

**Topic: Small Sided Activities. Greg Maas, UYSA State Technical Director**

**Activity #1:**

**Set Up:**

Warm up. Players begin in pairs, one ball between two. Practice various dribbling, passing, and juggling techniques. One-touch passing to 50, and then two-touch passing to 50. Stretch as needed.

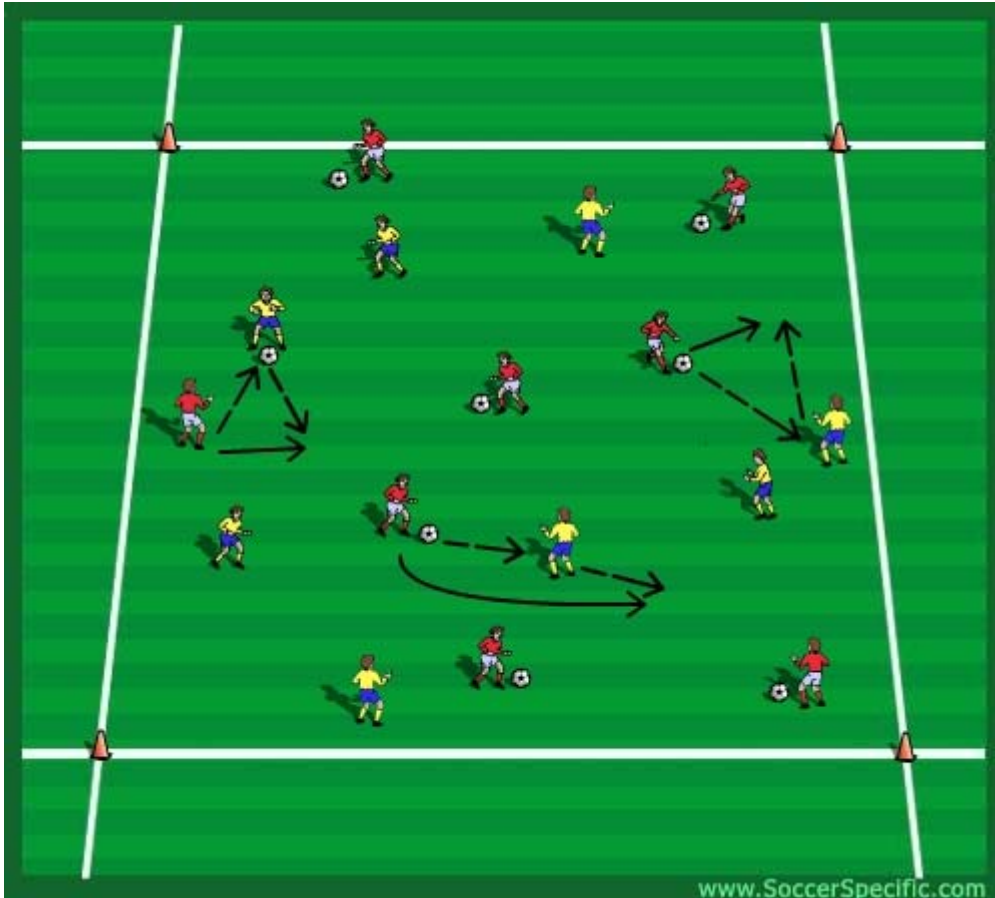


**Diagram (a)**

**Activity #2:**

**Set Up:**

Divide players into two teams. Create one 40 x 50 yard grid as illustrated below in Diagram (b), or you can create two 20 x 30 yard grids, and then put two groups of 4 players from each team inside the grid. The Red team begins in possession of the ball.



**Diagram (b)**

**Objective:**

Red players move freely inside the playing area playing combinations with the Yellow players. Combinations include:

- Take-overs
- Wall pass or 1-2 pass
- Overlaps

Yellow players must move throughout the grid and adjust their angle of support regularly. Rotate roles after the designated period of time.

**Coaching Points:**

- Vary the combinations
- Weight and accuracy of passing
- Verbal and Visual Communication
- Speed of play – must be realistic
- Movement off of the ball, adjust positions regularly

### Activity #3:

#### Set Up:

A 40 x 20 yard grid with two 3-4 yard wide end zones is organized as shown in Diagram (c) below. A 5v5 is organized inside the grid and two neutral players are positioned on the outside of the playing area.

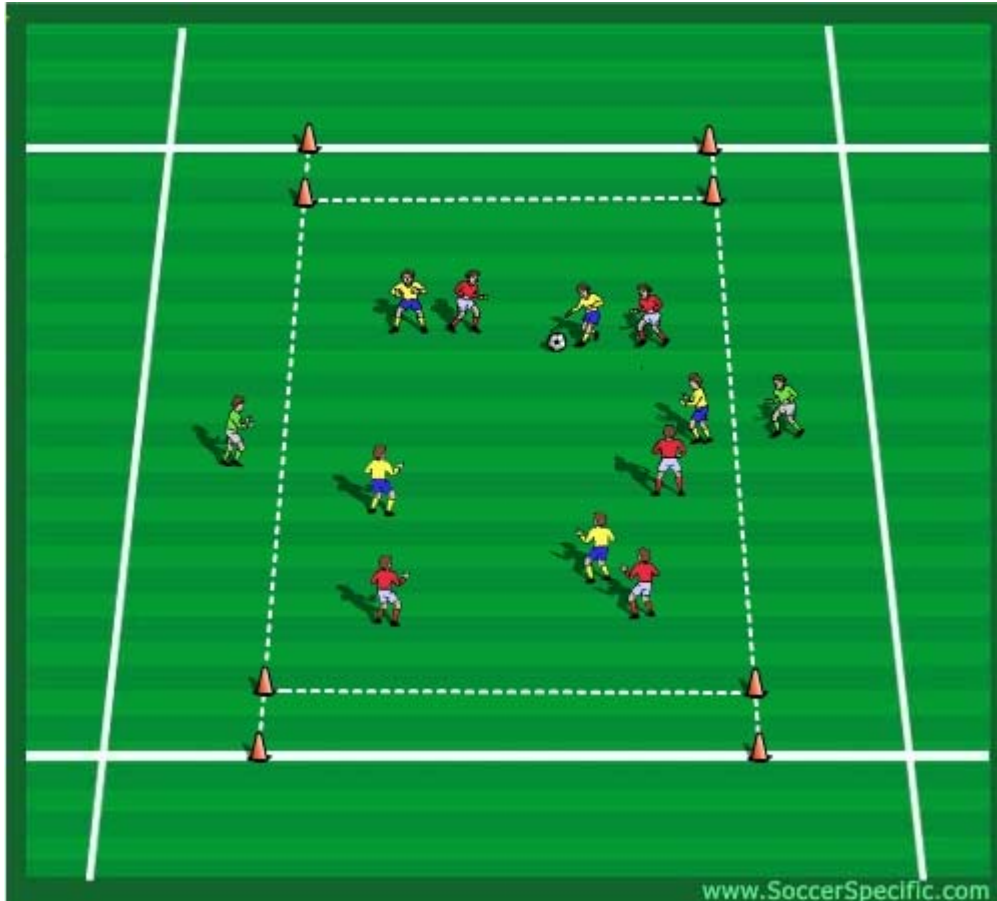


Diagram (c)

#### Objective:

Both teams compete for possession of the ball. Either team can utilize the neutral players on the outside of the field at any time. Neutral players are limited to 2-touch. Points are scored by successfully dribbling into either end-zone. If a point is scored the same team maintains possession and immediately attacks in the opposite direction. Play is continuous for the designated period of time.

#### Coaching Points:

- Sharp, crisp passing is essential.
- Movement off-the-ball must be constant.
- Angles and distance of support.
- Communication.
- Transition from defending to attack and vice versa.

### Progression:

Targets are added to each end-zone area. Points are awarded for passing to a target player, receiving the return pass and then dribbling into the end-zone. Target players are restricted to 1 or 2 touch (depending on ability) In Diagram (d) below, player (A) has successfully passed to a target player. Player (A) must receive a return pass from the target player and then dribble into the end-zone for a point to be awarded.

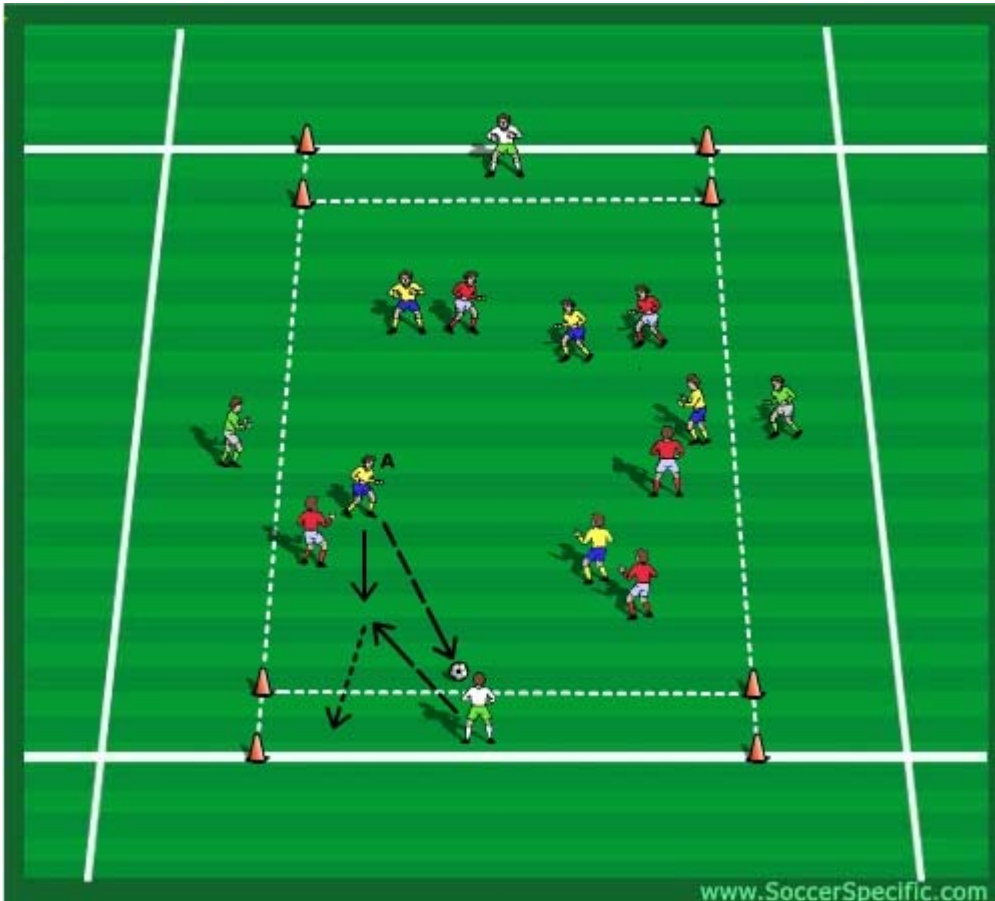


Diagram (d)

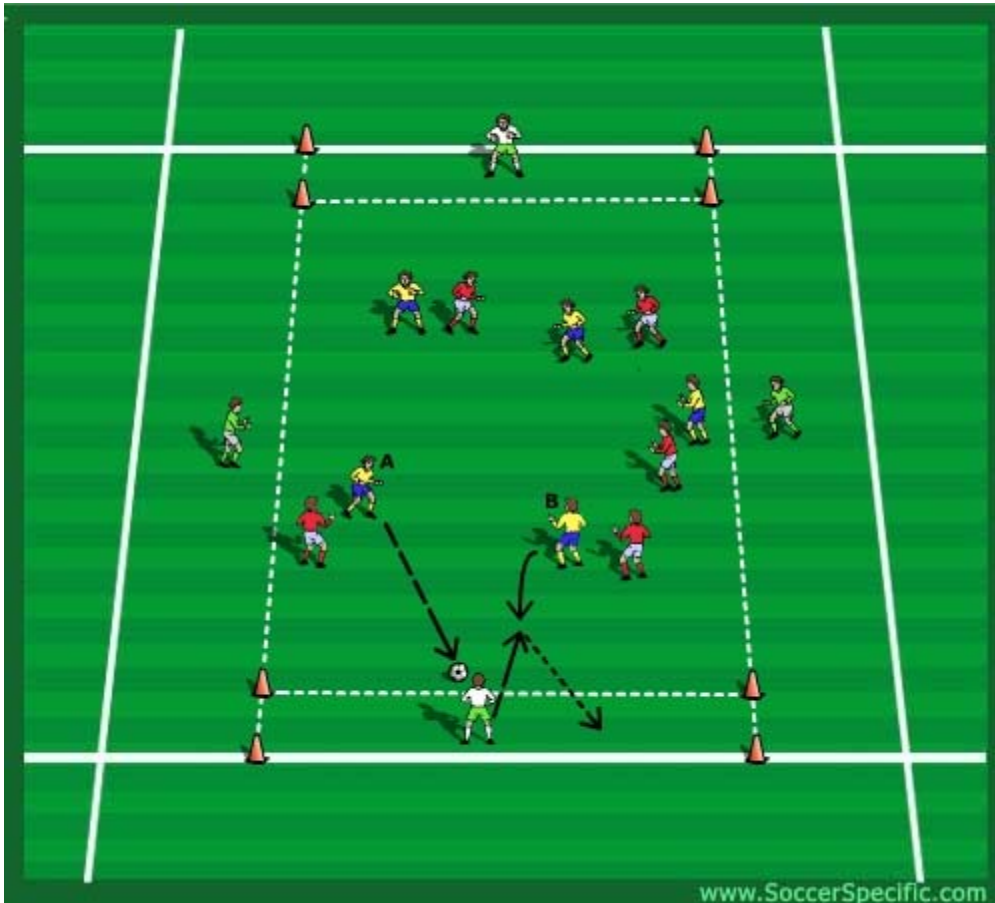
### Coaching Points:

- Players must cover the distance quickly to offer support to the target players.
- Sharp, crisp passing.
- Movement off-the-ball must be constant.
- Angles and distance of support.
- Communication.
- Transition from defending to attack and vice versa.

### Progression #2:

As above except, the target player must make a return pass to a different player. That player must then dribble successfully into the end-zone for a point to be awarded.

Diagram (e) illustrates player (B) traveling quickly to offer a good supporting angle to the target player.



**Diagram (e)**

**Activity #4:**

**Set Up:**

A half pitch is organized as shown below in Diagram (f). A central playing area 35 yards wide x 25 yards deep is created in the center of the playing area as shown. An 8v4 is organized inside the central playing area. Four target players (defensive team) are positioned at cones outside the central playing area. Goalkeepers are positioned in each goal. A supply of balls is placed with the coach at the side of the playing area.



**Diagram (f)**

**Objective:**

Play begins with a pass from the coach to any of the 8 attacking players. The 8 attacking players must attempt to complete 10 passes. On the tenth pass one player from the attacking team can burst out of the central playing area and go to goal. If the defensive team wins possession they must attempt to pass to any of the four target players positioned at the cones outside the central playing area. After a shot or a loss of possession the next ball is put into play by the coach. Play is continuous for a total of 6 balls from the coach.

**Note:** If the 8 attackers score then that ball does not count as one of the six total. Example – If the attacking team scores on the fourth ball the next ball that is put into play is #4 again. Teams switch roles after 6 balls have been played. Diagram (f) above illustrates player (A) bursting out of the central area towards goal.

**Coaching Points:**

- Defensive team must close down the opponents and deny passing options.
- Defensive team must work as one unit because of the numbers-down situation.
- Attacking team must use one and two-touch passing at all times.
- Attack at pace after the tenth pass.