

NSCAA National Convention 2008

State Diploma Course

Session 4: Small Sided Games

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Coaching Points:

Remember in your organization, the younger the players, the more they have to have breaks (not too long).

Allow them to play, discover solutions.

Not too much talking.

Encourage the players to take as many “looks” as possible.

“Catch” them when they do it right!

Warm-up: Dribbling and ball touch challenges

1v1: Introduce dribbling, keeping the ball
Dribbling with a purpose
Introduce passing/shooting
Finding targets
Introduce defending
Learning about transitional play

2v2: Working with a teammate (adjusting numbers for success)
How to help?
How to introduce changing the point of attack (even at this age)
Multiple goals

3v3: Without and with goalkeeper
Teaching the GK to be a sweeper/keeper
Introducing restarts (goal kicks, throw-ins, corner kicks)

4v4: Introducing shape and roles of players within the game

Cool Down/Review