



SAA Rec Coaching Clinic Level 1 7-8 Part 2of2

Category: Small-Sided Games

Difficulty: Beginner

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Protect Your Home 2v1 P2 (15 mins)

Objective

Teach players basic attacking and defending principles

Setup

25x30 rectangle

3 small goals for each player to defend

Directions

Blue Defender plays a ball to Red Attacker who receives ball and goes at defender to beat him behind to central goal for 3 points or to either side goal for 1 point. If Defender wins ball he goes to opposite three goals and chooses best option to score.

Progression 2: add a second attacker

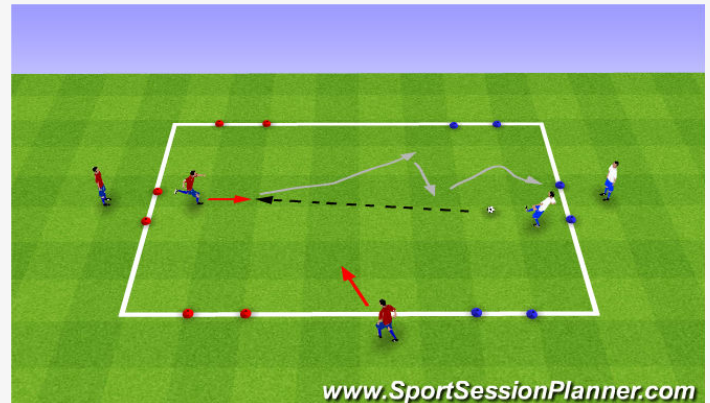
Coaching Points

Defending player should close space down for the attacker as quickly as possible under balance.

Read attackers first touch

Get touch-tight

Win the ball at the right time.



3 vs 1

Purpose:

To train players to attack with and advantage and defend with a disadvantage and to transition from one to the other.

Directions:

The offensive team will always have a 3v1 advantage. This means that everytime the defends steals the ball or kids the ball out of bounds, two attackers must drop off the field and two new players of the defending team will add to play 3v1 in the opposite direction.

Coaching Points:

Offensive-

Speed of play

Maintain triangles on the field

Use the entire space

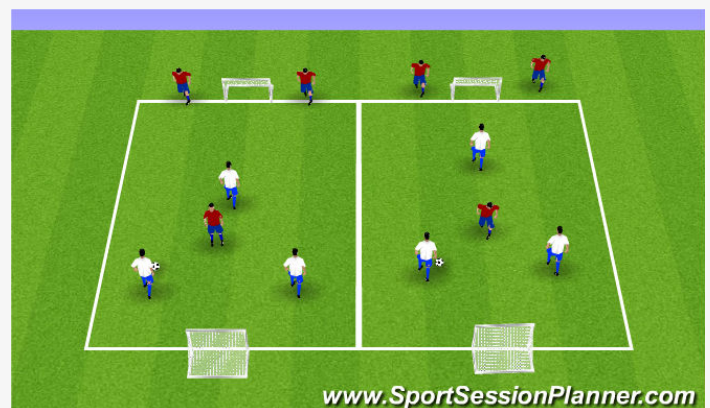
Body shape to receive the ball

Defensive-

Eliminate passing angles

Shrink field when possible

Decision making when going to win the ball.



4 vs 2

Purpose:

To train players to attack with and advantage and defend with a disadvantage and to transition from one to the other.

Directions:

The offensive team will always have a 4v2 advantage. This means that everytime the defends steals the ball or kids the ball out of bounds, two attackers must drop off the field and two new players of the defending team will add to play 4v2 in the opposite direction.

Coaching Points:

Offensive-

Speed of play

Maintain triangles on the field

Use the entire space

Body shape to receive the ball

Defensive-

Eliminate passing angles

Shrink field when possible

Decision making when going to win the ball.

