Sometimes coaching is like “rolling the dice” as to how many players show up. What will you do when practice doesn’t go as planned?

» Compiled by Vince Ganzberg,
   NSCAA Education Content Coordinator
This book is dedicated to my late brother-in-law, Eric Emrich, who, like many coaches in this great country, volunteered his time to the game. He left this world far too soon. Like many volunteers, he was always seeking alternative ways to make practices more enjoyable for his players. More times than not, he wouldn’t have a full allotment of players for practice. He and I would discuss different activities for him to use depending on how many showed up. That is what this book is all about. He didn’t have a playing background but used some of the activities/games in this book to allow his players both learning and enjoyment.

In the end, though, it wasn’t the activities he ran but the care he showed for all children he coached. Every child was a champion in his eyes and heart. Miss you Eric and I know you are probably still coaching a small-sided team in heaven!

—Vince Ganzberg
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SCENARIO:
You are coaching a 12-year-old team that has 14 players on the roster. Your practice plan is for 14 players, but only seven show up. It’s sort of like “rolling the dice” as to how many show up sometimes. So now what do you do? Send them home? Their parent(s) just left and you are the only team at the soccer park.

Whether you coach for your local league or for an advanced level team, this book is relevant. It will offer realistic and enjoyable activities to use for all levels of play.

This book begins with activities for four players and ends with 12 players. All games are directional and go to at least one goal. There are five activities per number of players in this first version. In addition to the activity, tips on some thoughts to teach, how to vary the activity and a suggested time length are also presented. Thank you for taking the time to serve and improve our game.

CONSIDERATIONS:
» The age of players
» The level of players
» The work rate required for small-sided games
» The smaller the game, the shorter and more intense the playing time
» Weather, field conditions, etc.
» Applying the offside law for most (if not all) of the small-sided games
» Competition benefits from playing a small-sided game to goals
» Deciding to focus on attacking or defending techniques and/or principles
» Using these games in normal practice sessions before you play the end game
THE YOUTH SOCCER COACH
By Mike Berticelli

You donate your time for the good of our youth, but you scream and you yell and are often uncouth.

The ref is just 12 and still learning the game, but you call him a jerk and say he’s not sane.

The parents are screaming and follow your lead as you sprint up the sideline at uncontrollable speed.

You jump as you yell “Pass, pass the ball!” You turn red as you bellow, “Ref, make the darn call!”

“You’re the left back, get in your position, if you don’t we might lose and ruin our tradition!”

Positions are needed so we look like a team, ‘cause they’re miniature pros, or so it does seem.

The fullback is bored, he picks at his nose, while the others run wild and kick with their toes.

You scream for a goal, no matter how it goes in, the skill doesn’t matter, just as long as we win!

The parents go crazy as the ball nears the goal, their advice and instructions will soon take their toll.

You see, “Junior” feels pressure, he’s not having much fun, we tell him to pass, when to shoot, and to run.

He came here to play and to use his own mind, ‘cause soccer’s the most creative game that you’ll find.

Imagination is needed on the part of each child, solving problems on the field is what makes them go wild.

A week of long practice, while just standing in line, waiting to shoot, just using one ball at a time.

This just doesn’t cut it, and for some it’s too late, make your practices fun, don’t be the coach that they hate.

They come to “play” soccer, not to work at the game, their excitement is something we don’t want to tame.

Maradona had moves that are beyond comprehension, no coach taught those moves while threatening detention!

He learned from his friends, and tried copying others, while playing in games, without coaches and mothers.

Soccer is different, not like baseball at all, we don’t need positions, just give them the ball.

They first must learn skill, it’s the meat of the game, if they can’t dribble or shoot, then who should we blame?

Skill must be learned through repeated trials, if motivation is present you will see them run miles.

“Fun games” are the answer to encourage repetition, they laugh and they scream and enjoy competition.
Without the skill to dribble past an opponent at will, your players may win, but their growth will stand still.

I dream of the day when the parents just cheer, and losing the game doesn’t bring out a tear.

When practice is fun, not dull and so boring, and playing the game means more than just scoring.

I know you mean well, and you donate your time, but bury your ego, and try something sublime.

Call all the parents, and ask for their aid, you’re teaching their kids and not getting paid.

Your goal’s to develop a youngster with skill, not a team that must win, or some fancy new drill!

You see, players are not judged by their wins and their losses, instead they are judged by their shots, heads, or crosses!

Scholarships are given to players with great names, not to those who played on youth teams who never lost games.

A pro player gets paid ‘cause his skills are real fine, not because his team never lost when he was nine.

It’s time to bring soccer to new heights in this nation, the future’s in players, not a coaching citation!

Let’s start to say “dribble” and stop yelling “Pass!” You’ll then see players go to the head of the class.

I hope you’re concerned, but not really offended, it’s the need for more skill that I have defended.

You’re giving your all, from the good of your heart, why not make sure the kids get the right start?

ABOUT MIKE BERTICELLI

Mike Berticelli (1951-2000) was best known for his success as the University of Notre Dame men’s coach and for his boundless energy for the sport he loved.

“Bert’s” college coaching career began when he was 24 years old. He gave back to the game both as a teacher and ambassador and as the NSCAA Director of Coaching. His passion for the game, people, and life was reflected in his talented storytelling.
4-PLAYER ACTIVITIES

“Coaching isn’t about x’s and o’s, but y’s.”
—Joe Ehrmann
**LAST PLAYER BACK** ACTIVITY

**TECHNIQUES**

- Dribbling: Running with the ball
- Passing: Disguise/outside of the foot
- Receiving: Vision to go forward

**MENTAL**

- Competition
- Bravery
- Focus and Refocus

**TACTICS**

- Attacking: Decision to dribble or pass
- Attacking: Creating a 2v1
- Defending: Making a 2v1 into a 1v1

**PHYSICAL**

- Action speed
- Acyclic speed
- Agility, Balance, Coordination

**TEAMS**

- Two teams of 2

**FIELD SIZE**

- 20 x 10-15 yards

**GOALS/FLAGS**

- 5-7 yards wide

- When a team has possession, both players attack
- When a team loses possession, one defends while teammate goes back to goal
- Player in goal must stay on line until their team has regained possession
- Goals have to be scored on the ground

**VARIATIONS**

1. Limit touches for the team that is winning.
2. Goals must be scored one touch from a pass.
3. Team that is losing can choose to play 2v2 or drop someone back.
FAST BREAK ATTACK

**TECHNIQUES**

- Dribbling: Running with the ball
- Dribbling: To beat an opponent
- Individual defending: Closing down from the front

**MENTAL**

- Competition
- Bravery
- Focus and Refocus

**TACTICS**

- Attacking: When to shoot vs. keep dribbling
- Defending: Taking the shot away from the opponent

**PHYSICAL**

- Technical speed
- Acyclic speed
- Agility, Balance, Coordination

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**Teams:** Two teams of 2

**Field Size:** 15 x 10 yards
- A player from each team is in goal
- A player from each team is on the field
- Activity begins when coach rolls ball to a GK
- When that happens, the defending player runs around a cone
- The attacking GK rolls ball to teammate, and teammate attacks
- Rule: Must score in attacking half; if goal is scored or goes out of bounds, coach restarts

**Variations:**
1. Put cones closer as opposed to on ends of field.
2. Allow attacker to play ball back to GK. They becomes 2v1.
3. Award more points for 1v1 than 2v1.

**Teams:**
- Switch teams around

**Field Size:**
- 45 seconds to 1 minute
- 90 second rest
- Play multiple rounds/intervals
- Switch teams around

**Variations:**
- Put cones closer as opposed to on ends of field.
- Allow attacker to play ball back to GK. They becomes 2v1.
- Award more points for 1v1 than 2v1.
**2v2 4-GOAL DIAGONAL GAME**

**TECHNIQUES**
- Dribbling: Running with the ball
- Passing: Surface selection (inside/outside)
- Individual defending: Closing down from the front and/or side

**TACTICS**
- Attacking: Penetrate via dribble or pass
- Defending: Pressure and cover
- Defending: Make a 2v1 into a 1v1

**MENTAL**
- Competition
- Bravery
- Determination to succeed with a teammate

**PHYSICAL**
- Technical speed
- Acyclic speed
- Agility, Balance, Coordination

**TEAMS:**
- Two teams of 2

**FIELD SIZE:**
- 25 x 15 yards
  - Goals are placed on corners facing diagonally
  - Each team has two goals to attack and defend
  - When a goal is scored, start at midfield

**VARIATIONS:**
1. Team in lead plays 3-touch maximum.
2. Cannot score in same goal twice in a row.
3. Only play with one goal in each corner.
4. Coach can aid team in possession.

- Play 1- to 3-minute games
- 1 minute rest
- Play multiple rounds/intervals
- Switch teams around
Dribbling: Running with the ball
Passing: Surface selection (inside/outside)
Individual defending: Closing down from the front and/or side

Attacking: Penetrate via dribble or pass
Defending: Pressure, cover
Defending: Make a 2v1 into a 1v1

Competition
Perseverance
Determination to succeed with a teammate

Change of direction
Acyclic speed
Agility, Balance, Coordination

Teams: Two teams of 2
Field Size: 25 x 15 yards
Goals are placed on each side, as shown
Each team has two goals to attack and defend
When a goal is scored, start at midfield

Variations:
1. Team in lead plays 3-touch maximum.
2. Cannot score in same goal twice in a row.
3. Change the goals for each team.
4. Coach can aid team with ball.
**2v2 SCORING ZONES**

**Teams:** Two teams of 2

**Field Size:** 25 x 15 yards

- Three "scoring zones" marked by a cone
- The closest cone is 5 yards from goal (1 point)
- Second closest cone is 12 yards from goal (2 points)
- Third closest cone is 18 yards from goal (3 points)
- Team takes turns (45 seconds to 1 minute)
- The coach plays the new ball in
- If defending team wins the ball, they can score in one of two counter goals
- Goals scored when defending are worth 2 points

**Variations:**
1. Play 2v1.
2. If ball hits the net in the air, award an extra point.
3. Vary the distances for each scoring zone.

**TECHNIQUES**

- Dribbling: Running with the ball
- Passing: Surface selection (inside/outside)
- Individual defending: Closing down from the front and/or side

**MENTAL**

- Positive mentality to shoot
- Determination to succeed with a teammate
- Competition

**TACTICS**

- Attacking: Penetrate via dribble or pass
- Defending: Pressure and cover
- Defending: Make a 2v1 into a 1v1

**PHYSICAL**

- Change of direction
- Acyclic speed
- Agility, Balance, Coordination
“Remember that people don’t care what you know until they know that you care.”

—Anonymous
THE WORLD CUP GAME

TECHNIQUES

» Dribbling: To pass or shoot
» Passing: Surface selection (inside/outside)
» Finishing: Surface selection
» Individual defending: Deny the shot

MENTAL

» Competition
» Determination
» Mentality to go forward
» Mentality to shoot/score

TACTICS

» Attacking: Penetrate to score
» Attacking: Providing support to a teammate
» Defending: Pressure and cover

PHYSICAL

» Action speed
» Technical speed
» Agility, Balance, Coordination

Variations:
1. Limit touches.
2. Can only score one touch from a pass.
3. Winning team stays on until loss.

Teams: Three teams of 2
Field: 30 x 20 yards
» Each team picks a name, country, etc.
» One team or pair goes in goal, and the other two teams play 2v2
» Points: 3 for a win, 2 if team scored last on a tie, 1 for 0-0 score
» Switch teams after each round

Play 2- to 3-minute games
45-60 second rest
Play multiple sets of games
Switch teams around

Play 2- to 3-minute games
45-60 second rest
Play multiple sets of games
Switch teams around

Teams:
Three teams of 2
Field: 30 x 20 yards
» Each team picks a name, country, etc.
» One team or pair goes in goal, and the other two teams play 2v2
» Points: 3 for a win, 2 if team scored last on a tie, 1 for 0-0 score
» Switch teams after each round

Variations:
1. Limit touches.
2. Can only score one touch from a pass.
3. Winning team stays on until loss.
3v3 POSITIONAL GAME

TECHNIQUES

» Passing: Surface selection (inside/outside)
» Receiving: To go forward to score
» Finishing: Surface selection
» Individual defending: Deny the shot

MENTAL

» Competition
» Determination
» Mentality to go forward
» Mentality to shoot/score

TACTICS

» Attacking: Penetrate to score
» Attacking: When to provide support vs. run away into space
» Defending: Pressure and cover

PHYSICAL

» Action speed
» Technical speed
» Agility, Balance, Coordination

Credit: Dr. Tom Turner
Teams: Two teams of 3
Field Size: 30 x 20 yards
» Make three zones across the field, cones mark the final zone for each team
» Play like a normal game
» Rule: Goal does not count if all 3 players are in last/final zone (ex. the goal in the diagram would count)

Variations:
1. Goal is worth 2 points if the team scores and the defending team has only 1 player back in the final zone.
2. Limit touches.
3. Make zones bigger (makes middle zone smaller)
**3-2-1 Challenge**

**Teams:** Two teams of 3  
**Field Size:** 30 x 20 yards  
- Play a normal game of 3v3  
- Three-touch limit for all players  
- If team scores then they have 2-touch limit  
- If team scores again they have 1-touch limit  
- Game ends when one-touch team scores

**Variations:**  
1. Play a three-touch only round.  
2. Play a two-touch only round.  
3. Sequential: First player on the ball has 3 touches, next player has 2 touches, third player has 1 touch.

**Techniques**  
- Passing: Accuracy and weight  
- Receiving: Go forward and score  
- Finishing: Surface selection  
- Individual defending: Deny the shot

**Mental**  
- Perseverance  
- Competition  
- Growth mindset

**Tactics**  
- Attacking: Penetrate, support, and mobility  
- Attacking: When to support  
- Defending: Pressure and cover

**Physical**  
- Action speed  
- Technical speed  
- Agility, Balance, Coordination
2-11 GAME

**TECHNIQUES**
- Dribbling: To beat an opponent
- Passing: Accuracy and weight
- Finishing: Surface selection
- Individual defending: Closing down from the front and side

**TACTICS**
- Attacking: Penetrate, support, mobility, and width
- Attacking: When to support
- Defending: Pressure and cover
- Defending: Make a 3v2 into a 2v2

**MENTAL**
- Determination
- Competition
- Attitude to score

**PHYSICAL**
- Action speed
- Technical speed
- Agility, Balance, Coordination

**TEAMS**
- Three teams of 2

**FIELD SIZE**
- 25 x 15 to 30 x 20 yards
  - Two of the teams play 2v2, while the other team splits and act as 7 (right winger) and 11 (left winger)
  - “7-11” team supports the attacking team by moving side to side on the touchline and players on the field can pass to 7 or 11
  - Note: 7 or 11 must be in an onside position
  - If the ball is passed to 7 or 11, they can dribble onto the field, and the game becomes 3v2
  - Change 7 and 11 if necessary

**VARIATIONS**
- Change 7 and 11 if necessary

- 1. 7 and 11 are not allowed to dribble, must pass to get on.
- 2. Goal is worth 2 points if scored after a pass from the end line by 7 or 11.
VERTICAL ZONES ACTIVITY

**TECHNIQUES**

- Dribbling: To set up a pass or shot
- Passing: Accuracy and weight
- Receiving: To go forward and score
- Individual defending: Closing down from the front and side

**TACTICS**

- Attacking: Penetrate, support, and mobility
- Attacking: When and where to support
- Defending: Pressure, cover, balance
- Defending: Make a 3v2 into a 2v2

**MENTAL**

- Determination
- Competition
- Growth mindset

**PHYSICAL**

- Action speed
- Technical speed
- Agility, Balance, Coordination

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**Variations:**
1. Allow a player to go into another zone after a pass.
2. Allow a player to go into another zone by dribbling.
3. Defending team can have more than one player in a zone.

**Teams:** Two teams of 3

**Field Size:** 30 x 20 yards
- Make three vertical zones with cones
- Each player is in a zone
- Play like a normal game
- Rule: Players are restricted to their vertical zone

**Teams:** Two teams of 3

**Field Size:** 30 x 20 yards
- Make three vertical zones with cones
- Each player is in a zone
- Play like a normal game
- Rule: Players are restricted to their vertical zone

- Play 2- to 3-minute games
- 60-90 second rest
- Play multiple rounds
- Switch teams around
“Football is simple, but the hardest thing to do is to play simple football.”

—Johan Cryuff
**TECHNIQUES**

» Dribbling: To penetrate or beat an opponent

» Passing: Accuracy and weight

» Receiving: Purposeful first touch

» Individual defending: Closing down from the front

**MENTAL**

» Determination

» Dedication

» Desire to score

» Competition

**TACTICS**

» Attacking: Penetrate, support, mobility, and width

» Attacking: When and where to support

» Defending: Pressure, cover, balance

» Defending: Make a 3v3 into a 3v2

**PHYSICAL**

» Action speed

» Technical speed

» Agility, Balance, Coordination

Variations:
1. Teams must score in order of 1v1 to 4v4.
2. Teams must score in reverse order of 1v1 to 4v4.
3. The defending team can always have one extra player (ex. 2v3)

Teams: Two teams of 4

Field: 30 x 20 yards

» The team that scores 1v1, 2v2, 3v3, 4v4 wins

» Teams do not have to score in order

» Players rotate after each round or when the ball goes over the end line

» When the ball goes over the end line, the player on the right post restarts by dribbling it in

» When the ball goes over the touch line, it is dribbled or passed in
Passing: Accuracy and weight
Receiving: Purposeful first touch
Finishing: A rolling ball coming from the side

Attacking: Penetrate via passing
Attacking: Mobility leading to support

Teams: Two groups of 4
Field: 30 x 20 yards

Place 5-6 mannequins (or “Boppers”) in the defensive half
Objective is to score as many goals as possible under the following conditions:
A. Everyone must touch the ball and be moving!
B. If the ball hits a “Bopper,” that round doesn’t count.
C. Offside rule is in effect.
D. Player scoring must be running and facing toward goal.
Retrieve ball on end after each attempt
Waiting team jogs around the field with or without the ball three times and then it’s their turn

Variations:
1. Make a two touch restriction.
2. Goal can only be scored off a cross.
3. Allow one or two players from the waiting team to defend on field.
4. Rearrange “boppers” to a back four plus a “6.”

Self-motivation
Dedication
Desire to score
Competition
Action speed
Technical speed
Agility, Balance, Coordination
**MORE TO SCORE GAME**

**TECHNIQUES**

- Dribbling: To set up a pass
- Passing: Accuracy and weight
- Receiving: To go forward
- Finishing: A rolling ball coming from the side

**TACTICS**

- Attacking: Penetrate via passing
- Attacking: Mobility leading to support
- Defending: Pressure, cover, balance
- Defending: Nothing getting through centrally

**MENTAL**

- Teamwork/other-centered
- Dedication
- Determination
- Competition

**PHYSICAL**

- Action speed
- Technical speed
- Agility, Balance, Coordination

Variations:
1. Limit touch restriction for players that have scored.
2. Only goals scored off of a one touch count.
3. Switch teams around.

Teams: Two teams of 4
Field: 30 x 20 yards

- The objective is to try to get as many players on one team to score
- The team that has the most players score wins the game
- Example: If the game is tied 3-3, the win goes to the team that had more players score

Play 2- to 3-minute rounds
Play multiple rounds
Switch teams around

1. Limit touch restriction for players that have scored.
2. Only goals scored off of a one touch count.
3. Switch teams around.
OUTSIDE GOALS GAME

TECHNIQUES

» Dribbling: To set up a pass
» Passing: Medium- to long-range passing
» Receiving: To go forward
» Individual Defending: Closing down from the front

MENTAL

» Desire
» Dedication
» Determination
» Competition

TACTICS

» Attacking: Penetrate via passing
» Attacking: Mobility leading to support
» Defending: Pressure, cover, balance
» Defending: Nothing “around”

PHYSICAL

» Action speed
» Technical speed
» Agility, Balance, Coordination

Variations:
1. Two touch restriction for all players.
2. Allow one player from each team to be in the no entry zone if a pass is made.
3. Ball must hit the net in the air from the field for a goal.

Teams: Two teams of 4
Field: 30 x 20 yards
» Place two goals on each end of the field
» Make a “no entry” zone on each end of the field
» Goals have to be scored prior to the ball reaching the “no entry” zone.

Play 2- to 3-minute rounds
Play multiple rounds
Switch teams around

» Place two goals on each end of the field
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» Goals have to be scored prior to the ball reaching the “no entry” zone.
TECHNIQUES

» Dribbling: To beat an opponent
» Passing: Accuracy, weight, deception
» Receiving: Purposeful first touch

MENTAL

» Determination
» Intelligent movement
» Desire to score
» Competition

TACTICS

» Attacking: When to dribble vs. pass
» Attacking: When to be more mobile
» Defending: When to step to pressure vs. drop
» Defending: How to make the field “smaller”

PHYSICAL

» Action speed
» Technical speed
» Agility, Balance, Coordination

Variations:
1. Each team has two “zombies.”
2. First pass must be to “zombies” after winning ball back.
3. The attacking team has a two touch limit restriction.

Teams: Two teams of 4
Field: 30 x 20 yards
» Play a normal game, and designate one “zombie”
» The “zombie” cannot defend
» When “zombie’s” team win the ball back they come alive, so it’s always a 4v3

» 1:30- to 2:30-minute games
» 30-45 seconds rest
» Play multiple rounds
» Switch teams around
10-PLAYER ACTIVITIES

“Everything is practice.”

—Pele
**TECHNIQUES**

- Dribbling: To set up a pass or shot
- Passing: Accuracy and weight
- Receiving: To go forward and score
- Finishing: Surface selection

**MENTAL**

- Determination
- Dedication
- Desire
- Competition

**TACTICS**

- Attacking: When to dribble vs. pass
- Attacking: When to support
- Defending: Closing down from the front or side
- Defending: Transition to attack

**PHYSICAL**

- Action speed
- Technical speed
- Agility, Balance, Coordination

**Play 3- to 4-minute games**
- Rest 45-60 seconds
- Play multiple rounds
- Switch teams around

**Variations:**
1. A goalkeeper save is worth one point for the defending team.
2. Limit touches.
3. Everyone has limited touches except one player.

**Teams:** Two teams of 4 players and two GKs

**Field:** 35 x 25 yards to 40 x 30 yards

- Goals scored from a back pass (also called a lay off) are worth two points
TECHNIQUES

» Dribbling: To set up a pass or shot
» Passing: Accuracy and weight
» Receiving: To go forward and score

MENTAL

» Determination
» Dedication
» Desire
» Competition

TACTICS

» Attacking: When to dribble vs. pass
» Attacking: When to support
» Defending: Closing down from the front or side
» Defending: Transition to attack

PHYSICAL

» Action speed
» Technical speed
» Agility, Balance, Coordination

Variations:
1. Allow “jokers” to move anywhere.
2. Limit “jokers” to two touches.
3. Field players have two touches but the “joker” has unlimited.

Teams:
Two teams of 4 players and two “jokers” that aid the attacking team
Field: 30 x 20 yards
» Each “joker” is restricted to stay in their half
» Play normal game to goals
» Offside rule is in effect

Play 3- to 4-minute games
Rest 45-60 seconds
Switch the “jokers”
Play multiple rounds
Switch teams around

Play 3- to 4-minute games
Rest 45-60 seconds
Switch the “jokers”
Play multiple rounds
Switch teams around
**TECHNIQUES**

- Dribbling: To set up a pass or shot
- Passing: Accuracy and weight
- Receiving: To go forward and score

**MENTAL**

- Determination
- Dedication
- Desire
- Competition

**TACTICS**

- Attacking: When to dribble vs. pass
- Attacking: When to support vs. move wide
- Defending: Closing down from the front or side
- Defending: Nothing through centrally

**PHYSICAL**

- Action speed
- Technical speed
- Agility, Balance, Coordination

**Variations:**
1. Limit touches.
2. Limit touches in each half. Example: Two touch in defensive half and unlimited in the attacking half.

**Teams:** Two teams of 5 players

**Field:** 47 x 30 yards

- Place small goals on each end of the field and play a normal game
- First goal to be scored is worth two points
- Offside rule is in effect

- Play 3- to 4-minute games
- Rest 30-45 seconds
- Play multiple rounds
- Switch teams around

- Place small goals on each end of the field and play a normal game
- First goal to be scored is worth two points
- Offside rule is in effect

- Play 3- to 4-minute games
- Rest 30-45 seconds
- Play multiple rounds
- Switch teams around
5v5 6-Goal Game

**Techniques**
- Dribbling: To penetrate or change direction
- Passing: Accuracy and weight
- Receiving: To go forward or possess

**Tactics**
- Attacking: When to dribble vs. pass
- Attacking: When to support vs. move wide
- Defending: Pressure, cover, balance
- Defending: Staying compact

**Mental**
- Determination
- Dedication
- Desire
- Competition

**Physical**
- Action speed
- Technical speed
- Agility, Balance, Coordination

**Variations:**
1. Change point value of goals.
2. Announce point value of goals.
3. Limit touches.

**Teams:** Two teams of 5 players
**Field:** 50 x 40 yards
- Each team attacks and defends three goals
- Each goal is worth a certain number of points
- Neither team knows the other team’s goals point values

**Play 3- to 4-minute games**
**Rest for 45 seconds**
**Play multiple rounds**
**Switch teams around**
**TECHNIQUES**

- Dribbling: To beat an opponent
- Passing: Accuracy, weight, deception
- Receiving: To go forward and score
- Finishing: Surface selection

**MENTAL**

- Determination
- Game intelligence
- Desire
- Competition

**TACTICS**

- Attacking: When to dribble vs. pass
- Attacking: When to support vs. move wide
- Defending: Closing down from the front or side
- Defending: Transition to attack

**PHYSICAL**

- Acyclic speed
- Action speed
- Technical speed
- Agility, Balance, Coordination
“If we were meant to talk more than listen, we would have two mouths and one ear.”

—Mark Twain
**TECHNIQUES**

- Dribbling: To penetrate or change direction
- Passing: Accuracy, weight, deception
- Receiving: To go forward
- Individual defending: From the front or side

**MENTAL**

- Determination
- Dedication
- Desire
- Competition

**TACTICS**

- Attacking: When to penetrate vs. possess
- Attacking: When to support
- Defending: Nothing down centrally
- Defending: Transition to attack

**PHYSICAL**

- Action speed
- Technical speed
- Speed endurance

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Teams: Two teams of 5 attacking plus two goalkeepers

Field: 47 x 30 yards

» Play a normal game
» Offside rule is in effect

Variations:

1. Limit touches in defending half for both teams.
2. Limit touches in the attacking half.
3. Players can talk in the defending half but there can be no noise in the attacking half.

Play 3- to 4-minute games
30-45 second rest
Play multiple rounds
Switch teams around

Play 3- to 4-minute games
30-45 second rest
Play multiple rounds
Switch teams around
ALL UP AND BACK GAME

TECHNIQUES

» Dribbling: To penetrate or keep possession (shield)
» Passing: Accuracy, weight, deception
» Receiving: To go forward or possess
» Individual defending: From the front or side

TACTICS

» Attacking: When to penetrate vs. possess
» Attacking: Transition to defend
» Defending: Transition to attack
» Defending: Immediate pressure

MENTAL

» Determination
» Dedication
» Desire
» Competition

PHYSICAL

» Action speed
» Technical speed
» Speed endurance

Teams: Two teams of 5 plus a GK for each team
Field: 55 x 47 yards
- Play a normal game except goal only counts if the attacking team has everyone in the attacking half.
- Offside rule is in effect

Variations:
1. Limit touches in defending half for both teams.
2. If the attacking team scores and the defending team has players in both halves a bonus point is awarded.
3. Players can talk in defending half but not in the attacking half.

Play 3- to 4-minute games
» 30-45 second rest
» Play multiple rounds
» Switch teams around
**TECHNIQUES**

- Dribbling: To set up a pass
- Passing: Accuracy, weight, deception
- Receiving: To go forward
- Individual defending: From the front or side

**MENTAL**

- Determination
- Dedication
- Desire
- Competition

**TACTICS**

- Attacking: When to penetrate vs. possess
- Attacking: When to support
- Defending: Pressure, cover, balance
- Defending: Transition to attack

**PHYSICAL**

- Action speed
- Technical speed
- Speed endurance

**TEAMS**

- Two small sided games; start by playing 3v3
- Field: 30 x 20 yards to 30 x 25 yards
  - When a player assists, they run to the other field and play for the team in the same color
  - Play until time is called or it becomes too lopsided

**VARIATIONS**

1. Player that provides an assist must jog around the goal on the other field before playing.
2. Limit touches for the team that has the numerical advantage.
3. Only one-touch goals are allowed.

**FIELD**

- 30 x 20 yards to 30 x 25 yards
  - When a player assists, they run to the other field and play for the team in the same color
  - Play until time is called or it becomes too lopsided
NUMBERS UP AND DOWN ACTIVITY

**TECHNIQUES**

» Dribbling: To penetrate or change direction
» Passing: Accuracy, weight, deception
» Receiving: To go forward or possess
» Individual defending: Deny the shot (tackle)

**Mental**

» Determination
» Dedication
» Desire
» Competition

**TACTICS**

» Attacking: When to penetrate vs. possess
» Attacking: Transition to defend
» Defending: Transition to attack
» Defending: Immediate pressure

**Physical**

» Action speed
» Technical speed
» Speed endurance

**Variations:**

1. Limit touches in the defending half for both teams.
2. The team that has the numerical advantage only gets two touches.
3. Players can only talk in the defensive half of the field.

**Teams:** Two teams of 5 players, plus two GKs

**Field:** 47 x 30 yards

» Begin by playing 3v3. When a team scores they can add a player
» When it becomes 5v5, then the process reverses
» When a team scores, they must drop a player
» Offside rule is in effect

» Play 2:30- to 4-minute games
» 30-45 second rest
» Play multiple rounds
» Switch teams around
SIDE-BY-SIDE GAME

**TECHNIQUES**

- Dribbling: To penetrate or change direction
- Passing: Accuracy, weight, deception
- Receiving: To go forward
- Individual defending: From the front or side

**MENTAL**

- Determination
- Dedication
- Desire
- Competition

**TACTICS**

- Attacking: When to penetrate vs. possess
- Attacking: When to support
- Defending: Pressure, cover, balance
- Defending: Transition to attack

**PHYSICAL**

- Pure speed
- Speed endurance
- Agility, Balance, Coordination

Variations:
1. Player that scored must run around a goal on the opposite field before playing.
2. Limit touches for players that have scored.
3. Only one-touch goals are allowed.

Teams: Two small-sided games, start by playing 3v3
Fields: 25 x 20 yards to 30 x 25 yards
- Play normal games to goal
- When a player scores, they run onto the other field and play for the other team in the same color
- Continue playing until time is up or the games become too lopsided

**Play 2- to 3-minute games**
**30-45 second rest**
**Switch teams around**
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