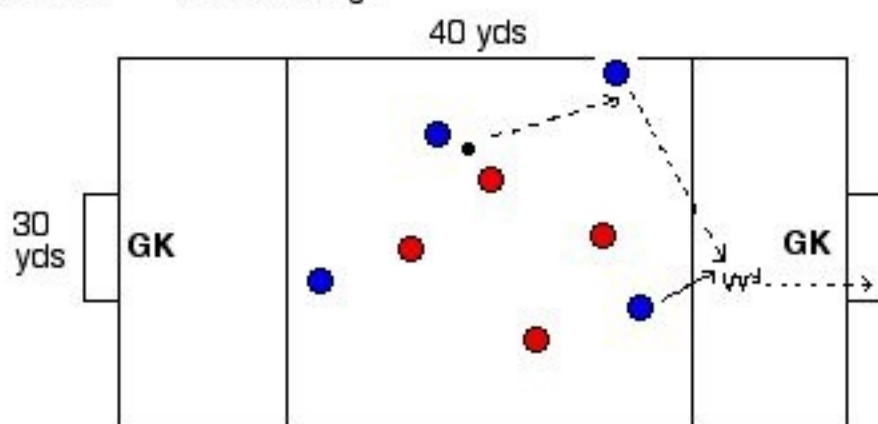
Six Touch Shot Game: Each team is limited to a collective maximum of 6 touches. By the 6th team touch, a shot must have been taken, or possession is given to the opponent. This means the first player receiving the ball may take 3 touches, a teammate 2 touches, and a third teammate 1 touch, the last touch culminating in a shot. The bottom line is, only 6 touches per team per possession. This condition forces players to be efficient in getting to goal, as the team has little room to waste touches.



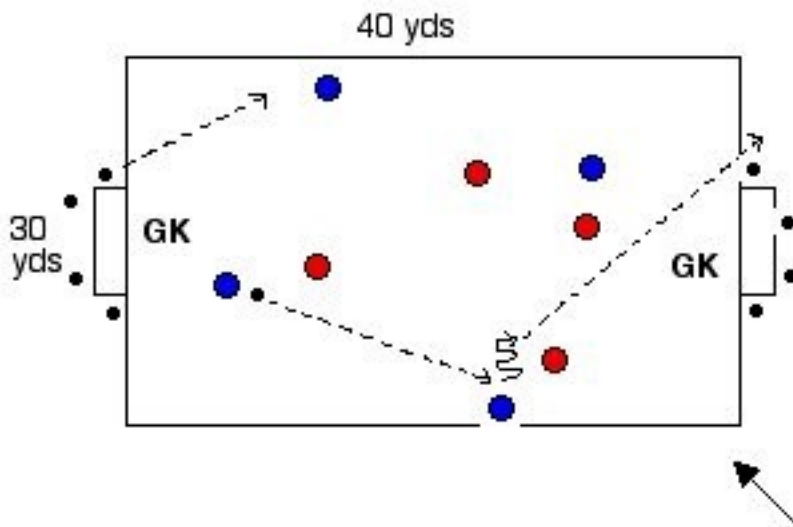
Hold the Lead Game: Whichever team has the lead, or scores first, is not allowed to score again until the other team ties. This means the team with the lead must maintain possession, defend at all costs, and delay. Once the game is evened, both teams attempt to gain the lead. Players are judged at how wisely they 'hold' a lead. Successful lead holding tactics include putting a premium on defending the center of the field, not taking great risks, looking for counterattacks, and doing anything to keep the clock rolling.



3, 2, 1 Touch Game: Both teams begin the game with 3 touches maximum per player, each time that player gets the ball. Anyone who touches the ball more than the maximum suffers a penalty. When a goal is scored, each player on the scoring team then is limited to 2 touches maximum. A third goal leads to 1 touch maximum per player. Once a goal has been scored while at the one touch stage, the team is rewarded by moving back to 3 touches per man.

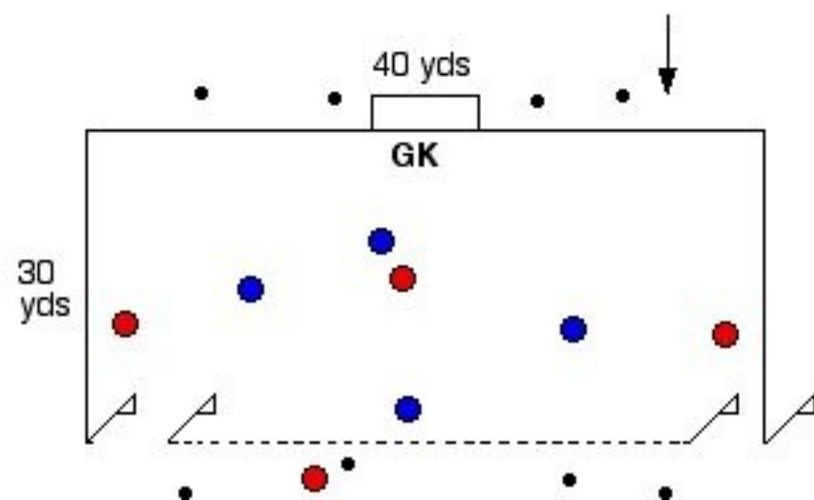
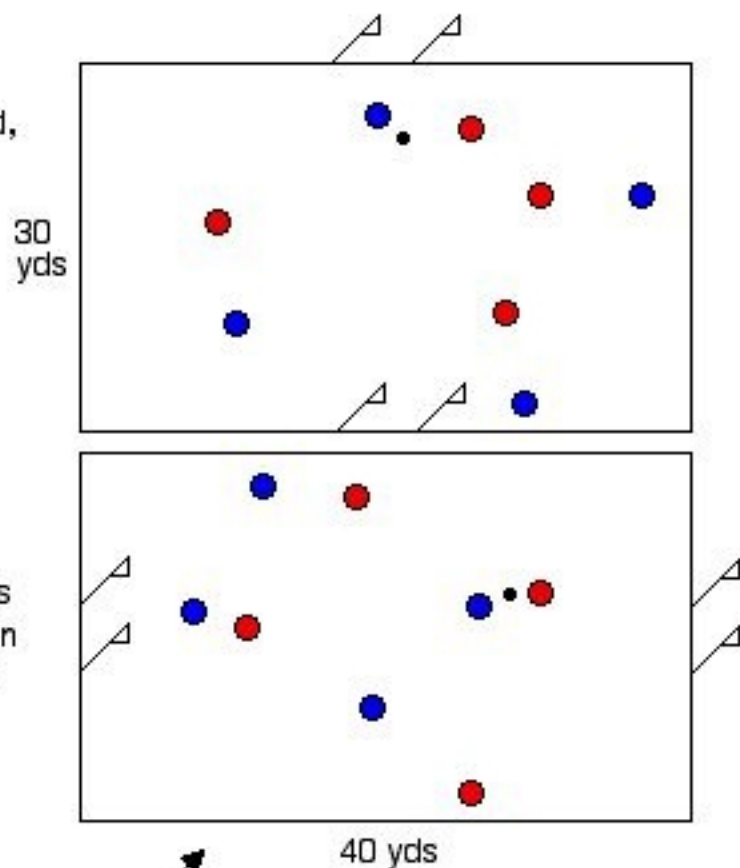


Break-away Game: Goals are scored by passing teammates into the break-away zone. One attacker, and one defender, are allowed to go into the break-away zone, but neither may enter until a ball is played in.



Far End Game: Each team attacks in one direction only. However, whenever a ball goes over an end line, another ball is entered into the game from the opposite end, so the ball never enters the game from the endline it crosses. Whichever team sent it over the endline, gains possession of the newly entered ball. This forces the defending team to have to push out, and reorganize pressure on the ball. This is an excellent game for working on the techniques and tactics of tight defending.

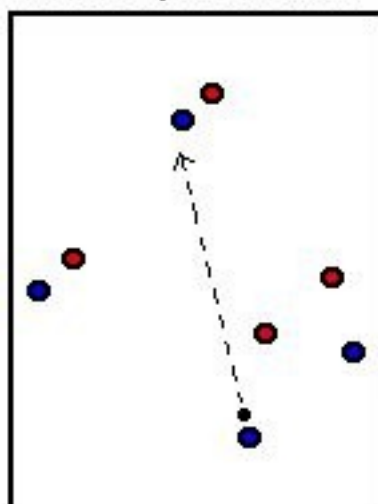
Counter-attack Game: One team attacks the big goal, while the other attacks the two smaller goals. Whenever a goal is scored, the teams switch directions. As soon as a goal is scored, an emphasis is placed on the scoring team attacking in the opposite direction quickly. Notice there are plenty of balls placed around the end of the field to enhance the surprise attack. During the transitional period, the coach can observe if the team: (a) switches rapidly; (b) tries to play to the furthest man downfield; (c) tries to get into the space behind the defense at earliest opportunity; (d) supports quickly. An emphasis may also be placed upon the defensive team in transition. The idea is to become adept at taking advantage of an opponent's lapse in concentration.



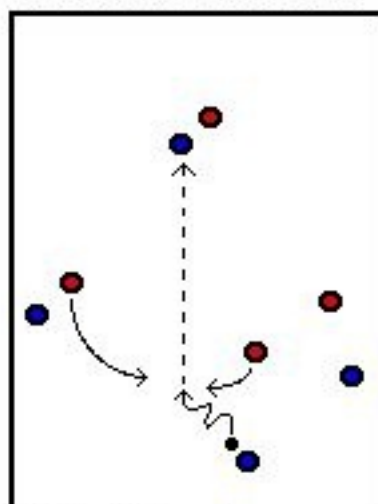
Four Team Competition: Four teams play five minute games. Whichever team of the four scores the fewest amount of goals loses the five minute game. The losing team may face some penalty for scoring the fewest goals. This game promotes the attacking mentality. Notice the fields are different shapes to create different demands.

SOME 'TRAFFIC' SKILLS SMALL-SIDED GAMES PROMOTE

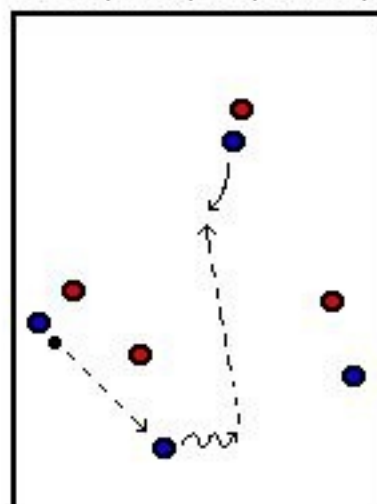
1. Encourages balls forward



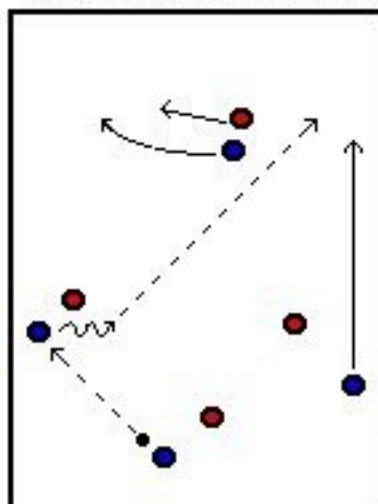
1a. Pass thru near defenders



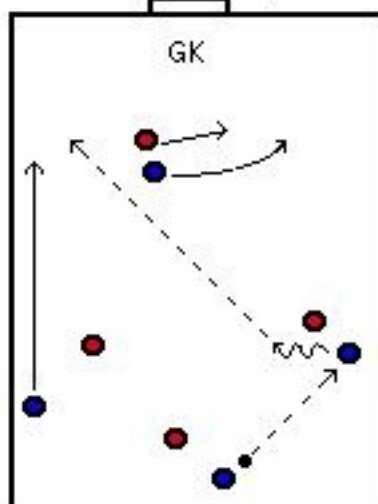
1b. Play into space (come off)



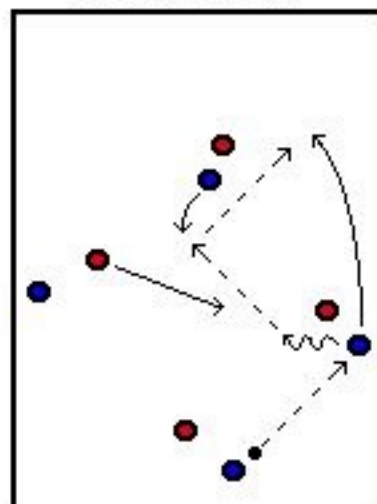
1c. Attack behind the defense



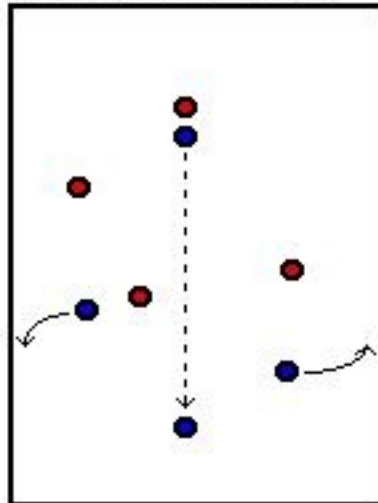
1d. Avoid GK on thru passes



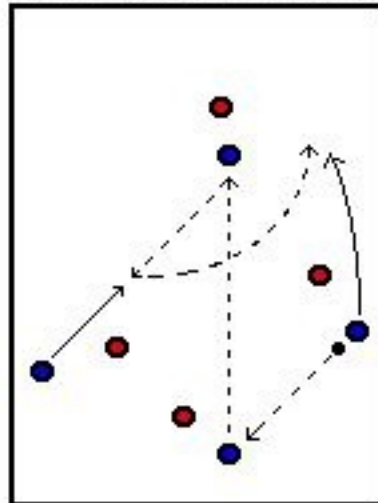
2. Combination play



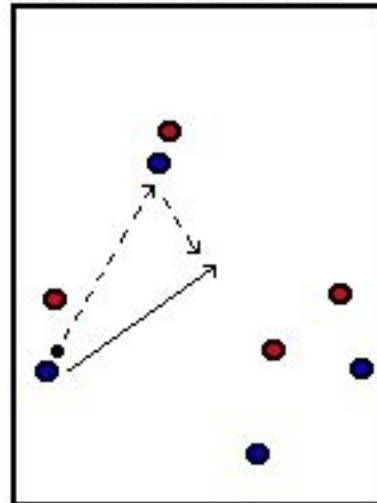
3. Get wide to create space



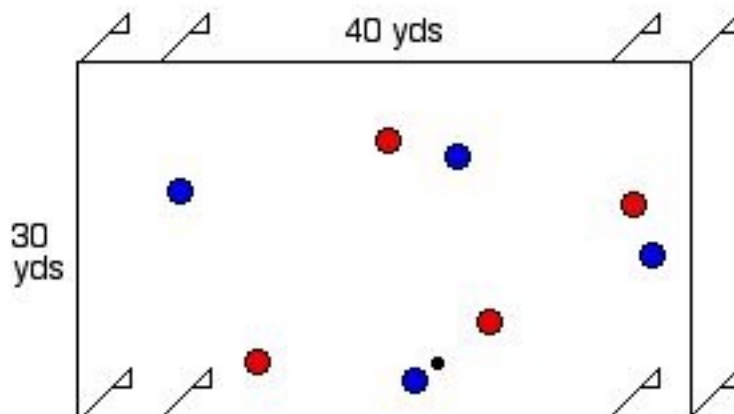
4. Support the ball downfield



5. Look for up-back passes



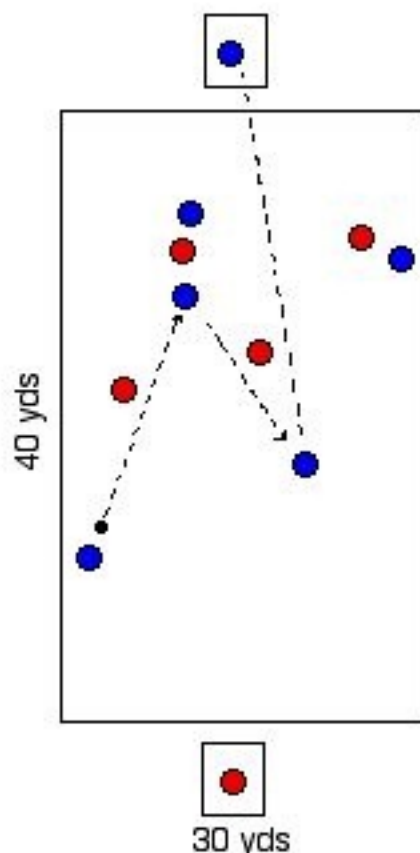
ATTRIBUTES OF WIDER-THAN-LONGER FIELDS



A field with a wider-than-longer shape:

- (1) encourages the players to play the ball outside.
- (2) generates many crossing opportunities since the goals are close together, and space available outside.
- (3) creates many opportunities for the attackers without the ball to finish off a cross since only a short run is needed to get into position.
- (4) lends itself to teaching many crossing fundamentals related to the runs into the box: covering near and far post, how to lose defenders, the timing of the runs, triangulation, etc.
- (5) enables teaching many fundamentals related to the types of crosses sent: crossing into the seams and letting the runners adjust, driven crosses of lofted crosses, preventing counter-attacks by crossing away from the keeper, whether to cross early or late, etc.
- (6) offers the chance to work on many types of finishes that result from crosses: not running past the near post, redirecting the ball rather than trying to swing at it, touching the ball downwards, playing rebounds, etc.
- (7) because of the shorter distance between goals, and the probability that defenders will be more spread out, permits more 'breakthroughs' via dribble or combination play.

ATTRIBUTES OF A FIELD LONGER-THAN-WIDE



Fields Longer-than-wide:

(1) encourage the players to play forward. The key is giving a quality forward pass.

Quality forward passes include:

(a) threading a ball through near defenders to a teammates' feet downfield; (b) playing a pass into open space for a teammate to come off a defender to receive it; (c) slipping a ball into the space behind the defense that has been weighted properly - not too fast to run off the end of the field, but not too slow as to be intercepted; (d) avoiding sending through balls down the middle of the field since the goalkeeper is close.

(2) create opportunities for combination play since defenses are compact. Attackers will be pressed to release the ball early since a lack of width means second and third defenders will likely be behind the first defender.

(3) place a premium on teammates getting wide in support since playing down the middle will be very difficult.

(4) demand that players who play balls forward move quickly downfield to support.

(5) generate situations where possession often involves the ball being sent up and then back.