



Age Group: U5-U19

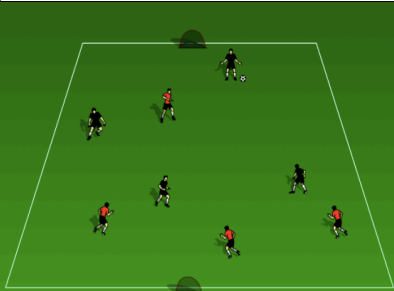
Date:5/19/18

Topic: Small Sided Games

House Week Eight

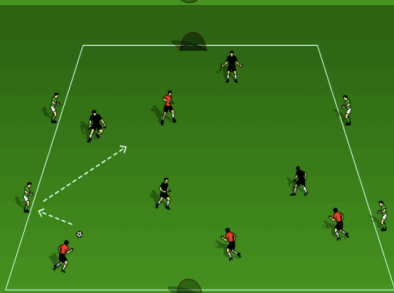
Equipment: Cones, Pinnies, and Pug Goals

**Pre Warm-up Task: 100 Juggles**



**Game One: Handball**

4 v 4 game (3 v 3 depending on the numbers), normal game except players can only use their hands. Players catch the ball (can't move when ball in hands) and throw it to another player. Opposition can only intercept the pass to win possession of the ball. Goals are scored by volleying or heading (depending on the age group U12+), only when someone throws them the ball.



**Game Two: Throw ins**

Two teams play and 4 players off the field. Team in possession have to pass it to the outside (player on the outside can only use their hands) and throw it to the same team who played it on the outside. If the opposition win the ball they also have to pass it to the outside. (Repeats every time someone wins possession or a team scores).

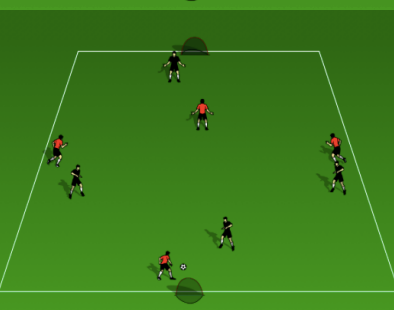
Rotate players every 3 to 4 minutes.



**Game Three: Side goal game**

Team in possession can score in the normal goal or the two side goals. If goal is scored in the side goal, play resumes from that goal but the team in possession can't score in that goal until 10-30 seconds later.

This game will encourage high press so the team in possession don't score in the side goals.



**Normal Scrimmage**

**Vienna High Five**

Create a FUN, SAFE and CHALLENGING environment where the player loves their soccer. Players must strive to master the ball, be excellent at the basics of ball control, passing, dribbling and shooting. Coaches must develop the physical elements in combination with developing the technical and tactical elements of the game.

