



SAA Rec Coaching Clinic Level 1 3-4 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

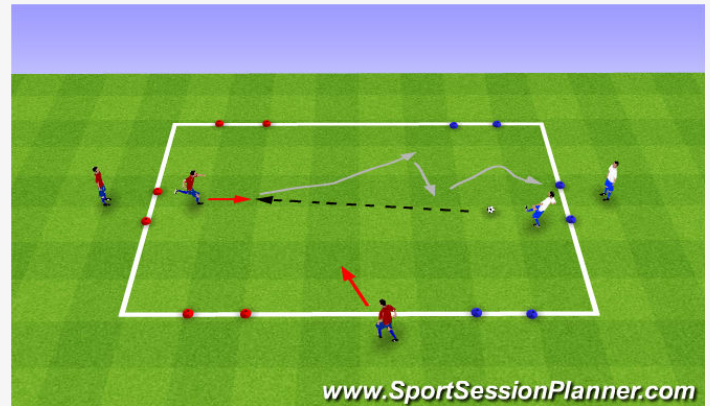
Coaching Points

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 3

15-25 minutes

Size 3 soccer ball

No goalkeepers

Directions:

1. When the ball goes out of bounds on the side line, please say "Red Light". No throw ins, play kick ins.

2. When the ball goes out bounds on the end line, please say "Yellow Light". Play a regular goal kick.

Coaching Points

Encourage players to have fun and focus on keeping the ball close while dribbling and to pass to a teammate when possible.



4 vs 4 (25 mins)

Dimensions in Yards: Wide: 25 max-15 min Long: 30 max-20 min

Ball Size 3

Number of Players 3 Players per team on the field - No

Goalkeepers needed

No Referee needed

Duration No more than 30 minutes max – Can play in quarters

Fouls and Misconduct No cards (Yellow or Red) If a child misbehaves you must sub him/her out of the game

Free Kicks All free kicks shall be direct

Out of bounds - Side Line

1. When the ball goes out bounds, please say RED LIGHT (all the players shall stop)

2. Place the soccer ball on the side line and allow the player to kick it in or dribble it into the field

Out of Bounds – End Line

1. When the ball goes out of bound, Please say RED LIGHT (opposite team will regroup by the mid line)

2. The Kicking team will place the soccer ball about 1-2 yards in front of the goal and kick it to a teammate

Corners (optional): When the defending team kicks the ball over the end line the other team will place the ball on the corner and kick it in. The defending team must be at least 4-5 yards away from the ball.



