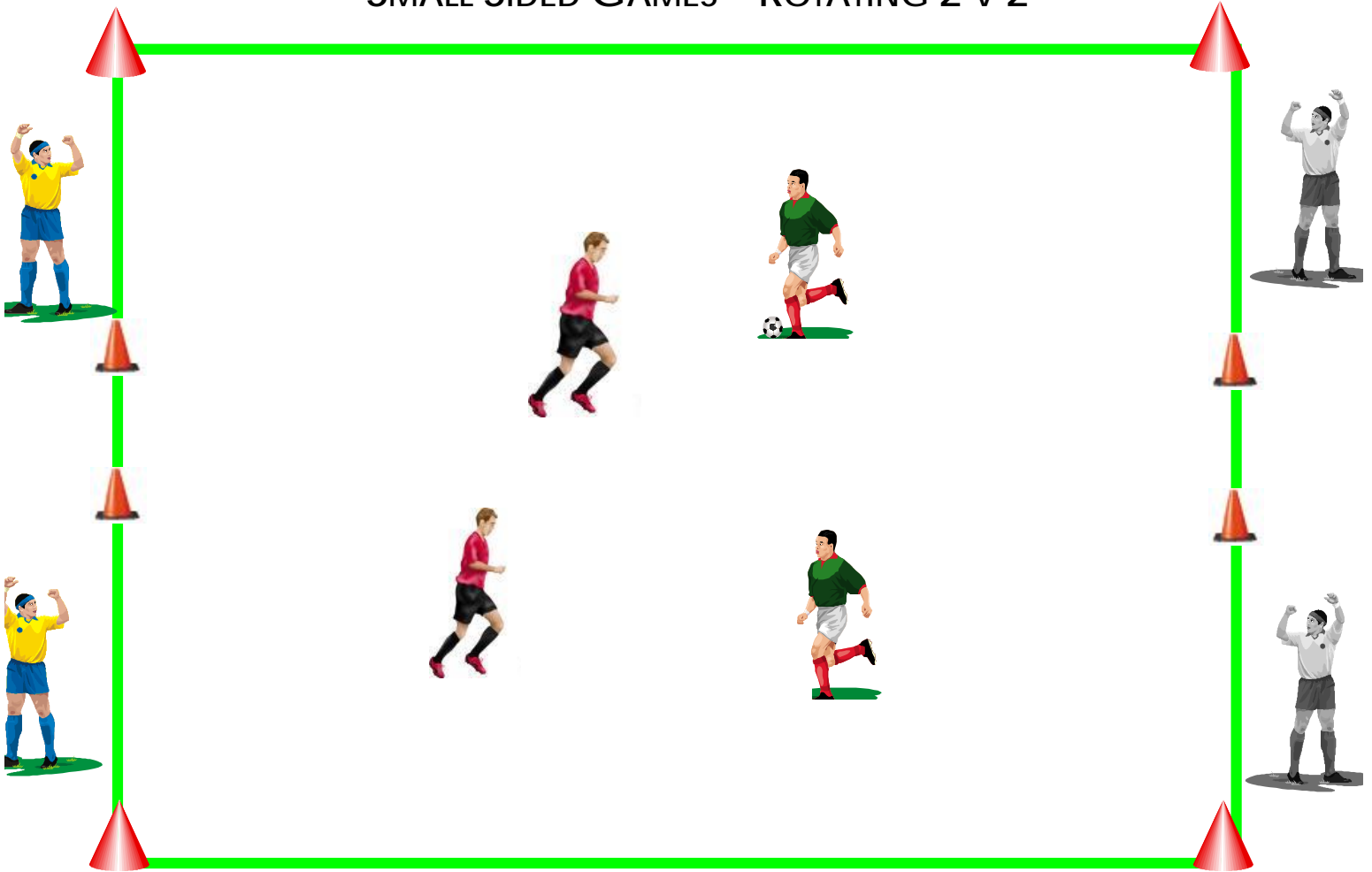


OPTUS SMALL SIDED FOOTBALL TRAINING EXERCISES

SMALL SIDED GAMES – ROTATING 2 v 2



Mark out a playing area (approx 20m x 15m). Place goals at either end of the pitch. You'll require a good supply of spare soccer balls. Divide players into four teams of two. Two teams playing at a time while the other two teams stand at opposite ends of the pitch. Teams can play 2 v 2, whereby the team that scores stays on field to continue. The team who concedes the goal is replaced by one of the outside teams. When the ball crosses over the end line (whether in the goal or not), the awaiting team at that end immediately starts attacking. The team that shot/scored or had the ball crossing over the end line must defend. All restarts need to be completed at pace to prevent too much stopping/starting. Coaching points to consider: Attackers transition in becoming defenders and vice versa if defenders gain possession of the ball (becoming attackers). The players ability to identify space – movement with/without the ball. Also, the concept of supporting the player with the ball and to play the ball forwards where possible. Variation: Players on outside to be wall players (depth in attack).