



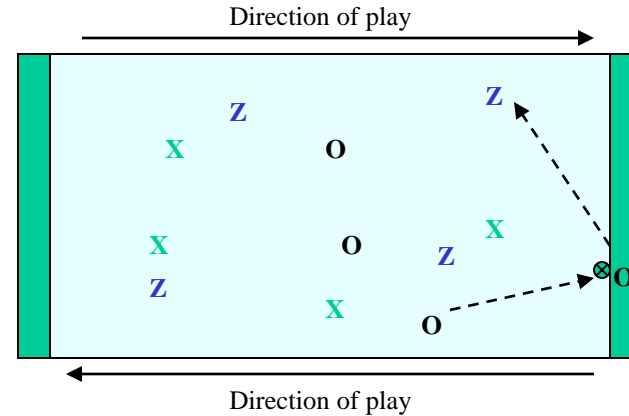
CC UNITED SOCCER TRAINING PLAN

SMALL SIDED GAME PRACTISE 3 V 3 plus 3. or 4 V 4 plus 4.



- Organization: Area of field 40 x 30 min. 50 x 40 max age appropriate
- 4 v 4 or 3 v 3 min in field of play, free play.
- 2 End zones the width of field x 5 yards deep

- Diagram shows **O** and **Z** teams passing into and out of the end zone
- and getting the ball back into play to attack the opposite end of the field.
- **X** team is defending 8 v 4



- Objectives:
- 4: **X** players, 4: **O** players, 4: **Z** players. Players **Z** and **O** attack against team **X** defending 8 v 4 when attacking to either end zone
- When the ball is given away, the team who gives the ball away becomes the defending team, and the previous defending team joins the other attacking team to play 8 v 4. Objective is to score at one end and immediately attack the other end zone.
- Free play no restrictions. To score a point a player from the 8 team must receive a pass into the end zone and dribble or pass the ball back into the field then attack to get the ball into the zone at the other end of the field.
- The objective is to keep the ball with the eight players and score as many points as possible without the defending 4 players getting the ball.
- All stoppages are started with a free first touch pass in.

- Coaching points:
- **Passing** : To include Pace of the pass. Angle on pass Accuracy of the pass, Weighting of the pass.
- **Receiving** : To include Getting into line of flight of the ball, Early selection of surface to use.
- Relaxed receiving surface cushion control. Move the ball with first touch away from opposition into space.
- **Possession**: Quick transitioning from defending to attacking. Retaining possession 8 v 4
- **Changing the point of attack** : To include regaining possession from opponents as quickly as possible and transitioning by switching the point of attack, switching fields.

- **This practice covers many aspects attacking, defending and transition. Passing Receiving, Dribbling.**
It is recommended the coach should concentrate on one aspect at each practice so the players have time to recognize the key coaching points of each subject or topic. This session is designed for economical training.