



WEEK 6 RJA - Small Games

Category: Small-Sided Games

Difficulty: Academy Sessions

Pedro USSF A



Technical (10 mins)



THE SESSION:

- Groups split into 3 team. Area set up as above: 25x25m with corners boxed off. In each box place 2/3 balls.
- To begin session plays simple game of tag with one team as taggers and other 2 attempting to get away.
- If a player is tagged they must go into one of the boxes or 'jails' to complete activity (boxes, toe taps, scissors). Once player has done 10 skills then they are free to join in game. Play for 1 minute then rotate

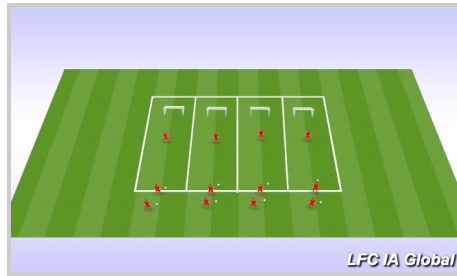
PROGRESSIONS:

See Next Screen

KEY MESSAGES/POINTS:

- ABCs (Agility, Balance, Coordination)
- Use LFC role models
- Use LFC values

1v1 Transition (15 mins)



THE SESSION:

- First player dribbles towards the defender and plays 1v1 to try and score in the goal
- Soon as this has finished, the attacker turns around to defend the next player who starts
- Once you have defended, you join the back of the queue, ready to go again

Progression:

The same thing on 2v2.

KEY MESSAGES/POINTS:

- Ball under control
- Head Up
- Sneak a look
- Attacking 1v1 skills
- Transition quickly to defend - light switch

Street Soccer [3 pitches] (15 mins)



THE SESSION: Make two groups of 14 players to. play as below:

- Pitch 1 = 4v4 plus GK
- Pitch 2 = 1v1 with mini goals
- Pitch 3 - 2v2 with mini goals
- Adjust numbers to suit
- After set amount of time, rotate 1 player from each team onto the next pitch - 1-2-3-1

- Quick games and rotation so everyone plays on each pitch

KEY MESSAGES/POINTS:

Pitch 1

- Communication
- Movement
- Passing
- Be clinical

Pitch 2

- 1v1 skills

Pitch 3

- Communication
- 1v1 skills
- Decision Making
- Use LFC role models
- Use LFC values