

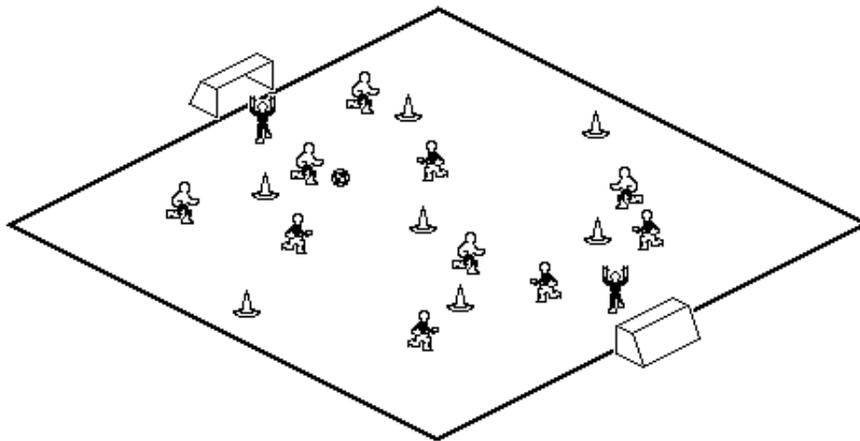


2v3 plus 2v3 ***(Functional training for the forwards and backs)***

by Laura Ray
MYSA Development Coach

In a rectangular grid, 44 yards wide x 50 yards long, create a midfield line with cones. Each side should also have an offsides/restraining line about 7 yards in from the midfield line. Position 3 Red (backs) vs 2 Yellow (forwards) in one half and 3 Yellow (backs) vs. 2 Red (forwards) in the other half. The ball is played in from the Red or Yellow GKpr to their backs, who try to pass the ball into their forwards in the other half or try to score themselves with long range shots. Players are restricted to playing in their half of the field. The two forwards attempt to score. The game is continuous back and forth between the Red and Yellow teams. Make sure that there are plenty of soccer balls by each goal so that the Gkpr's can keep the game going.

Version 2: When a back player plays the ball into a forward player, one of the backs can join the forwards in their half of the field, creating a 3v3 in that half. (any one of the three backs can join; it doesn't have to be the one who played the ball in).





Bulldog

*by Author Tom Goodman, M.Ed.
MYSA Director of Training and Evaluation*

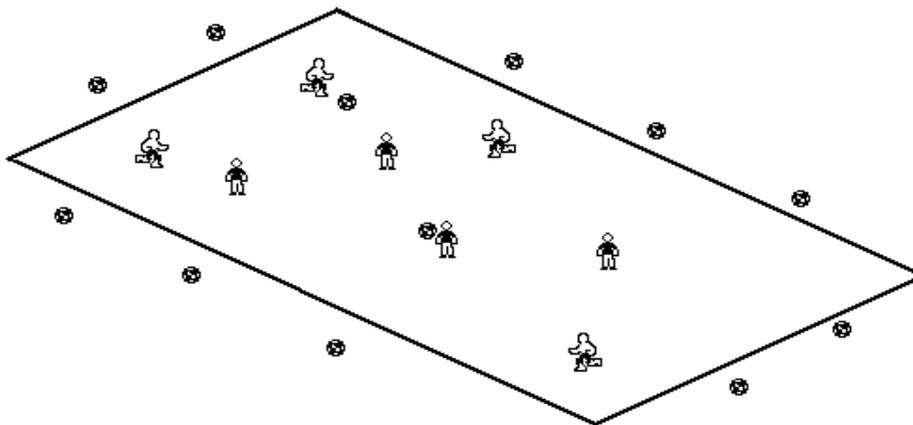
Objectives: To improve passing technique under pressure in a fun, challenging environment. As the passing technique of your players improves, their ability to possess the ball naturally improves as well.

This game is played in a **20 x 25 yard grid** by two teams of 4 players. Each team is color-coded...one team in Blue and one team in Red. Place many soccer balls outside the perimeter of the grid on all sides.

The Blue team starts with one ball and passes it around to their teammates with their hands (like team handball). The Red team starts with one ball and passes it around to their teammates with their feet. On the coaches signal the competition begins:

The Blue team tries to hit the Red teams' ball with their ball by throwing it. The Red team tries to prevent this from happening by intelligently passing the ball around the grid. If the Blue team is successful in hitting Red's ball, Blue receives a point. If the Red team can successfully string 5 passes together inside the grid without getting their ball hit by Blue, they receive a point.

The game is continuous for 1, 2 or 3 minute periods. So, even if points are scored before time is up, the game continues. If a ball from either team leaves the grid during the time period, another ball can be retrieved from outside the grid to keep the game going. Play multiple games so that the teams can alternate playing with hands and feet.



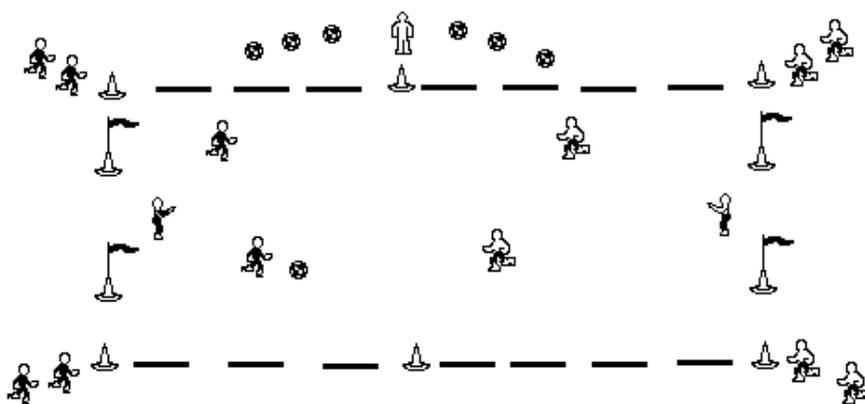


Four Corner Shooting

*By Tom Goodman, M.Ed.
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On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a **2v2 + keepers** activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the coach kicks the next ball in for the next 4 players. The coach should serve the ball toward one of the corner lines (risk/safety management).

When all the balls have been served, the players can retrieve them and dribble them back to the coach for another round of games.





Get Outta' There

*by Tom Goodman, M.Ed.
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Place two small (2 yard) goals at each end of a field, 15 yards long x 10 yards wide. Separate the team into two groups, red and blue.

The coach is positioned at midfield, outside the field, equipped with all of the soccer balls. Position the red team in a single file line on one side of the coach and the blue team in a single file line on the other side of the coach.

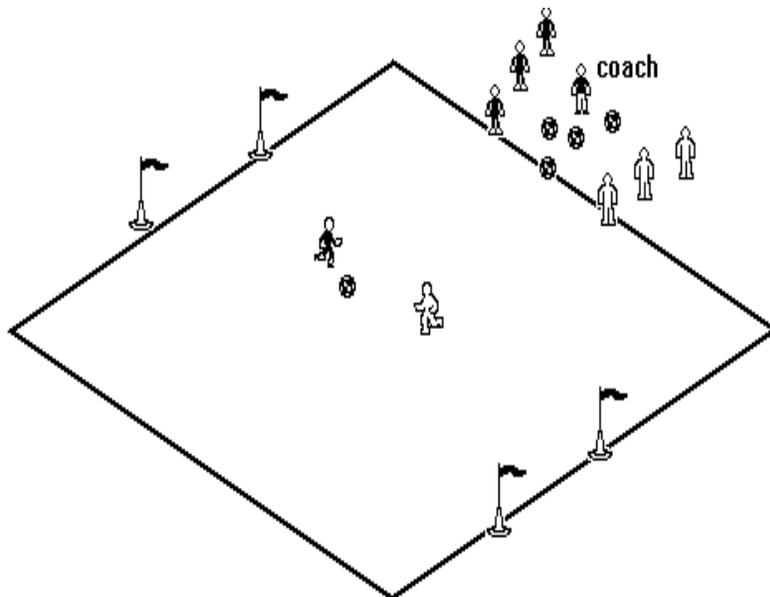
When the coach kicks or throws a ball onto the field, the first person in each line enters the field and it is a 1v1, red vs. blue game. Each player is attempting to score on their opponent's goal. If the ball is scored into the goal or goes out of bounds, the coach yells, "Get Outta' There!" and the players just competing must return to the end of their lines. The coach then plays a new ball onto the field. The next red player and blue player in line run onto the field and begin their 1v1 game.

This action continues until all of the soccer balls have been used up. Then the coach asks the players to run and retrieve the soccer balls and dribble them back to him/her for another round of games.

After a while, the coach can stop yelling, "Get Outta' There" and see if the players can simply respond to the ball going out of bounds or going into the goal.

The coach can vary the areas he/she plays the ball into. The coach can vary the type of services as well...on the ground, low bouncing, high bouncing, etc.

The coach can change the game so that 2 players from each team enter the field when the ball is played, creating a 2v2 game.





Timed 4v2

*by Author Tom Goodman, M.Ed.
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Objectives: To improve passing and receiving technique under the pressures of time, space and opponent in a competitive, challenging environment. This activity also stresses the importance of appropriate, quick decision making (tactical speed) in order to keep possession of the ball.

This game is played in a **15 x 15 yard grid** by two teams of 4, 6 or 8 players. Each team is color-coded...one team in Blue and one team in Red. Place six (6) soccer balls outside the grid at one corner for the coach to serve.

The Blue team starts with 4 players inside the grid as the attacking team (extra players rest). The red team forms two (2) single file lines centrally on one side of the grid and outside the grid. The coach designates an assistant coach to be timer.

The game begins when the coach serves a ball into the grid. The timer starts the clock at this point. When the ball is served into the grid, the first two (2) red players enter the grid and try to knock the ball out of the grid while the Blue team attempts to keep possession of the ball.

When the ball is knocked out of the grid by the two (2) Red players, they must get back into their lines on the outside of the grid. The coach then serves in the 2nd ball, and the next two (2) Red players enter the field and try to knock the ball out. The clock keeps ticking.

This activity continues for six (6) balls. Each time a ball is knocked out of the grid, two (2) new Red players enter the field. When the last ball is knocked out, time is stopped! Roles are switched...The Red players now become the possession players and the Blue players become the defenders.

This game is fast paced, fun and challenging. The coach can easily manipulate the game by changing the number of players in the grid, changing the size of the grid, and/or using more or less soccer balls.

