

## U10 Session Plan #8

### Small Side Games



#### HIGH PRESSURE

**Emphasis:** Possession under intense pressure. Will also aid in developing a greater anaerobic capacity

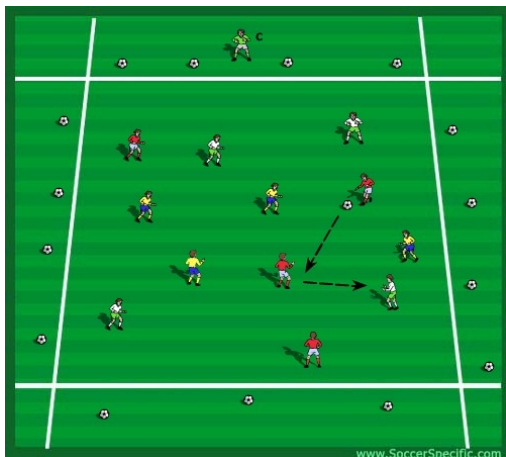
**Set-up:** 30 x 30 yard grid. 18 players split into 3 teams of 6 players. 12 players (red and yellow teams) start inside the grid with one ball. The remaining 6 players (green team) spread around the perimeter of the grid. The teams are arranged in a 6v6 format. Seven gates are created using cones placed approximately 1 yard apart

**Objective:** Both teams must play man-to-man defending. Teams must maintain possession of the ball through sharp passing and constant movement. Points are awarded for successfully passing the ball to a teammate through any of the gates. Points are also awarded for 5 consecutive passes by either team. Players outside the grid (green) can be utilized but are limited to one touch. The defensive team must attempt to put as much pressure as possible on the team in possession to encourage a high tempo. Play is continuous for 3 minutes. They then position themselves around the perimeter of the grid for the next game.

**Progression:** Two-touch restriction for all players. Players can also score by dribbling through the gates. Reduce the size of the playing area.

#### **Coaching Points:**

- Passing must be sharp and accurate – keep the ball moving.
- Players must offer good angles and distance of support to receive passes.
- Constant movement to find and exploit the available space.
- Go for the penetrating pass at the earliest opportunity.
- Defensive team should apply high pressure defending at all times.



#### 4V4V4

**Emphasis:** Passing, Transition, Defending as a unit.

**Set-up:** 30 x 30 yard grid. 12 players in each grid are split into three teams of 4 players per team. A selection of balls is spread around the outside of the grid as shown. Three sets of colored bibs. 4 players are designated as the defensive team to start the game.

**Objective:** The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball. In the above activity red and white are trying to keep possession against the four yellow defenders. When one of the attacking players loses possession of the ball, his team must now become the defensive team. If the ball leaves the grid, the nearest ball is used to quickly restart the game. This will enable the session to continue to flow.

**Progressions:** If the ball leaves the grid, the next ball is re-started from the opposite side of the grid. This will force the defensive unit to transition as a group while staying organized.

#### **Coaching Points:**

- Quality of passing is imperative for attacking team.
- Angles of support.
- Defending as a unit.
- Communicating as a defensive group is vital.



### **6V6 TEAM PENETRATION**

**Emphasis:** Dribbling for possession and penetration – small sided game

**Set-up:** 30 x 30 yard grid. Twelve players are positioned inside the grid with one ball. Players are divided to create a 6v6 situation. Cones are placed to create four mini goals at each end of the grid as shown. A supply of balls is placed around the perimeter of the grid. Repeat setup to accommodate entire team.

**Objective:** Players compete for possession of the ball. Goals are scored by dribbling through any of the opposition mini goals. Players must dribble through the mini goal in full control of the ball for a goal to be awarded. If the ball leaves the playing area, players must find the nearest ball and dribble into the grid to continue the game. Play is for a designated period of time or for a predetermined number of goals. In the above diagram player (A) passes to player (B). Player (B) is in a 1v1 situation and successfully dribbles past defender (C). Player (B) accelerates and scores through the mini goal.

**Progression:** Two goals are awarded for successfully beating an opponent prior to dribbling through the gate.

**Coaching Points:**

- Encourage players to take chances in 1v1 situations.
- Pass the ball around until 1v1 situations arise.
- Vision - eyes up at all times to scan the playing area.
- Be deceptive while attempting to beat an opponent.



### **BE DIRECT, GO FOR GOAL**

**Emphasis:** Dribbling for penetration, developing an attacking mentality – small sided game

**Set-up:** 50 x 40 yard grid. A 6 v 6 is organized inside the grid. Flags are used to create a goal at each end of the grid. Goalkeeper in each goal. Cones are placed to create a 15-yard deep end zone at opposite ends of the grid. A supply of balls is placed around the perimeter of the grid

**Objective:** Players compete for possession of the ball. Players attempt to score in their opponents goal. No restrictions are placed on the players while in their defensive zone or in the central playing area. Players entering the opposition end zone are NOT allowed to pass the ball – they must go for goal. This encourages players to make smart decisions with regard to making attacking runs into their opponents end zone. Players are encouraged to seek out 1v1 situations. Players are encouraged to be direct, take chances and be positive in attacking areas of the field. In the above diagram player (B) has received a pass from (A). Player (B) beats defender (C), accelerates into the end zone, beats defender (D) and shoots on goal.

**Progression:**

Must get a shot off within 3 seconds of entering the end zone.

**Coaching Points:**

- Encourage players to take chances in 1v1 situations.
- Pass the ball around until 1v1 situations arise.
- Be direct – Go for goal when the opportunity arises.
- Change of pace – burst into the opponents end zone.
- Penetrate at earliest opportunity

## **ADDITIONAL NOTES**



# SVU

