

Game Play/Concepts

1. Give and Go. The Give and Go is one of the most basic and important plays in any continuous motion sport (soccer, basketball, hockey, etc). There are many variations.

Basic - two lines behind the 18 yd line. One coach on each side of the penalty area. 1st player in line passes to coach and cuts toward goal. Coach one-touches back to player. Player one-touch shot into goal. Retrieve ball and go back to other line.

2. 3 Zone MitM (Man in the Middle) - Divide rectangle into 3 zones (2 ends and a middle), with equal players in each zone. The outside zone players try to pass the ball to the other outside zone while the inside zone players try to intercept the ball. If the inside players get the ball they switch with the group who had kicked it. Keep the ball on the ground.

var 1) No instruction.

var 2) Can pass within zone as much as needed.

var 3) One player from the inside zone can invade an outside zone.

3. Corner Kick - explain corner kick. Half the players are at each corner. One coach at each end of the penalty box (closer to the players). Go: each child should try to corner kick to the coach. After kicking: 1. follow the kick, 2. go to the end of the other line. If a child's kick doesn't reach the penalty box (or goes far), coach should adjust position.

var 1) place players on the field as O and D lined up for Corner Kick. Have the players rotate positions so each gets to kick the corner and play O and D.

4. Goal Kick - explain goal kick. Half the players are at each side of the goal box. One coach on each side, outside the penalty area and towards the touchline. Go: each child should try to goal kick to the coach. After kicking: 1. follow the kick, 2. go to the end of the other line. If a child's kick doesn't clear the penalty box, coach should adjust position.

var 1) place players on the field as O and D lined up for a goal kick. Have the players rotate positions so each gets to kick and play O and D.

5. Keep Away - Two teams of 3 in a 10 yd (or larger) square. One team does a throw in and dribbles and passes to keep possession of the ball while the other team tries to steal. If stolen, try to keep-away. If the ball goes out of bounds, throw-in and continue. Play for 60 seconds (or whatever length of time is appropriate for your age group) then swap one of the teams. This one has many variations. Emphasize give and go, moving after the pass, communication.

var 1) another team is outside the square and can be passed to. They must return the ball to the passing team.

var 2) this can be played with any number of players.

var 3) play with uneven sides

var 4) play with more than one ball

6. 2-on-1 pass and target shoot, no GK - two lines, with a bunch of balls by one of the lines. Go - the first child in each line starts moving toward the goal, one dribbling the ball. Three passes, and then shoot and try to hit a cone that is set up in the goal. This time there will be 1 defensive player (or the coach) who will try to intercept the pass and kick it past the attacking players. Both players go to the end of the opposite line.

7. Up the side, Center pass, Shoot - two lines near midfield, cones diagonally toward corner. 1st player from line 1 dribbles up the side, 1st player from line 2 breaks to center in front of goal. When 1st line player clears the last cone, center pass to 2nd player, who shoots as quickly as possible. Retrieve ball and go to end of other line.

8. 2-on-1 pass and shoot, with GK- one line at the sideline with a bunch of balls(throw-ins), one line facing the goal(forwards), one line to the side of the goal (GKs), and one line to the side, half-way between the goal and the forwards (defense). The players are equally distributed among the lines.

Go - the first child at the sideline does a throw-in to the other forward. They then start moving toward the goal dribbling the ball. Work the ball, and then shoot (remember to choose, and try to hit, a target). There will be 1 defensive player (from the defense line) who will try to intercept the pass and kick it past the attacking players, and a Goal Keeper. Each player shifts to the end of the next line.

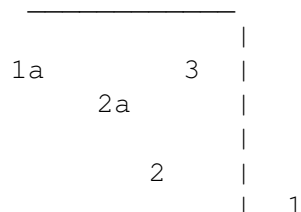
9. Get There First - three lines near sideline, about 1/3 up the field.

Go - coach kicks ball towards the corner. Players 1 (offense) and 2 (defense) race for the ball and try to "cut off" the other

player. Player 3 (offense) breaks to the center without going off-sides. If Player 1 gets the ball, try to pass to center. If Player 2 gets the ball, try to bring it up.

10. 3-on-1 pass and shoot, with GK - one line at the sideline with a bunch of balls (throw-ins), two lines facing the goal (forwards or mids), one line to the side of the goal (GKs), and one line to the side, half-way between the goal and the forwards (defense). The players are equally distributed among the lines.

Go - the first child at the sideline does a throw-in to the closer forward. Then all 3 O players start moving toward the goal dribbling the ball. Work the ball, and then shoot (remember to choose, and try to hit, a target). There will be 1 defensive player (from the defense line) who will try to intercept the pass and kick it past the attacking players, and a Goal Keeper. Each player shifts to the end of the next line.



11. Up the side, Center pass, Shoot - two lines near midfield, cones diagonally toward corner. From each line: 1st line player goes to sideline and does a throw-in to 2nd line player. 2nd player dribbles up the side, 1st player breaks to center. When 2nd player clears the last cone, center pass to 1st player, who shoots as quickly as possible. Retrieve ball and go to end of other line.

revision a) 3 player - 1 throws-in to 2 near mid-field while 3 runs down the line. 1 runs to the far post. 2 passes down to 3, then runs toward the near post. 3 cross-passes to 1 or 2, then shoot.

b) add a GK, then 1 or 2 can either shoot or pass.

12. Bringing up the ball (to provide a couple of "plays" for getting the ball out of your defensive end) - on each side of the field have: 2 fullbacks, 2 mids, 1 forward.

a) Pass - inside D passes to outside D or Mid. outside D or Mid passes up to outside Mid or F, then breaks upfield to middle. Outside Mid or F carries or passes.

b) Carry - inside D carries ball to outside then continues up field eventually passing to outside Mid or F, then breaks upfield to middle.

J13. Transition Game - 3 v 3. D gets the ball near goal and passes or carries to side and upfield under pressure. Switch groups.



J14. 2v2 - Two teams, each player is designated a number. The coach calls out the numbers of the players. These players then run out from the endline to play the game. The coach serves balls from the sideline if the ball goes out of bounds or into a goal. Each group should play for a minute and a half of continuous action. Players waiting to come on should return loose balls to the coach, or act as "support" players, returning passes back to the team who made them. The number of players playing at one time depends on the coach's objectives. This game is best played 2 v. 2 or 3 v. 3.



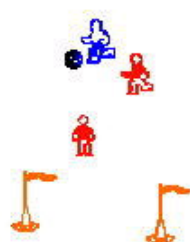
J15. 4v4v4 + transition - Three teams of 4 (A, B, C) and two keepers (X, Y). Team A attacks against keeper Y. If they score, they then quickly try to attack keeper X. At this time, team B leaves the field and takes the place of team C who were the supporting players on the endlines, supporting both teams. The supporting players support for both teams and can move along the end line. They are limited to one touch on the ball. Have an ample supply of balls ready in each net. After scoring a goal, attacking players look to play quickly before the other team has a chance to come on and get organized.



J16. 3 Goals - Start with two teams of equal number. Each team has 3 goals to defend and attack. Each team has one keeper who must defend all 3 goals. Play regular soccer rules. Attacking team should try to change the point of attack away from the keeper, then proceed to get a quick shot off. Defending team must try to force the attackers in one direction so their keeper knows which goal to defend.

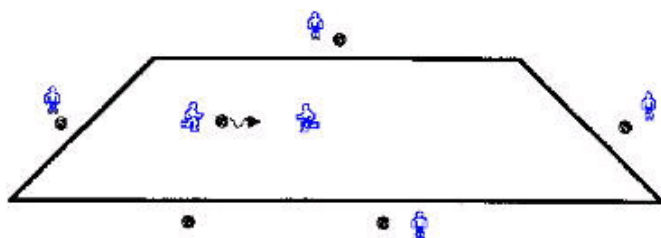


J17. 4 Zones scrimmage - A regular 11 v. 11 or 8 v. 8 scrimmage. Break the field into 4 horizontal zones. Award the defending team points when they win the ball back in a chosen zone. For example, the Blue team might be given 3 points for winning the ball back in the first zone, two points for the second zone, one point for the third zone and no points for the fourth zone. This can change depending on where the coach wants the team to try to force the play.



J18. 2-sided goal game - A 2 v. 2 game played to a two sided goal. Goals can be scored from either side. The game is a

continuous flow game that is best played for 2 - 3 minutes. Defenders must make sure they cover the goal as well as the attacking players. Defenders must work at channeling the first attacker away from their support. Try to attack immediately when the ball is won.



J19. 1v1 Basic - 2 players play 1 v. 1 inside a square. Players outside the square assist the practice, inserting balls when they go out and encouraging their teammates to work harder. Rotate new players every 2 minutes or so.

var 1) Attacking player tries to get behind the defender whenever they are in the grid. Defender tries to gain possession of the ball. This is a continuous flow game, never stopping. If the attacker beats the defender, they immediately try to face the defender and beat them again.

var 2) Play where the attacker tries to stop the ball on the endline.

var 3) Play a game with goals on the endline to shoot through.

Coaching Points

Attackers:

Keep balanced, short steps, knees bent.

Always try to face defender, and take them on.

Shield ball for possession, sideways on.

When attempting to face defender, make a "self-pass" to get away.

Defenders:

Keep balanced, short steps, knees bent, never square to attacker

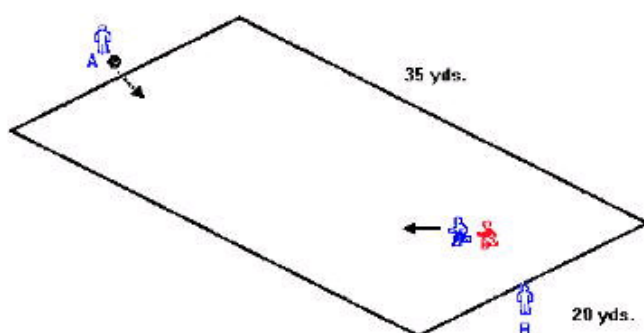
Try to channel attacker to sideline.

Tackle after touch is made.

Don't lunge.

Angle of approach, speed of approach.

Make play predictable.



J20. 1 + 1 v. 1 + 1 - The object of this game is to get the ball from one target "A" to the other "B" without losing possession. Each time this is done, it is worth one goal. The attacking team keeps this sequence up until possession is lost (ie. they can score as much as possible). If the ball goes out of bounds, it belongs to the other team. Targets "A" & "B" may move along their line. Offense receive the ball sideways on whenever possible. Defense:

Make attackers play the ball back whenever possible.

Keep the play in front of you.

Take away options for the attackers, make the play predictable.

var 1) Limit target players to one touch.

var 2) Limit field players to two touches.

var 3) Do not allow field players to play the ball back to the target they received it from.

var 4) Play 2 v. 2 in the middle or 3 v. 3, size accordingly.



J21. Passers & Dribblers Game - Two equal teams on the field. Divide each team: half are dribblers (with a maximum of 5 touches before they shoot or pass) and passers (maximum of two touches). All soccer rules apply. If dribbler or passer breaks the restrictions, ball goes to the other team. Use different color pinnies to identify dribblers and passers.

Coaching Points:

Each team must organize passers and dribblers so they are in the best positions on the field.

Make sure to rotate passers and dribblers.

Dribblers must control the ball, and dribble to shield if there are too many players around them or dribble to goal and beat opposing defenders.

Passers must receive the ball on their first touch and make good passes with the next touch. Don't allow them to just kick the ball away. It should be passed to a teammate.



J22. Keeper/Header game - Play on a full field or across the width. Two equal teams, each with at least two keepers.

Keepers are allowed to move anywhere on the field and use their hands, but are not allowed to score. Field players can score one point by getting a header over the endline and five points for a header in the goal. Play a regular game. When keepers get the ball the only way they can pass to their field players is with underhand tosses to the players or bowling on the ground to their feet.

Coaching Points

This game allows keepers to use hands out of the penalty area to make sure players get plenty of good air balls and ground balls to receive.

It may be necessary to add or delete keepers for desired results.

Make rules only when necessary.

If keepers run too much with ball, allow them only four steps.

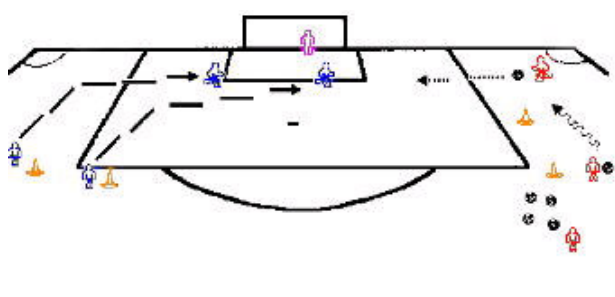
Keepers throwing to other keepers? Make it so they can not make a direct pass from keeper to keeper, they must use a field player.

Encourage keepers to attack and defend.



J23. Triangle Goal game - Set up a triangular goal in the middle of a 50 x 50 square. Play an even sided game with both teams having their own keeper. Both teams try to score through any one of the three sides of the triangular goal. It is best to place the goal in the center of a 20 yard in diameter circle, with only the keepers allowed inside the circle. If the keeper

catches the ball, his or her team must take the ball outside of the grid before they may attack again. Play with 2 balls for real excitement. Goalkeepers may become attacking players when their team has possession.



J24. Crosses - Split field players into three groups as shown. Alternate places after each sequence. Wide players dribble around forward cone and cross the ball. Twin strikers move off their cones and decide who will attack which space (near or far post). Strikers try to score, keepers attempt to cut off cross or save shot. Can progress by adding defender(s) and more attackers.

Coaching Points

Attacking

Encourage good quality crosses into the near and far post areas.

Crosses to near post should be low and driven

Crosses to the far post need to be bent away or chipped over the keeper's head.

Keeper

Early decision making. Keeper "goes" if a play on the ball can be made.

"Stays on line" if can not get the cross.

Yells "KEEPER!" if coming out to get the ball.

Must position on the near post to start in order not to get beaten by a shot from the crosser.



J25. Transfer Boxes - In each box, the attacking team plays keepaway from the other team. If the defending team steals the ball, they try to play it to the other box where two of their teammates are waiting. When the pass is made, the two players who stole the ball quickly follow their pass in to support. The other team then send two players in to steal the ball back. Play continues to transfer from one box to the other. If the ball goes out of bounds, it goes over to the other team for a kick-in or throw-in.

Coaching Points

Passing and receiving

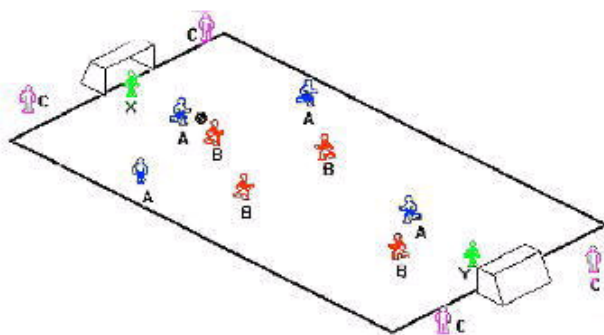
Support

Transitions

Team attacking and defending shape

var 1) Attacking team gets a point if they split defenders with a pass.

var 2) Team that gets the most passes in a row without losing possession wins.

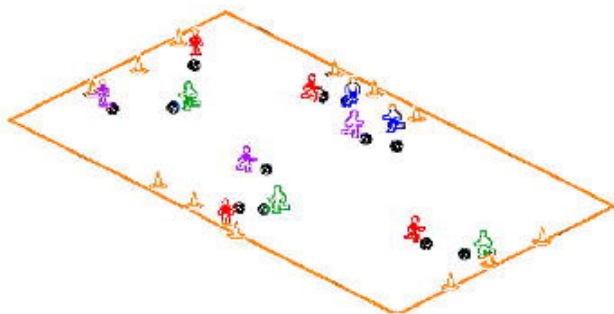


J26. Bread & Butter - Three teams of 4 (A, B, C) and two keepers (X, Y). Team A attacks against keeper Y. If they score, they then quickly try to attack keeper X. At this time, team B leaves the field and takes the place of team C who were the supporting players on the endlines, supporting both teams. The supporting players support for both teams and can move along the end line. They are limited to one touch on the ball. Have an ample supply of balls ready in each net.

Coaching Points

After scoring a goal, attacking players look to play quickly before the other team has a chance to come on and get organized.

Try to play the ball to target players.



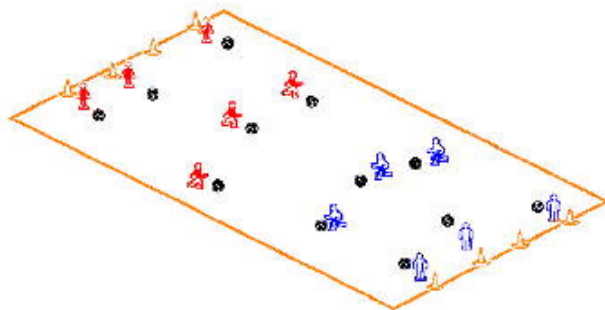
J27. Protect the Cone - Group - Define a rectangular space. Each player has a ball. Divide the group into four teams. Each team sets up three or four cones to protect on one side of the space. Each player must have a ball. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.

Coaching Points

Allow players to organize themselves with as little interference from group leader as possible. This will be a valuable experience for when they are playing in an organized soccer game.

Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.

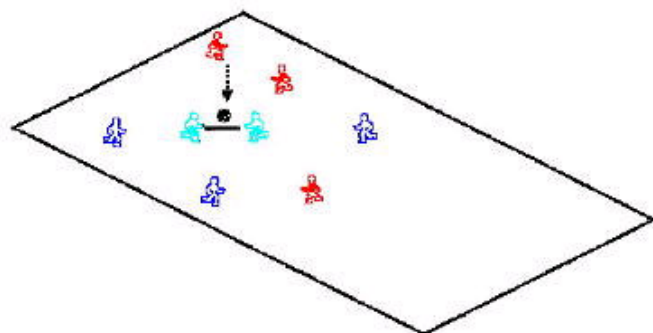
Watch the group dynamics and switch players so all get to work together.



J28. Protect the Cone - Team - Same space and equipment as in previous activity. Combine the four groups into two. Set up four cones at each end of the rectangular space. Group leader should pick an offensive and defensive captain for each team. Allow captains 2 to 3 minutes to prepare the respective strategies. While controlling the ball, players must attack and defend the cones. The team with the last standing cone wins.

Coaching Points

After one round, switch roles so captains and players get a chance at offense and defense.
Encourage players to kick away opponents soccer ball, while keeping their ball under control.
No player can attack or defend without their ball.



J29. Moving Goal - Two equal teams. Select two players to become the "moving goal". These players take the ends of a rope or beach towel and stretch it out as they move around the space. The other players play a game trying to score in the moving goal.

Coaching Points:

Players should look at the ball during shooting motion.

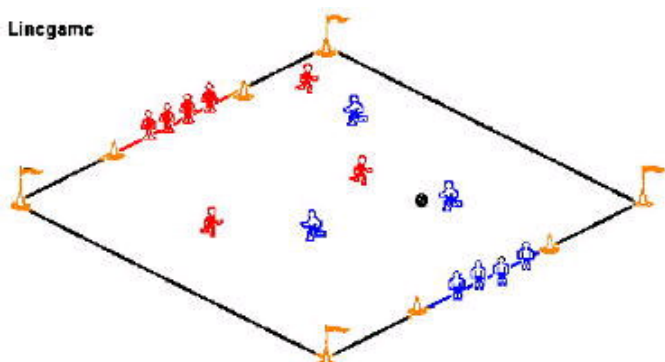
Strike the ball with the instep (laces) with toe pointing down and ankle locked. This will give the players a firm hitting surface.

Hips should face the goal.

var 1) Add two balls.

var 2) Add a second goal. With more goals, players will get more shooting chances and must play with their eyes off the ball. This will present more complex decision making.

Linegame



J30. Line Game - Two teams of equal numbers. Coach calls out a number and that number of players go out into the field. The remaining players stay on the goal line, hold hands, and try to prevent goals. After a goal, or a period of play, coach calls out another number.

Coaching Points:

Call out different numbers, so players learn to interact with different subsets..

Give advantages to certain teams so players can learn to deal with numbers of up and down situations (for example, red team 3 players, blue team 4 players).

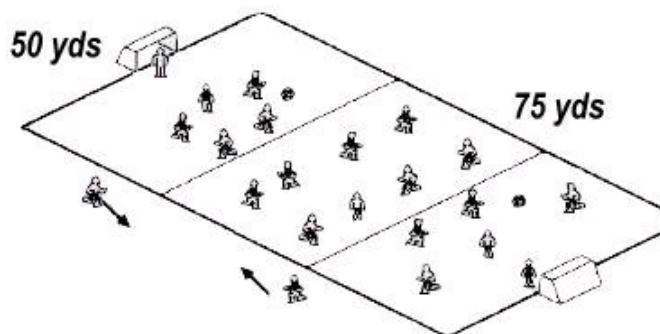
After players understand the game, have them switch quickly. it is important that players control who comes out and how. This helps develop organizational skills and team dynamics.

var 1) Three touch: each player can use up to three touches.

var 2) Double points if scored off a head ball.

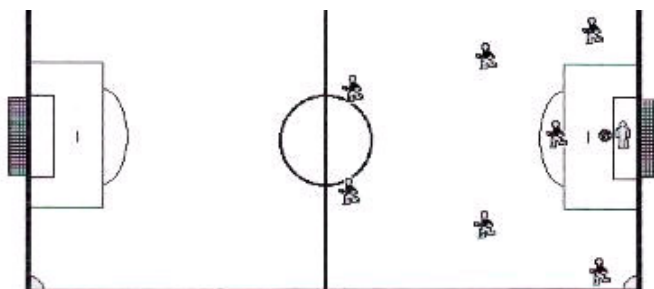
var 3) Double points if scored off combination (ie. give and go, take over, etc.).

var 4) Setup: Only one player from each team is allowed to score.



J31. Thirds Game - Divide the players into two teams. Field is broken into thirds with a fixed number of players are in each third. Ball must be passed over each line, no dribbling or self passes over the line. When the ball is passed over a line, one player from the initial third may follow the pass in. If possession is lost, they must return to their own third. Team that scores the most goals wins.

var 1) Play with two balls to increase touches on the ball.



J32. Shadow Attack - The keeper starts with the ball. Have players line up in their basic formation. In this example we are assuming team is playing 8v8. Players attack the opposite goal, trying to score. After the attempt at goal, repeat in the opposite direction. If you have enough players, organize another group to attack in the opposite direction. The two teams play through one another, no defense.

Coaching Points

Encourage wide players to stay wide, but make sure they get the ball.

Players should go to goal as in a real game. This should look like a real game.

players should go to goal at speed.

Watch the way the players attack: Do they pass most? Do they dribble most?

Which players seem to control the attack.

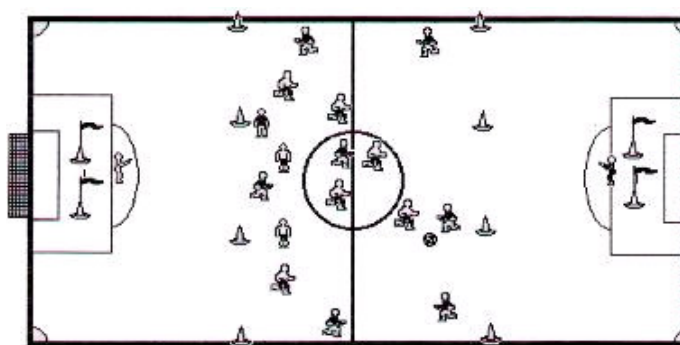
var 1) Get to goal in 15 seconds.

var 2) All players must touch the ball before final strike at goal.

var 3) Players only have 3 touch, 2 touch, then 1 touch.

var 4) Get to goal in as few passes as possible.

var 5) At the start of each attack, choose a player, and the team must organize so that player takes the final shot on goal.



J33. 8v8 to Goal - Two teams playing 8v. 8 in the middle third of the field as marked. The team in possession of the ball tries to make a pass over the cones to a teammate that is coming out of the middle third. The passed ball must proceed the player running in. Defenders can not 'track-back' to defend. Once in, the attacker can play one on one with the keeper. Play is then started in the opposite direction with the keeper playing the ball into the middle third to a teammate.

Coaching Points

Attack:

Good possession / penetration decisions.

Playing the ball away from pressure in order to complete a 'good pass' into the final third.

Combination play in order to get behind the defense.

Quality of final service so that it does not go through to the keeper.

Defense:

Quality pressure on the ball.

Group effort to 'keep the ball in front of us'

Good compactness.

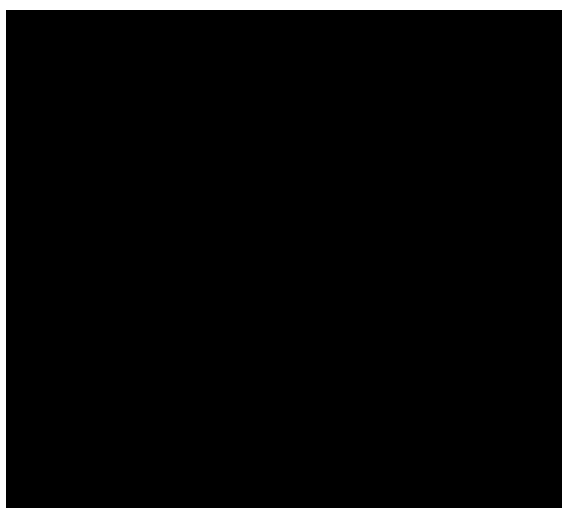
var 1) Shooter must shoot first time, or limit the number of touches he may have.

var 2) If penetrating ball is a wide ball, another attacker may advance to receive a cross.

var 3) Allow 2 attackers and one defender in to the final third.

34. World Cup - Everyone gets a partner. Play a small field, one-goal game with each pair of players playing against all the other pairs, all at the same time. With or without a goalkeeper. When a goal is scored, the team that scores gets to sit out and the rest keep playing. This is a very good drill when it's hot and the kids are thirsty as they'll be motivated to try to score quickly!

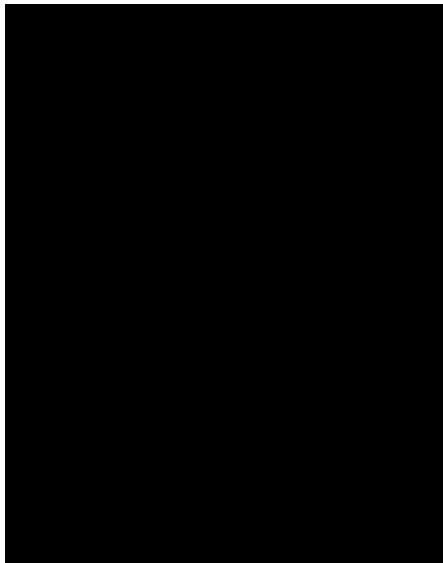
var 1) larger teams, though it can be hard to keep track of teammates.



johnny

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35. Possession and Counter-Attacks - Organize two teams of 7 to 8 on a half-field with goals and keepers. One team is the attacking team and can score on either goal. The other team is the possession team and they can score by stringing 7 to 10 passes together. The possession team can use the keepers which makes it 10 v 8. Play four 5-6 minute quarters and alternate the attacking and possession teams each quarter. Encourage the attacking team to attack swiftly to the least defended goal when possession is won. Normal soccer rules except there is no offside.

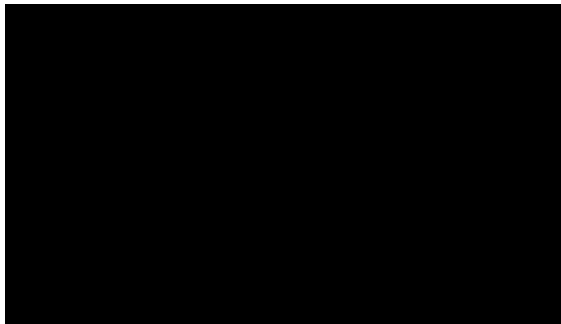


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36. Overlap Game - To encourage overlap runs from defensive area. Use cones to make a 45x25 yard (or so) field with 2 small goals at each end. Next divide the field into 3 equal zones (15x25). Play 6v6 but with the following restrictions. Three players from each team must stay in the middle zone. The other players, or runners, are free to play in all the zones. These restrictions place responsibility on the runners to overlap to attack and make recovery runs to defend. Switch or sub runners often as this is a demanding game for the runners and you don't want the game to stagnate because of fatigue.

var 1) vary the number of players on the field or fixed in the middle zone.



Greg Marston

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37. Half-Court with Support - Use the penalty box for the field dimensions. One goalie, 2 teams of 4 players, and one support player at the top of the box. Normal soccer rules apply except:

1. The support player can only move side to side at the top of the box providing support to the team with possession.
2. A team, after winning possession, must make at least one pass to the support player before attacking the goal.
3. Inaccurate passes to the support player results in a restart by the support player to the other team.
4. The keeper must throw or kick (goalkicks also) to the team which did not have possession before he touched the ball.
5. The keeper cannot throw or kick to the support player.
6. Players can throw-in to the support player.

Tips: Encourage teams to attack from the wings and switch the point of attack using the support player. For younger teams it usually works better if the support player is a coach or one of the better players.

var 1) use different number of players in the game.

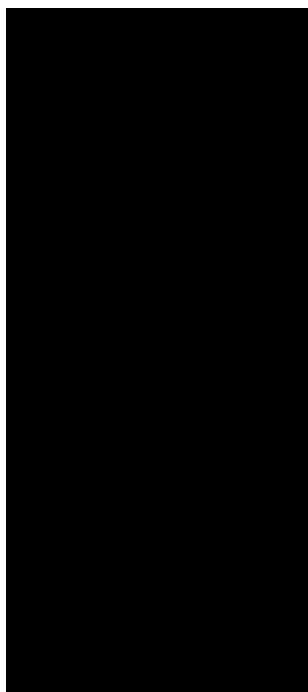
var 2) use more than one support player (perhaps assigned to a specific team).

38. Speed 3v3 - Set up a small playing area with two goals about 25 yds apart. Split the players into two teams, and each team creates three lines on their goal line. Go - Coach kicks a ball into the center of this field and the first players from each line run to gain possession (total, 3 players from each team). Play 3v3. Emphasize quickness to get the loose ball and quick scoring when the advantage is gained.

var 1) play each group for a certain amount of time (say 2 min)

var 2) play until a goal (or more than one goal) is scored.

- var 3) add goalkeepers
- var 4) create uneven sides

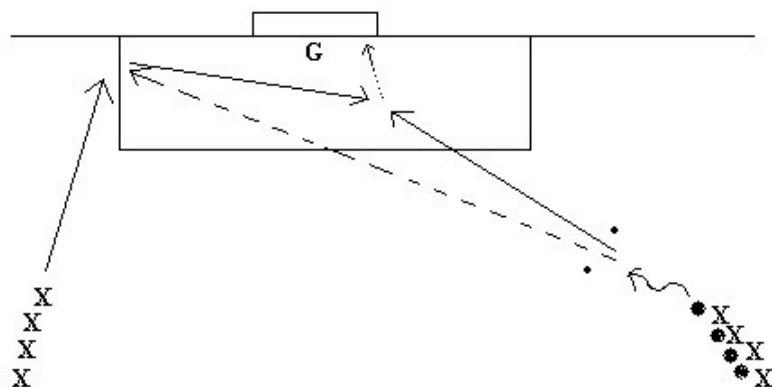


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39. Transition End Zone Game - Mark a 70x25 (60 for younger players) yard field with 5 yard end zones at each end. Divide players into 3 teams of 5 and start with one team in the end zone, one team attacking the open end zone, and one team defending the open end zone. The attacking team scores by having control of the ball in the open end zone. If the attacking team is successful or they lose possession to the defending team the attacking team must run to the open end zone and wait to defend that end. The original defending team immediately attacks the opposite end zone (the one they were facing) and the team waiting in that end zone moves onto the field to defend.

Tips. Encourage the attacking team to create depth to their attack before trying to score. Teams which lose possession must sprint to the end zone they were attacking to get ready to defend.

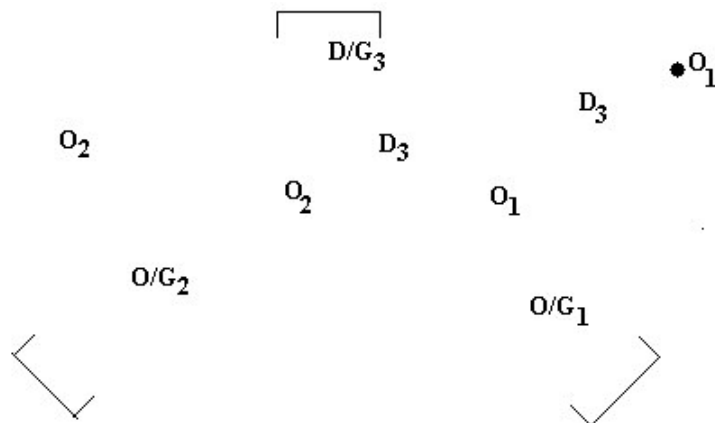


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<http://www.and-again.com/drilgame/drgapage.asp?ID=83&pg=4>

40. Cross the Ball - This is another Give-and-Go variation. Put 2 cones five yards apart, 8 yards from the side and 10 yards from 18 yard box. Have two players in separate lines players run at the same time. The right line carries the ball the ball down to the cones, passes the ball through the cones and the left line gets the ball. They cross it in to the right line player who is now heading to the net, expecting the cross.

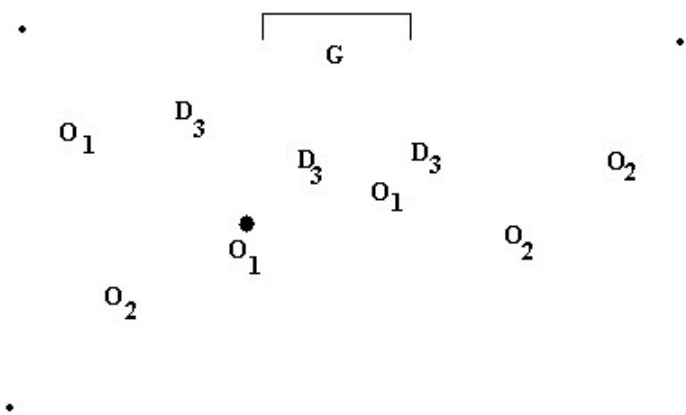
Tips: Time your run, cross the ball away from keeper.



Jeff Orient

<http://www.and-again.com/drillgame/drgapage.asp?ID=75&pg=4>

41. 3-Team Elimination - Three teams of 3-6 players, three goals spaced about 30 - 50 yards apart in a triangle, all goalmouths facing the center point of the field. One player per team designated as goalkeeper - can use hands while in goal, but also encourage them to move out and support attacks. No out-of bounds lines per se - play the ball wherever it is. Objective is to score into other team's goals while defending your own. Scoring is by goals given up - a team is eliminated when they give up a set number of goals (I usually say 3 goals and the team is eliminated). Last team remaining wins. The game seems to promote a lot of action, quick shifts in attack points, changes in "allies" (when attacking a goal, your teammates plus the players from the other team not under attack can work together temporarily), and creative thinking/decision making. The drill provides a lot of work on ball handling, passing, individual and group defense/offense, shooting, goalkeeping, and rewards opportunistic players who are alert and quick thinking. With larger groups of players, two balls in play makes things real interesting, with attacks sometimes coming from 2 directions, and diverging attacks. I tried this drill with 2 different teams (U14-16 boys) and got a great response - they wanted to keep playing it indefinitely.



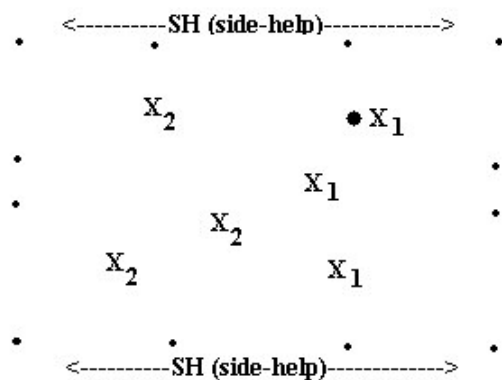
Jeff Orient

<http://www.and-again.com/drillgame/drgapage.asp?ID=67&pg=5>

42. Attack - 1/2 field with goal. Three teams of 3-4 players plus a goalkeeper. One team is designated as the defensive team, the other two teams work together as one offensive unit - the result is 3 vs. 6, or 4 vs. 8. The offensive unit tries to score for a preset amount of time, say 3 minutes. The number of goals scored in the time period is the defending team's score. After time expires, a new team is designated as the defensive team and the remaining two "attack" as one unit. After each team has a rotation as the defensive team (or two or three rotations), the team that gave up the fewest goals wins. All balls out of play are brought back in by the offensive team. Emphasize quick ball movement and player movement by the offensive team - individual attacks generally play into the defenders hands. Emphasize defensive rotation to the ball, awareness of shifting player positions, support of one another, decision making r.e. aggressively attack the ball or lay back. A lot of balls tend to end up bouncing around on the ground near the goal line - emphasize both following the shot in offensively and defensively supporting the GK by clearing the ball off the goal line.

Tips: The defensive team can clear the ball out of the penalty area but once the ball is cleared, the offensive team is allowed to take possession unchallenged (the defensive team cannot retain possession for an extended time period or kick the ball over the hill to waste time). Have an extra ball on hand to keep play moving if the ball is cleared somewhere not immediately accessible. If the defenders have trouble with the overload of offensive personnel, take one of the offensive players and

designate him/her the goalkeeper, reducing the game to 3 vs. 5 or 4 vs. 7. For bigger groups of players, try using two balls in play at the same time if you want to speed up the action.



Greg Marston

<http://www.and-again.com/drillgame/drgapage.asp?ID=31&pg=7>

43. Side-Help Scrimmage - Soccer field about 30 x 20, small goals, 3 vs 3 (up to 5 vs 5), and two "side-help" players. Normal soccer rules apply except the side-help players are neutral and roam up and down the side lines providing support to whichever team has the ball. The side-help cannot dribble and must pass back to the team which touched the ball last. Players on the field cannot take the ball away from a side help player. If the ball goes past the side-help player then it is a throw-in. This is a good scrimmage to which encourages passing and possession.

Tip: Really encourage the players to use their side-help. For younger teams it is better if the side-help are coaches and/or more skillful players. Encourage and-again's using the side-help. Also, for younger teams under 10) feel free to use a larger goal with goalies. Vary the field size taking into account age and number of players.

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