

SMALL SIDED GAMES

Manual

The most important quality a coach should possess is the ability to be flexible. A lot of the coaching DVD's use only the elite children, the sky is sunny, the kids are kitted out in expensive strips and there is exactly the right amount of players for each game and drill.

In the real world, life is never like that. Try taking a session on a wet windy Thursday. The pitch has been overloaded by players from under 6 to over 35's and by the state of the penalty areas they are more conducive to BMX bike track designs than scoring goals. You are not sure how many children will be at the session because of a flu epidemic or a school excursion to the snow.

Don't worry we have all been there.

ISSUES

1. Number of players - If you don't have equal numbers you can use substitutes to change on and off, use a neutral player who plays for the team in possession or load one of the teams with an extra player. This is interesting to see if the team with the extra player can exploit their advantage and also if the other team can overcome their disadvantage.
2. Pitch sizes - The average size for 4v4 is 30x25 metres. However this is just a guideline. Be flexible, if they are struggling, make the pitch a little bigger. Ask the kids if they think the pitch is big enough? If they don't think it is, get them to change the size themselves. They begin then to appreciate and think about space. We may like to play some of our small sided games on an even smaller pitch's, because the objective may be to see how the players cope with a crowded midfield area.
3. You don't need fancy goals, although kids do love them. We will either be using collapsible goals, cones or even traffic cones for the goals.

Developing creative players

While the concept of the 'creative player' may typically refer to exciting, flair players with unique match winning qualities, the concept of creative play should not necessarily rest with only this type of player nor should it be the exclusive domain of the best players in a given age group who are most likely to follow the pathways towards elite level.

All young players can be creative simply by experiencing and exploring the game and learning how to solve problems on the field in their own way. Some of their actions may not appear to be unique, eye-catching or special but at their respective levels each player must learn to create solutions to demanding situations on the field.

"Young players need freedom of expression to develop as creative players...they should be encouraged to try skills without fear of failure."

Arsene Wenger

Steve Heighway, Liverpool F. C. Academy Head:

Creativity comes when players make spontaneous responses to the unpredictable demands of the game. The coaching session creates the demands on a player. The player then comes up with his response to the demands - this is creativity.

The areas where we need creative actions are receiving skills, ball striking, finishing, 1 v 1, movement and combinations.

Creative players can only emerge if we as coaches create the environment in which it can happen.

Creativity = empowering players to make THEIR decisions in YOUR framework.

As a coach, do your words make it more or less likely that your players will play with freedom?

- Frightened players will not be creative
- Nervous players will not be creative
- Tense players will not be creative
- Over-instructed players will not be creative.

In life, people have fun participating in activities; enjoyment is what encourages people to do things again. Acquisition of skill is what leads to improvement and more enjoyment. If children have good experiences from the beginning and are allowed to play in an environment where their fun and development is the primary goal our club will have fulfilled its major obligation.

Produced by Barry Saunders and Gary Cook

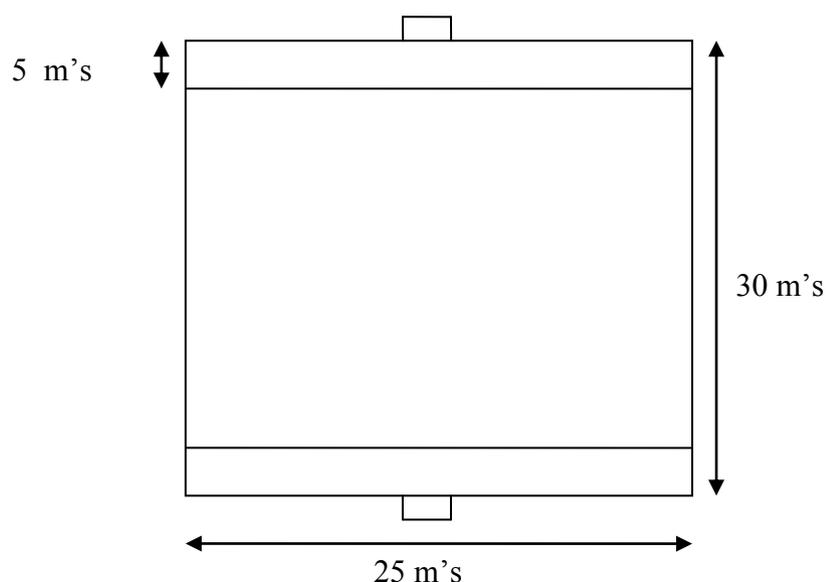
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Single Goal Game

This game is an essential component of the small sided games program. Set up similar to a full pitch game with only 1 central goal at each end to attack. A scoring zone is set 5 meters in front of each goal. No players are allowed in this area.

- Pitch sizes - 30 x 25 or at the discretion of the coach. 5 metre scoring zone across field in front of each goal.
- Number of teams - 4
- Team sizes 4-6 players
- 4 different coloured Bibs or strips.
- Goals - 1 set of collapsible goals for each direction, placed in centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

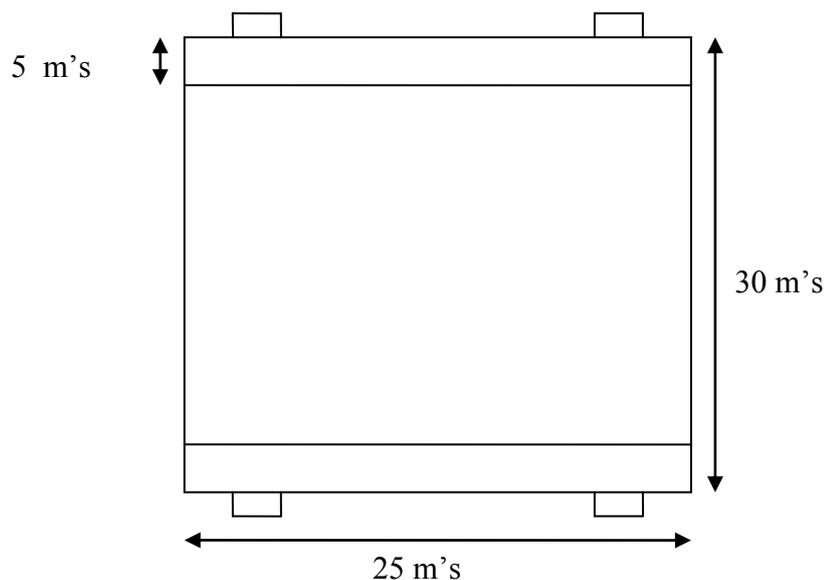


Four Goal Game

Fundamental game that will be used throughout the program as it develops the player's vision and willingness to play with width.

Normal small sided game rules, objective is for the players to develop an understanding that there are 2 goals to score in, therefore promoting vision, movement into space and switches of play.

- Pitch sizes 30 x 25 or at the discretion of the coach
- Number of teams - 2
- Team sizes 4-6 players
- Bibs or alternate strips
- Goals - Collapsible goals or cones, 2 goals at either end, each placed approx 3-5 metres from sideline
- Restarts when ball out of play - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.



Zone Game

This game promotes many skills including running with the ball, beating players, passing short and long as well as switching play. It also encourages players to participate in a variety of decision making situations. The game will also teach players to spread out which, is a bonus when coaching younger players who tend to bunch when playing on a conventional 4 v 4 pitch with goals.

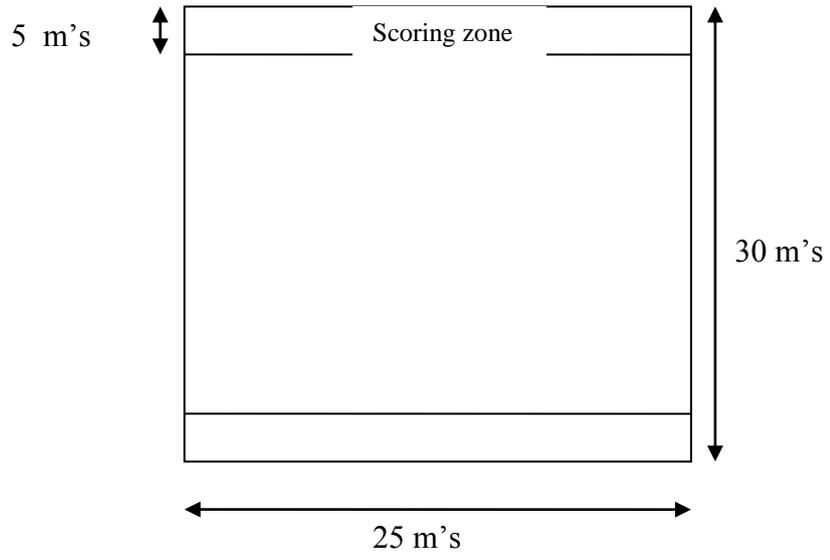
The objective of this game is for attacking players to constantly pass and move and make as many 2v1 situations as possible near the opposition's goal zone. With the scoring zone stretching the full width of the pitch as in Rugby, the defending team has a large area to defend. It also means the team in possession has a large scoring zone to score in.

The unique condition in this game is that there are no goals as such. To score the players must run with the ball into the opponent's end scoring zone and put their foot on the ball within the zone.

For the older children and adults you can also stipulate that they have to do a trick such as a Maradona turn as they go over the line.

- Pitch Size 30 x 25 - or at the discretion of the coach, but basically a standard 4 v 4 pitch, this can however be played in either portrait or landscape format.
- Number of teams - 2
- Team sizes - 4-6 players
- Bibs or alternate strip
- Either a line across the pitch or cones at the side indicating an end line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

Zone Game layout



Cone Game

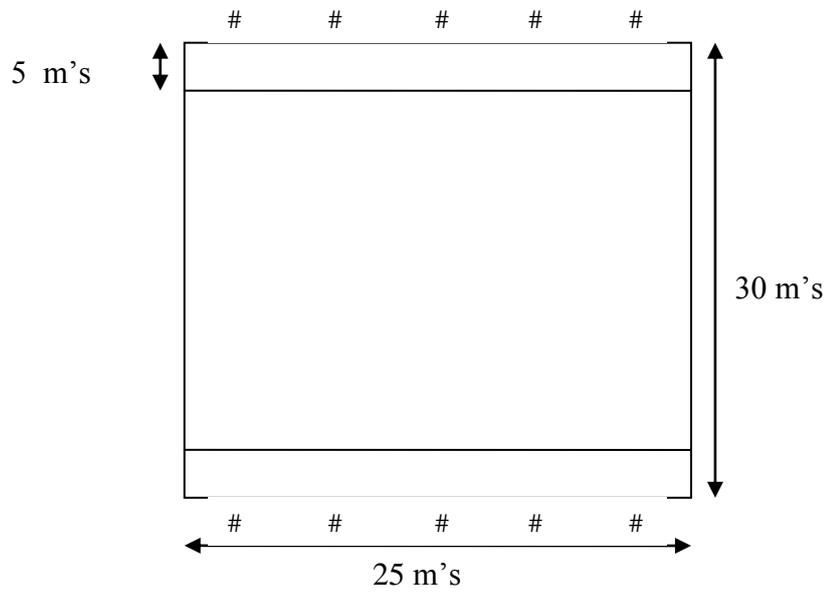
This game promotes cool, accurate finishing. It is also about moving into the right position to score, slyly and unannounced, gliding into position.

To score a goal you need to knock down a traffic cone (one of the five). However you are not allowed in the end zone so you have to kick the ball accurately in order to knock the cone down. When knocked over the cone stays down until all the cones at one end are knocked down (acts as a scoreboard).

Players will need to make imaginative runs and move into space thereby giving them or their team mates the opportunity to compose themselves when striking the ball in an attempt to knock over a cone.

- Pitch sizes 30 x 25 -or at the discretion of the coach but with a no go zone of some 8-10 yards from the goal line at each end.
- Number of teams - 2
- Team sizes (4-5 players)
- Bibs or alternate strip
- Goals - Five traffic cones spaced out along the goal line, at both end of the pitch.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

Cone Game Layout



Playground Game

The game is in fact two games playing at once. One game of 4 v 4, playing from North to South, the other 4 v 4 game plays across that pitch playing East to West.

The main aim of this game is to see how players adapt to a chaotic situation and how they problem solve. The players have to get their heads up to identify who is on their team, who the opposition is, which ball is theirs and who is playing in the other game.

The first few minutes of this game are a little confused, but very quickly the players sort themselves out and play. Coaching should be left to just observation, to allow the players to solve the problems we have given them.

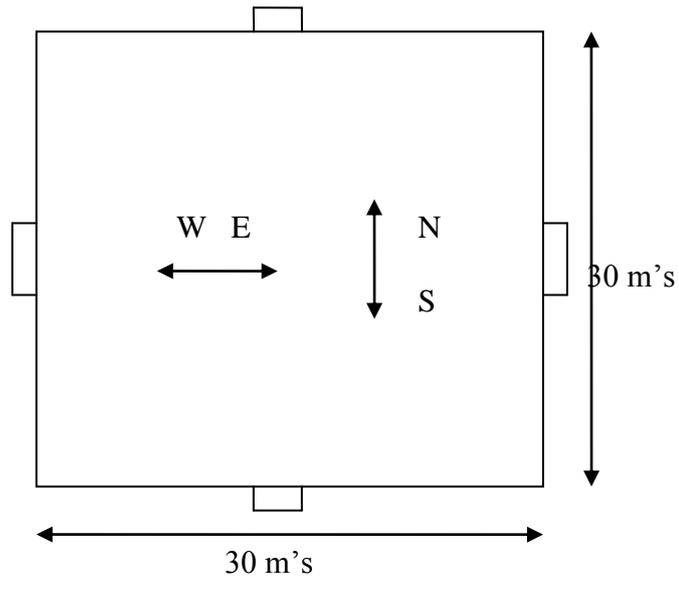
At the end of the game it may be advantages to ask the players questions. Kids are very resilient and will just about cope with anything you throw at them. As coaches we need to let go and allow the players to find their own solutions before we interfere and do their thinking for them.

- Pitch sizes - 40 x 40 or at the discretion of the coach
- Number of teams - 4
- Team sizes 4-6 players
- 4 different coloured Bibs or strips.
- Goals - 1 set of collapsible goals for each direction, placed in centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

Variations:

1. Playground Game with 2 goals on each goal line.
2. Playground game with 5 cones on each goal line

The Playground Game



Pressing Game

This game is about encouraging the players to defend from the front. It is quite a high tempo game.

It is also good for conditioning and developing a physical and mental toughness.

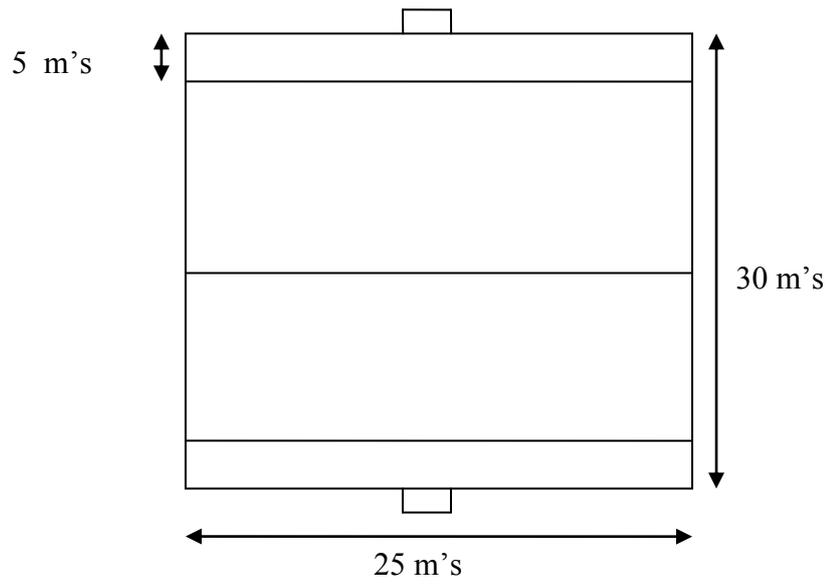
The game is played as a standard small sided game with one condition. If a team wins the ball in the oppositions half and then goes on to score before the ball has left that half, they are awarded two goals.

A goal scored any other way counts as just one goal. Very popular with the players and evokes good team spirit.

The attacking team need to work as a unit to both press and close down defenders.

- Pitch Size 30 x 25 - or at the discretion of the coach, but basically a standard 4 v 4 pitch, with a half way line marking. (you can use two traffic cones at each side of the pitch)
- Number of teams - 2
- Team sizes - 4-6 players
- Bibs or alternate strip
- Goals - 1 Collapsible goal placed in the centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Pressing Game Layout



Vision Game

It is a game where players must use their insight and get their heads up. Lots of decision making as there are 3 goals to attack

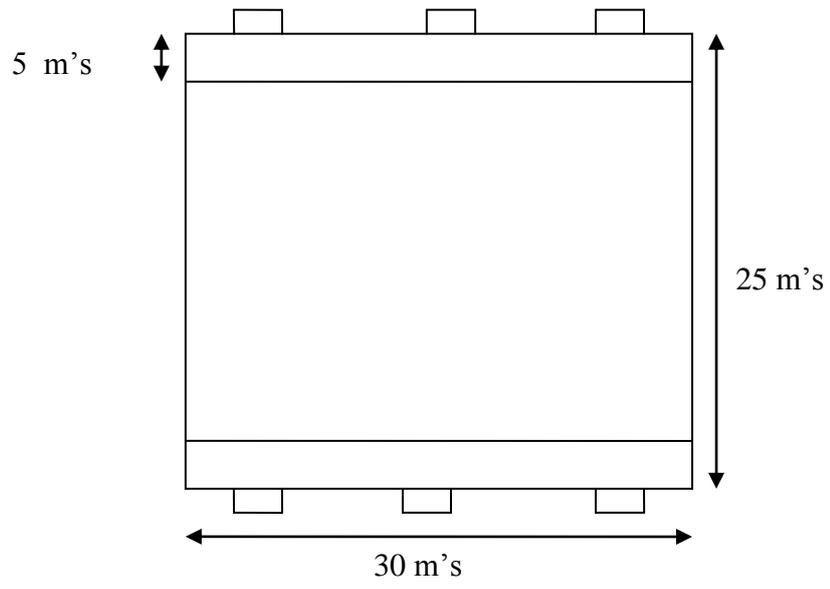
The objective is for the teams to score in any of the 3 goals, however behind the goals there is one extra person. They do not touch the ball but move behind the line of the three goals. If they are standing behind a specific goal, the attacking team can't score into that goal. For the younger players we use coaches behind the goals as the kids love to work them by making them run and run as play is switched from side to side. Basically the better the game is played the more the coaches have to run and sweat, much to the amusement of the kids.

More than any other small sided game you really get to see who are the players with vision and insight by the way they look up, switch play, sell dummies to confuse the opposition as to which goal they are going for. These are the players that see the whole picture.

The only condition that can also be used is that players can only score from the opponents half as sometimes there is a tendency for players to always shoot and not build up play. We can play both ways and change it during a game.

- Pitch size 25 x 30 - or at the discretion of the coach but must be wider than it is long
- Number of teams - 2
- Team sizes - 4-6 players
- Bibs or alternate strips
- Goals - 3 for each side made from either traffic or marker cones 1-2 metres apart depending on age group and ability, spaced out evenly along each goal line. The younger and less technically able, the bigger the goal.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Vision game Layout



Sound of Silence Game

Communication is so vital on the football pitch. It can come in many forms.

- Speech, giving commands and asking
- Pointing
- A shrug of the shoulder
- With your eyes

Verbal communication on the pitch can cover a number of things.

- Asking for the ball - 'Pete's ball' etc
- Warning a fellow player - 'Man on'
- Giving extra information - 'Turn' 'Time'

Children are often very quiet on the pitch. This could be a result of nerves or lack of confidence and is in stark contrast to the constant chatter before and after the game.

In contrast in a lot of adult football everyone is shouting for the ball, even when they are in a poor position to receive the ball. Too much communication can be as bad as too little. Am I in a good position to receive the ball, no Pete is in a far better position. When a player has the ball and five team mates are calling for it you have a problem.

It goes without saying that other than the coach (and even this should be kept to a minimum) no parents or spectators should be coaching or offering advice from the side. This is very confusing for young players.

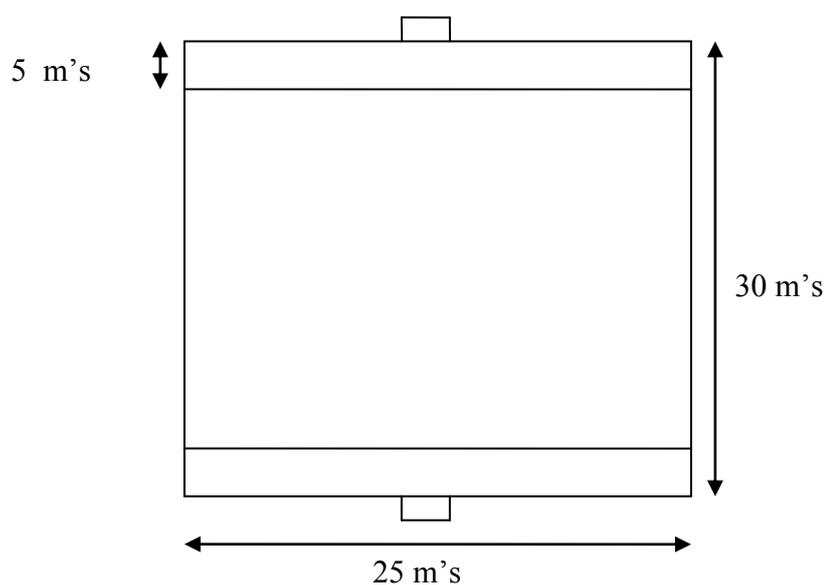
Play this game as a normal game but for sections of the game have no talking at all.

The sound of silence makes the players aware of how important verbal communication is. Without verbal communication players must find other ways of communicating such as pointing or a movement of their eyes.

- Pitch sizes 30 x 25 - or at the discretion of the coach.
- Number of teams - 2
- Team sizes - 4-6
- Bibs or alternate strips

- Goals - 1 Collapsible goal placed in the centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Sound of Silence Game Layout



Sweeper Game

The sweeper has all but disappeared from the modern game. However there is still a place for that role.

It was the sweeper's ability to read the game and anticipate what was going to happen. They combined that with excellent attacking attributes and could gracefully bring the ball out of defence and start an attack.

This game is best played as a 4v4 game with no keepers. Each team has a designated sweeper who can't get tackled in the 5 metre zone in front of his goal. He can play out side of this area but can be tackled.

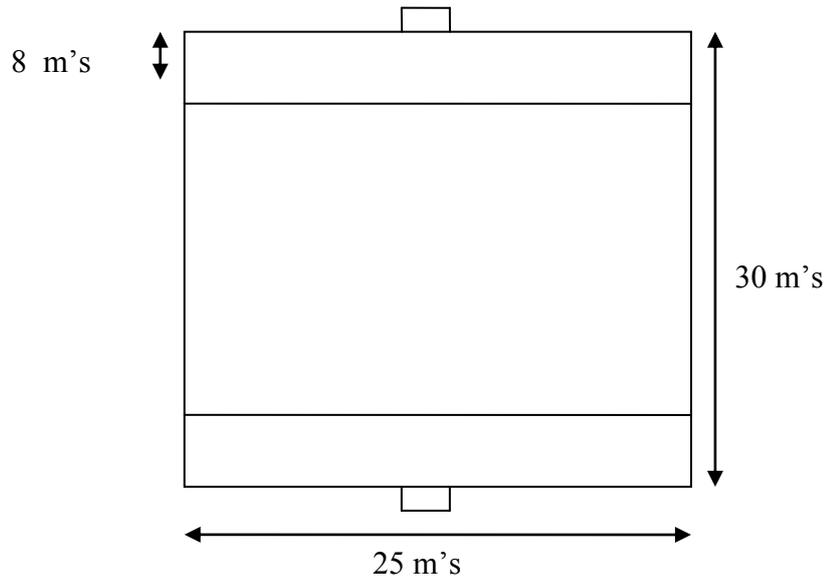
All players can go inside the sweeper zone, but just can't tackle the sweeper. They can however tackle his team mates.

This game allows the sweeper time to build from the back and also gives the option of a pass backwards if there are no options forward or sideways.

You can also have the sweeper start with the ball if it goes out, so that he gets a lot of practice.

- Pitch sizes 30 x 25 - or at the discretion of the coach. There is an area marked off about 8 metres from each goal line
- Number of teams - 2
- Team sizes - 4
- Bibs or alternate strips
- Goals - 1 Collapsible goal placed in the centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Sweeper Game layout



One - Nil Game

This is more of a possession game, played like a standard 4v4 game but with a twist.

Because of the nature of the game it teaches that:

"Keeping possession is not only a way of denying the opposition the ability to score but also a way for the team in possession to have a breather."

The game begins as a normal 4 v 4 game with the usual rules. The fundamental difference of this game, however, is that you can only win by one goal.

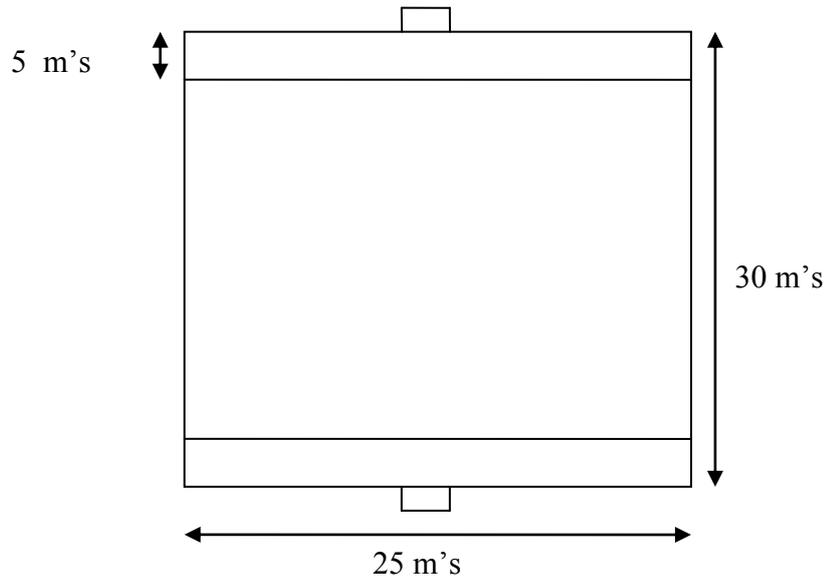
When a goal is scored, the team that scored must just try and keep possession and can't score. If they do, the goal is disallowed and a goal kick ensues.

If the other team then equalise and make it 1-1, both teams are able to attack trying to score to make it 2-1. The team leading 2-1 then has to attempt to keep possession, while the other team attempts to score the equaliser and so on. The game continues for a set period of time so once equalised both teams must attempt to score quickly.

This is an excellent possession game and also allows a team to play out time by keeping possession. As well as possession, teams also have to attack with speed when needing to score and the game also focuses on transition.

- Pitch Size 30 x 25 - or at the discretion of the coach, but basically a standard 4 v 4 pitch
- Number of teams - 2
- Team sizes - 4-6 players
- Bibs or alternate strip
- Goals - 1 Collapsible goal placed in centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The One Nil Game Layout



LES BLEUS GAME

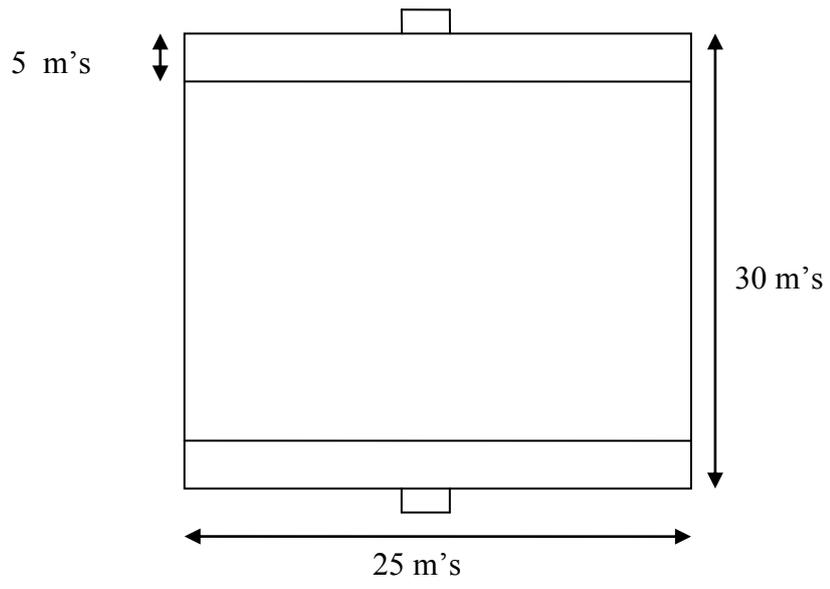
This game emphasises midfield play and breaks it down to a 2v2 game in the centre of the pitch. This can also be developed by adding a neutral player in the midfield area.

A striker and defender from each team are in the end zones. The middle zone is 2v2 or 3v2 if you use a neutral player.

When the ball enters the midfield zone all the players must touch the ball before it can be played in to the last third. The player that is the last person to touch the ball in the midfield zone can either pass it to the attacker or dribble the ball into the area and make a 2v1 situation. The opposition midfield players can't track him.

- Pitch sizes 30 x 25 - or at the discretion of the coach, but with a marked midfield off zone of approximately 20 metres.
- Number of teams - 2
- Team sizes 4v4 (+ optional neutral player)
- Bibs or alternate strips
- Goals - 1 Collapsible goal placed in the centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

Les Bleus Game Layout

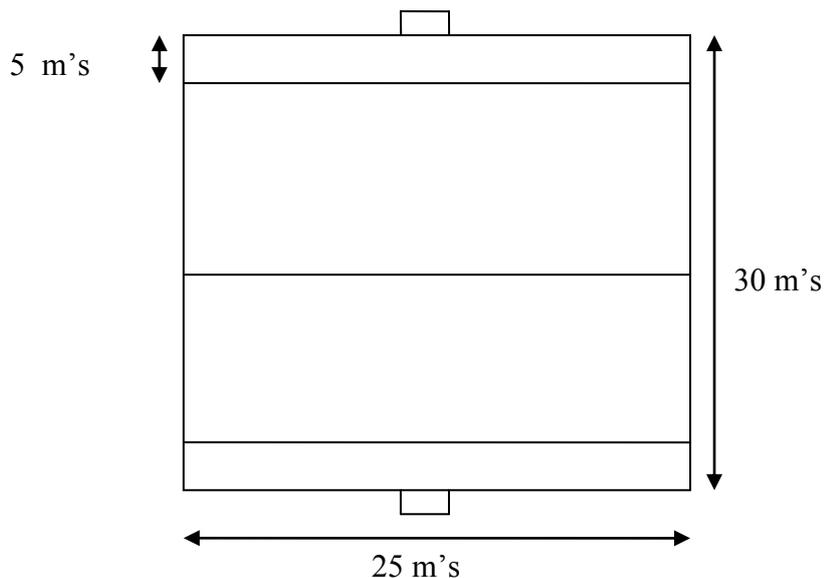


Liverpool Game (Pass & Move)

As soon as a player in possession passes the ball he must move either back, sideways or forward approx 3 metres to support the player with the ball. If he fails to do this, on the coaches call, possession is immediately given to the other team.

- Pitch sizes 30 x 25 or at the discretion of the coach
- Number of teams - 2
- Team sizes 4-6 players
- Bibs or alternate strips
- Goals - 1 Collapsible goal or set of cones placed in centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Liverpool Game Layout



SHOOTING GAME WITH SNIFFER

Every player young and old loves shooting games. When you catch the ball right on the sweet spot and it curls and bends at speed rippling the back of the net there is no better sight or sound.

This game combines shooting, setting up the strike and sniffing (following up a rebound from the keeper, post or bar.)

The game is a standard small sided game but with a zone in front of each goal. In this zone are the keeper and an opposition forward (sniffer).

Players can only shoot outside of this zone and can use the sniffer to set up play. The sniffer however is not allowed to shoot at goal unless it is a rebound off of the keeper, goal post or bar.

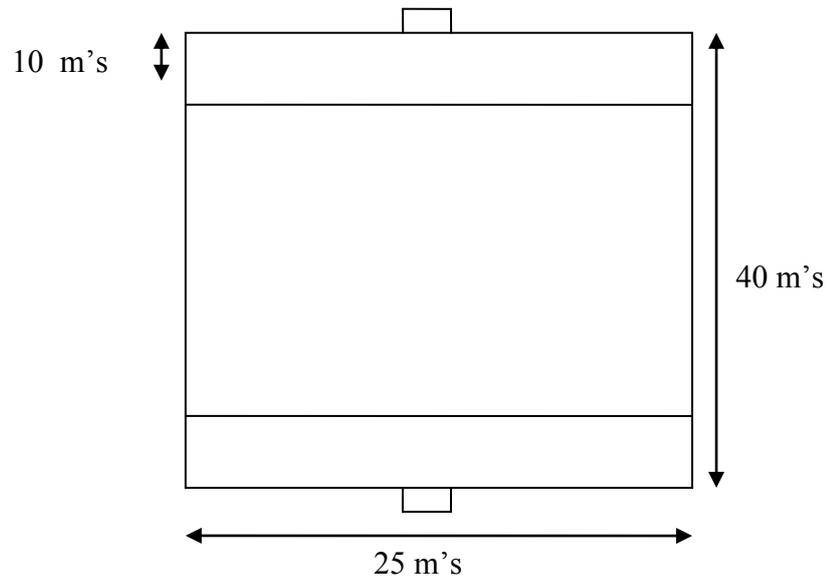
This is great shooting practice at distance. It is also good to work on setting up shots and reacting to rebounds.

The game is also an excellent workout for keepers as they have to be alert and on their toes, should they spill the ball or the ball rebounds from the post or bar to the sniffer.

It is a good idea to have a plentiful supply of ball in each goal to keep the game moving.

- Pitch sizes 40 x 25 - or at the discretion of the coach - a zone of about 10 metres from each goal should be marked out with a line or marker cones
- Number of teams - 2
- Team sizes 5 players (including keepers)
- Bibs or alternate strip
- Goals - 1 collapsible goal placed in the centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Shooting Game With Sniffer Layout

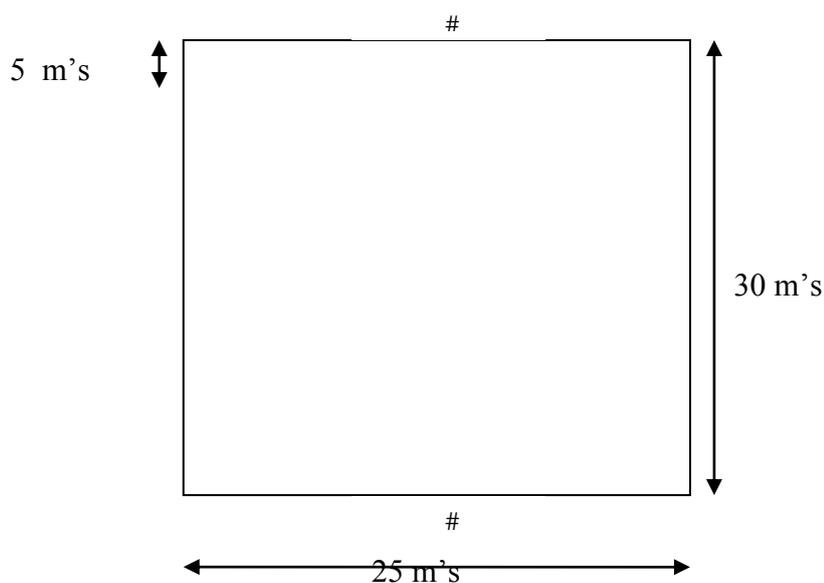


Dutch Brick Game (Single Cone)

This game is from the streets of Amsterdam. It is all about developing skill on the ball in a confined space. These types of games replicate a crowded midfield. It is easy to look good when you have plenty of space but how can you handle playing in tight areas of space.

A normal small sided game set up and rules, but to score a goal players have to knock down the solitary cone.

- Pitch sizes 30 x 25 - or at the discretion of the coach but much smaller than a normal 4v4 pitch
- Number of teams - 2
- Team sizes (4 players)
- Bibs or alternate strips
- Goals - A traffic cone placed in the centre of both ends of the pitch.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.



Argentinean Passing Game

This game celebrates the beauty of good possession football.

The teams play a possession game. To score a goal they must complete a set number of passes, e.g. 4 minimum before they can score in any of the 4 small goals. This gives the team that does not have possession a further chance to win the ball back.

The team in possession has to show composure to score after the passing sequence.

To help the team in possession you can add a neutral player.

Match Day example:

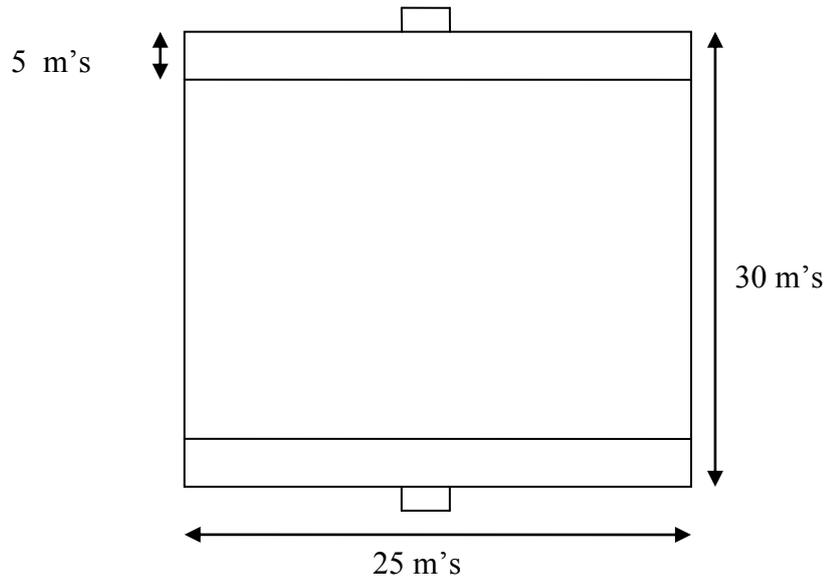
Game 1: 4 passes (min) before able to score

Game 2: 5 passes (min) before able to score

Game 3: 6 passes (min) before able to score

- Pitch sizes 30 x 25 - or at the discretion of the coach.
- Number of teams - 2
- Team sizes - 4
- Bibs or alternate strips
- Goals - 1 collapsible goal placed 5 metres back from the pitch, centrally at the each end and on the sides.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Argentinean Passing Game Layout



6 Second Transition Game

Teams are at their most vulnerable in terms of losing the ball, in the first few seconds after gaining possession. It is this transition period that we are looking at, both in terms of winning the ball back quickly and then keeping it.

The key is the first six seconds after losing the ball. This period is when the opposition have not yet switched from defensive to possession mode.

The other key period is those six seconds after you have won the ball back and the need to maintain possession during that critical period when your team is changing shape and finding space (going wide and deep).

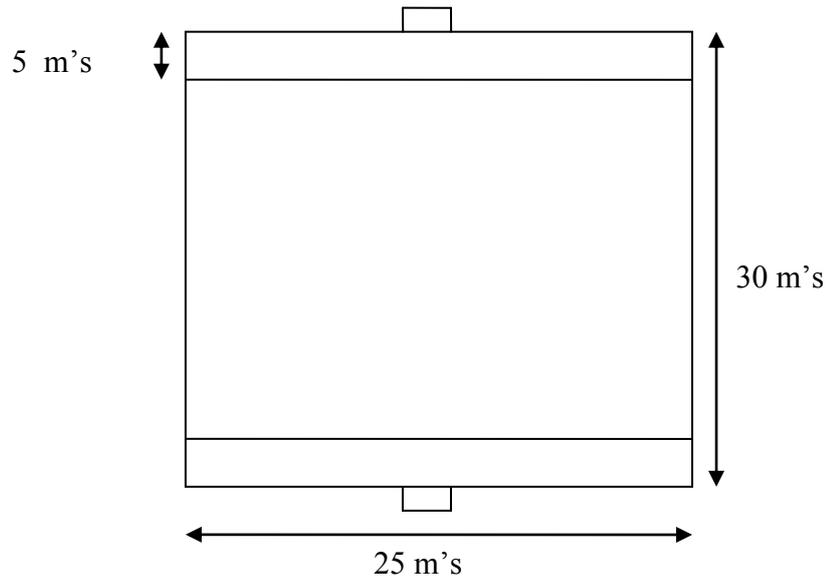
In this game when a team lose possession they have 6 seconds to win the ball back. (the coach counts this out) If they win it back in that time they are awarded a point (a goal). The idea is to double team and work frantically to get the ball back in the allotted time frame. If they fail to achieve this they must return to normal defensive duties and make sure they close all the gaps and limit the space for the opposition.

If they do win the ball back within 6 seconds, if they are high up the pitch they must look for an immediate goal scoring opportunity.

If they are in a more crowded midfield area they must look for an 'outman' who can get hold of the ball and maintain possession through the crucial 6 second period. This may well be a sideways pass or a backwards pass to a player in plenty of space.

- Pitch sizes 30 x 25 - or at the discretion of the coach. Number of teams - 2
- Team sizes - 4-6
- Bibs or alternate strips
- Goals - 1 Collapsible goal placed in the centre of each goal line.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The 6 Second Transition Game Layout



DRIBBLERS GAME

Running with the ball is fast becoming a dying art as teams pass the ball like robots, scared to death of making a mistake.

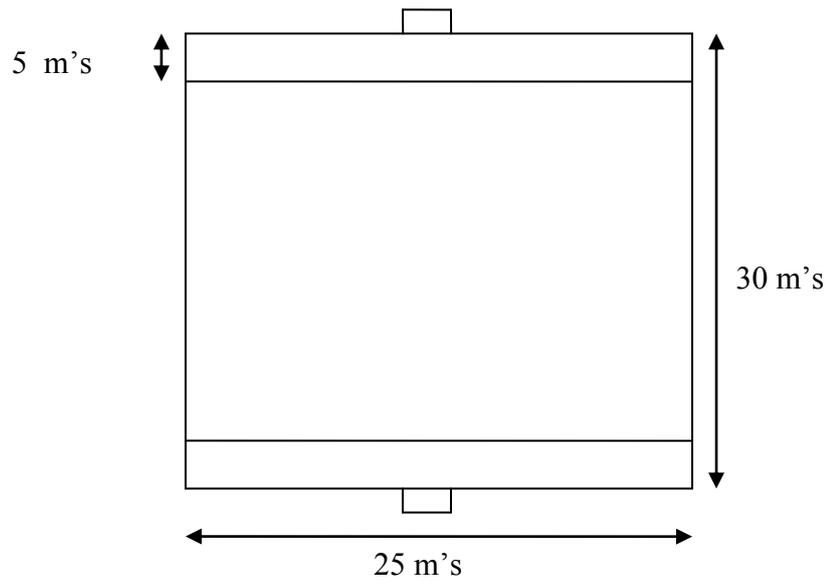
With space at a premium in the modern game, dribbling and running with the ball can open up space and terrorise defences.

The game is conditioned so that primarily you can only promote the ball by dribbling it within the majority of the pitch.

There is a no go zone 5 metres in front of each goal where the defending team can pass the ball. In all other areas ball movement is restricted to players dribbling the ball. Team mates are allowed to do 'take over' moves e.g. sole stops, step over's etc to promote the ball.

- Pitch Size 30 x 25- at the discretion of the coach, this can however be played in either portrait or landscape format. Markers are placed at either end of the pitch 5 metres from end line to indicate the no go zones.
- Number of teams - 2
- Team sizes - 4 players
- Bibs or alternate strip
- Goal set up - Collapsible goals in centre of each goal line with a line across the pitch or cones at the side indicating an end line 5 metres apart.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Dribblers Game Layout



AJAX GAME

A terrific small sided game with plenty of passing and movement. The pitch is divided with cones to make four triangles. From above it is a giant X.

The players can only pass the ball once in a triangle; therefore they need to move to another triangle if they want to receive the ball.

The game is similar to the Liverpool, pass and move game with the added advantage that the pitch lay out designates where a player can move too.

3 Goals are set up on each end line. Players score one point for a two touch finish (controlling the ball then finishing) and two points for a one touch finish.

- Age Group U12s to adults
- Pitch sizes 40 x 20 - or at the discretion of the coach. The pitch is divided with cones to make four triangles. From above it is a giant X.
- Number of teams - 2
- Team sizes - 4 (no keeper)
- Bibs or alternate strip.
- Goals -3 small goals of about a metre made with traffic cones, at both ends.
- Restarts - If the ball goes out of play it can either be, dribbled or passed onto the pitch. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.
- Restarts when goal scored - team that conceded goal restarts game by ball being dribbled or passed onto the pitch from end zone. For the younger age groups we dribble the ball on and for the older age groups we usually pass the ball on.

The Ajax Game Layout

