

END OF TRAINING SCRIMMAGES

- Do NOT go 'full' field... kids do not need endurance training, and 'full-field' activities only encourage kicking... we need to stay focused on 'ball control' especially in smaller, confined spaces!
- Avoid shouting 'spread out'
- Keep numbers low, **especially lower than your 'game' format**... 2v2, 2v3, 3v3, 3v4, 4v4. Scrimmages should ALWAYS be lower than your age group's format. Lower numbers keep ALL of the kids engaged, less chance to become a spectator (or hide on the field). **Small-sided activities will naturally teach your players the value of 'spreading out'.**
- Focus on these soccer skills – dribbling, ball manipulation and first touch.
- Celebrate when they dribble! ...do a special move to beat a player or do a move to work themselves out of a difficult situation!
- Coaching during scrimmages is NOT recommended, unless you are playing with them (and then, only coach the team you are playing with.)

Suggestions: Send an email to info@GermantownLegends.com for more suggestions and examples.

- End zone games
- Multi goal games (FUNiño)... 2-goal, Target Goal (ball on a cone), 3-goal
- Cones for goals as 'Gates'... each time, keeping the ball ON THE GROUND and NOT hitting any cones
 - Cones are 'two paces' apart
 - Dribble through the gate for a score... stopping to control the ball
 - Ball passing through the gate
 - Ball passing through the gate to a teammate (who controls the ball in 1- 2 touches)

Make dribbling and ball control have a higher value when scoring ... Goals are only scored by keeping the ball on the ground and **NOT** hitting a cone!

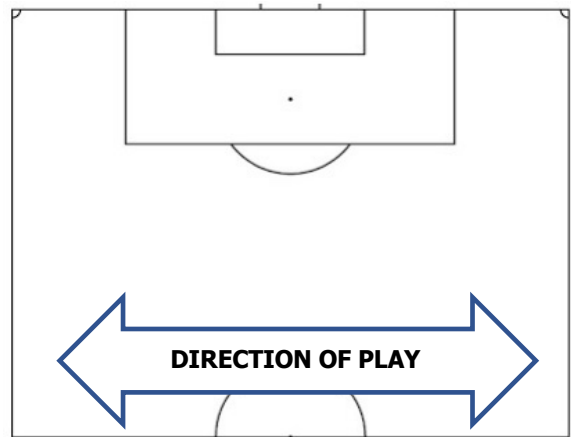
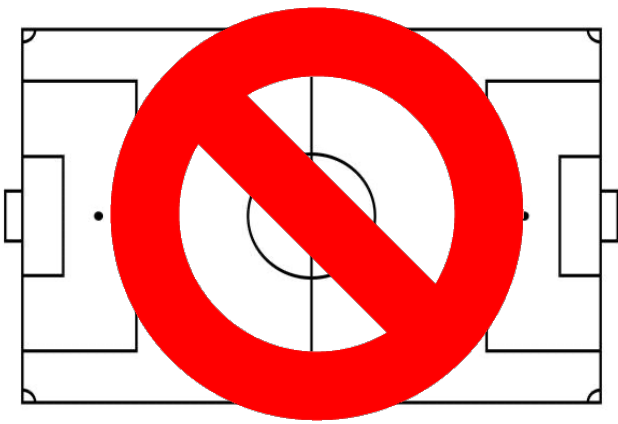
Several practice plans are posted online... PracticePlans.GermantownLegends.com

Send an email to info@GermantownLegends.com for more suggestions.

Also, at the younger ages, using small 'Pugg-like' goals (just like using large spaces) is **highly discouraged** (especially in the early months of the season), as it encourages players to just kick the ball when they feel any pressure at all.

NO to full field scrimmages using full format numbers

YES, to small-sided games!



FULL FIELD

- Encourages 'kicking' over dribbling
- Less touches on the ball per player
- Players are able to hide when tired
- Player development stagnated
- Saturday matches lose their luster
- Some players are forced to watch – **NOT** play

HALF FIELD OR SMALLER

- **Emphasizes ball control**
- **More touches on the ball per player**
- **Keeps players active and engaged in the game**
- **Players develop quicker**
- **Helps to make Saturday matches special**
- **Everyone can play at the same time**

Also, by using the width of the field for scrimmages, we are protecting and preserving the goal areas for matches.

NOTE: Goalkeepers are NOT appropriate for the U5- U8 age groups.

Suggestion: Award 1 point for passing a ball between the cones (gates); 5 points for dribbling through the cones (gates).

DECISION-MAKING

The quick decisions your players make

Some think that football (soccer) is played with feet. They are the same people who think that chess is played with their hands.

Often when discussing the best soccer players, intelligence is often a key defining factor of how good the best players really are. **The intelligence of good players allows them to make quick and smart decisions that help them and the team during the match.** These decisions define the outcome of goal scoring chances, defensive opportunities and the entire outcome of the match.

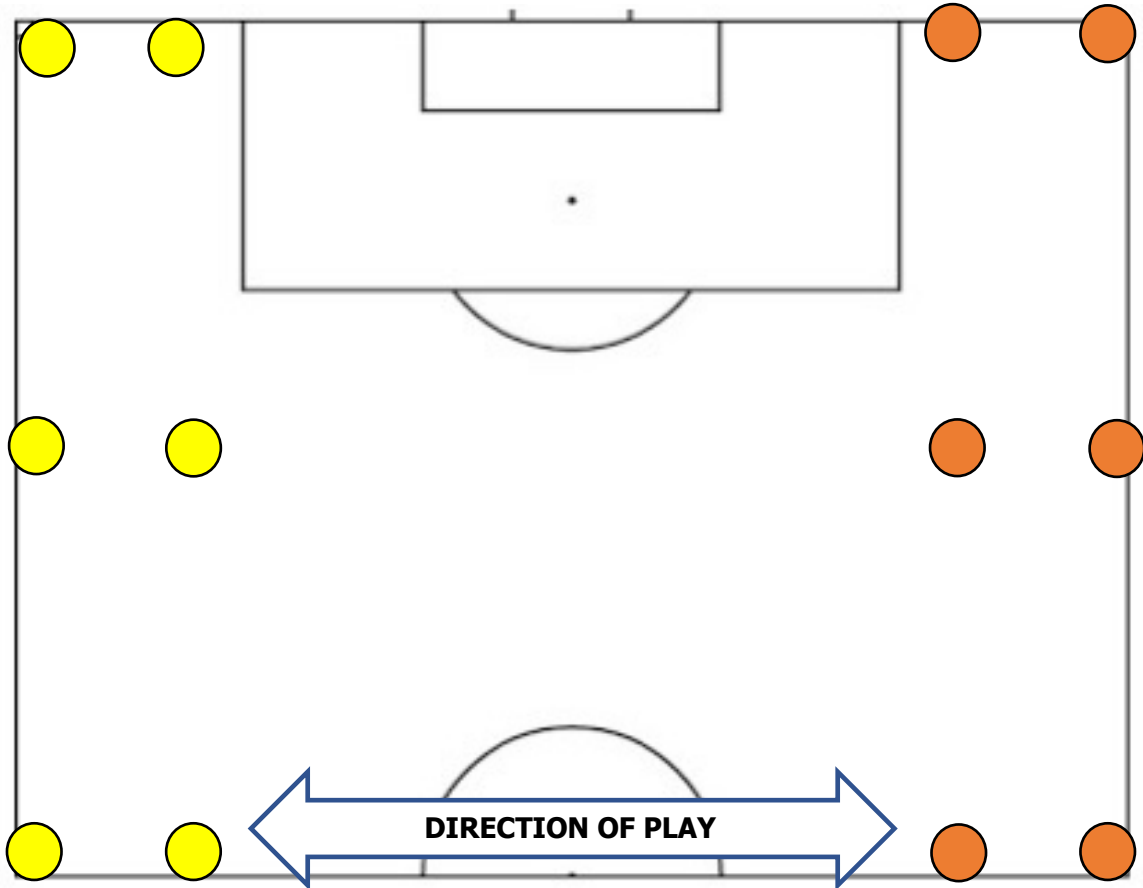
The ability to make tackles, blocks, saves, passes and score goals means nothing without knowing **when, where** and **how** is best to do so. **Decision-making** is key to all positions and roles on a soccer pitch.



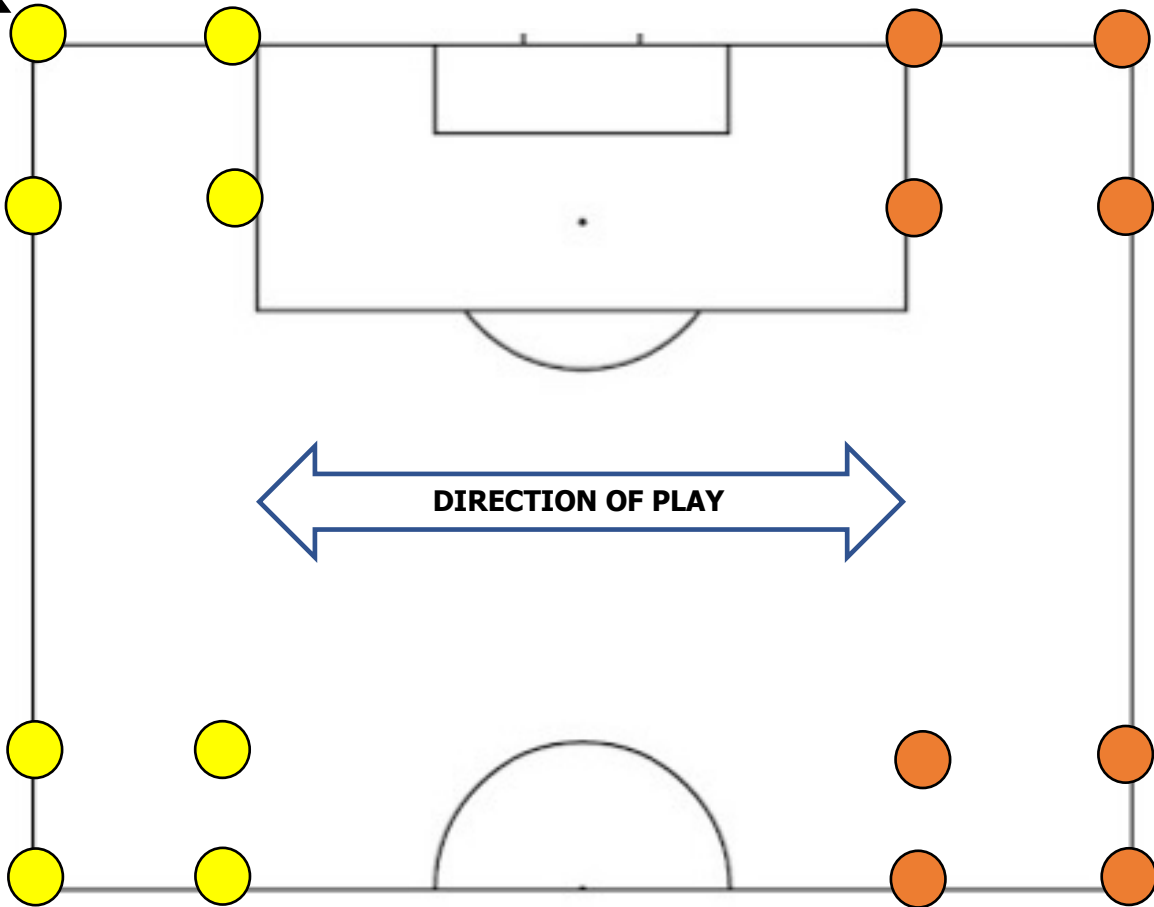
Let the kids play!

**The sooner they learn to make decisions on their own,
the sooner their development begins!**

END-ZONE

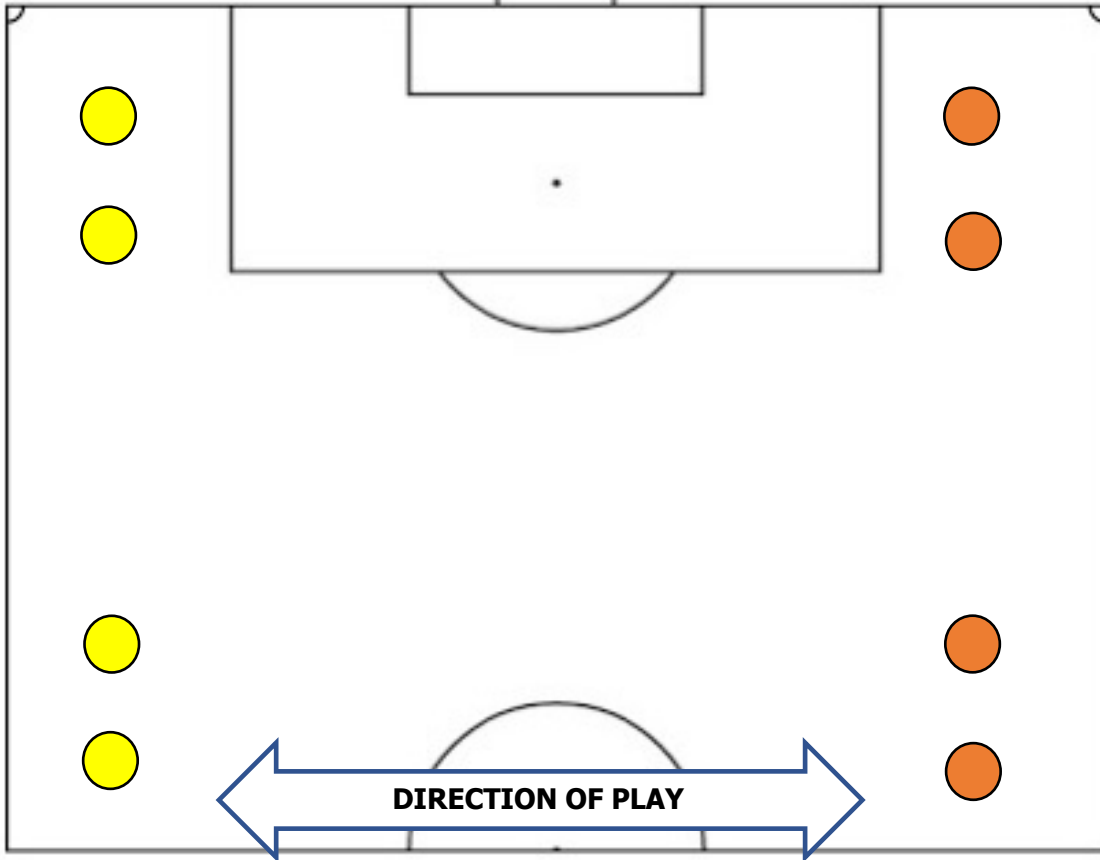


2-Box

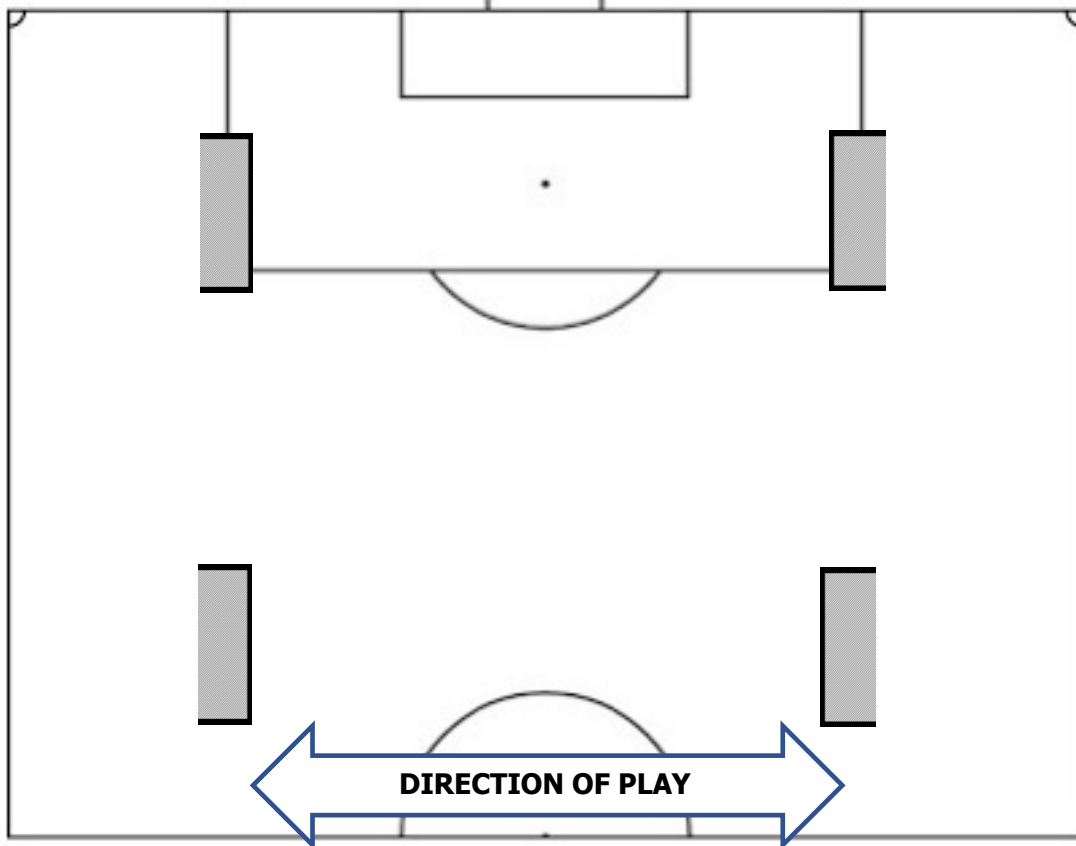
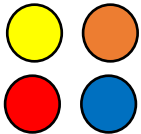


2-GOAL (gates)

Note the placement of the cones are NOT on the sideline in the 2-goal setup.

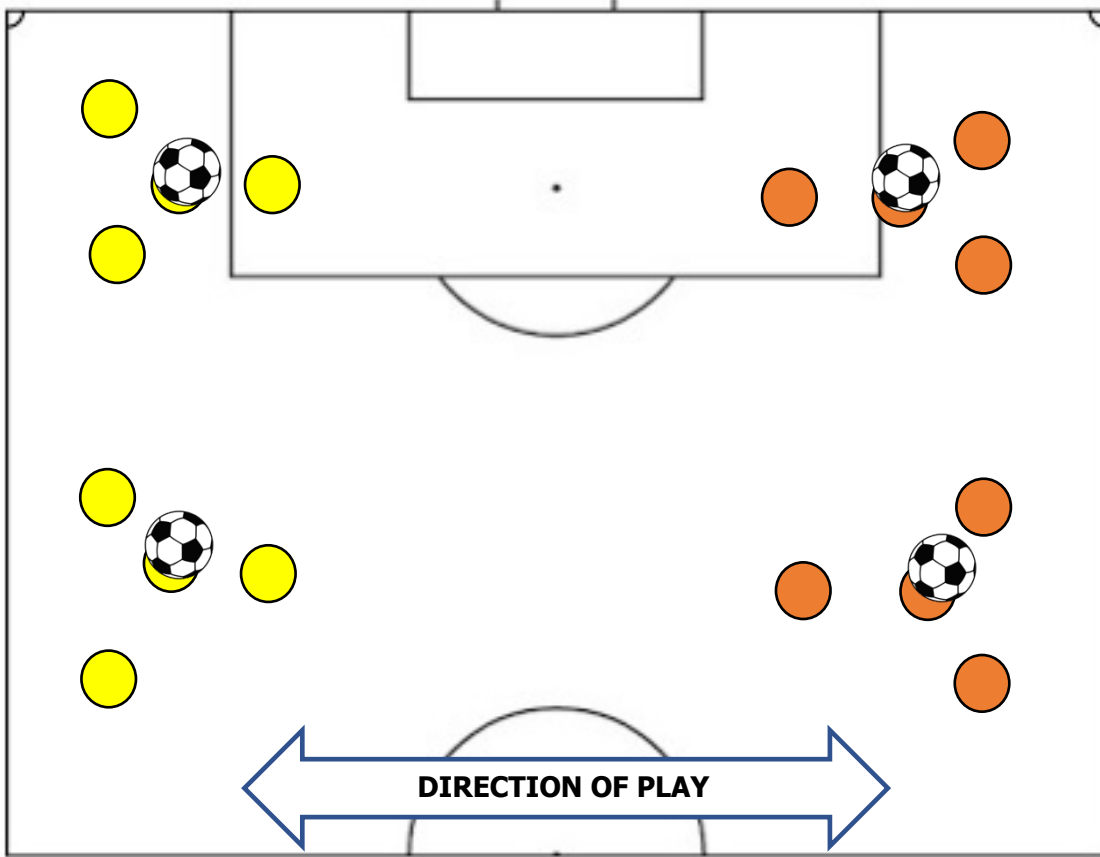


2-GOAL (gates)... promoting 'escape' moves



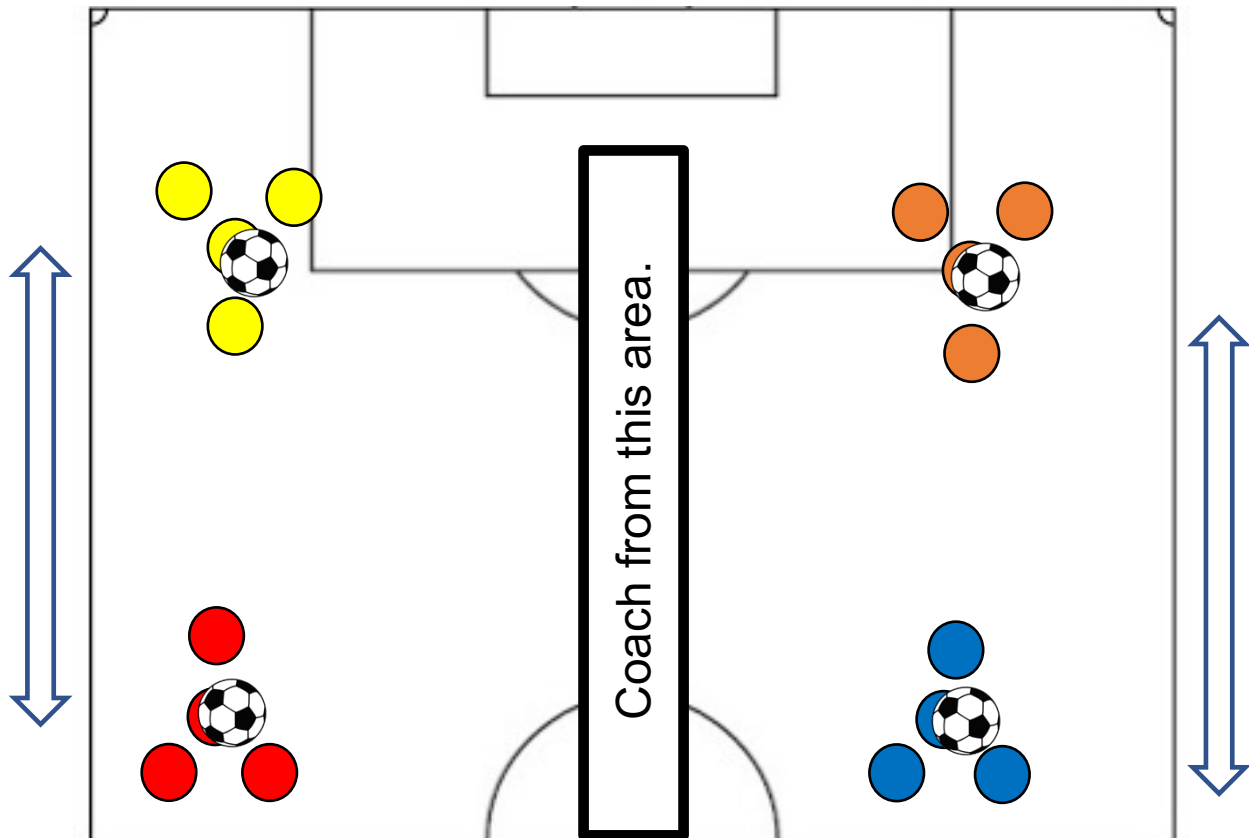
4-TARGET

... to score, knock the ball off the cone **without** entering the triangle



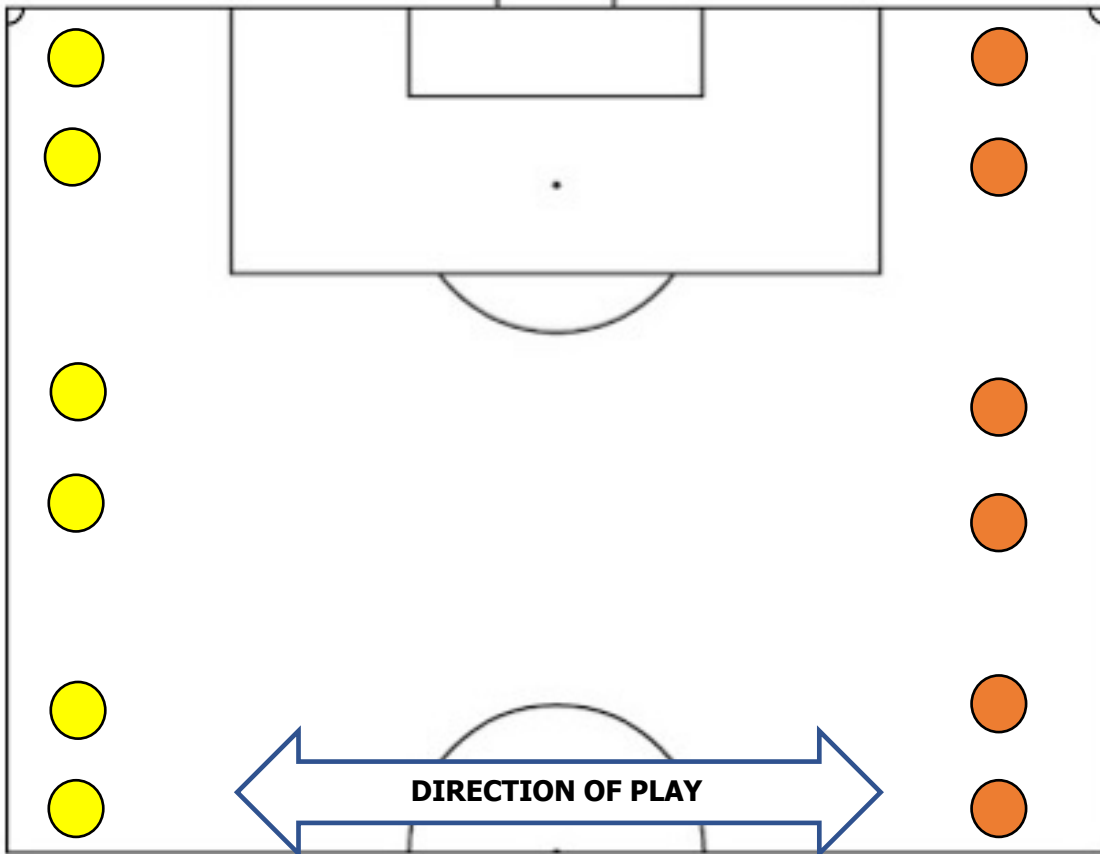
2 1-target Games (1v1, 1v2, 2v2)

Note the placement of the cones are NOT on the sideline.



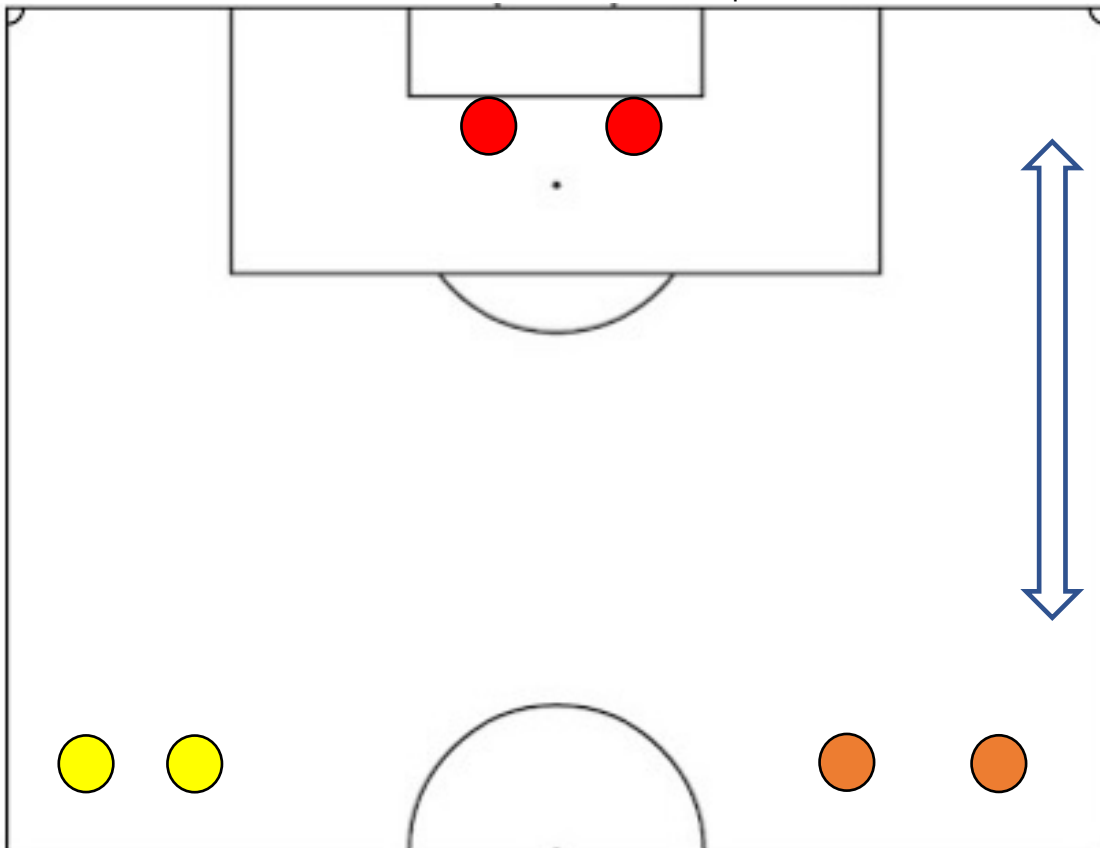
3-GOAL (Gates)... 'fast paced game'

Note the placement of the cones are NOT on the sideline in either of these setups.

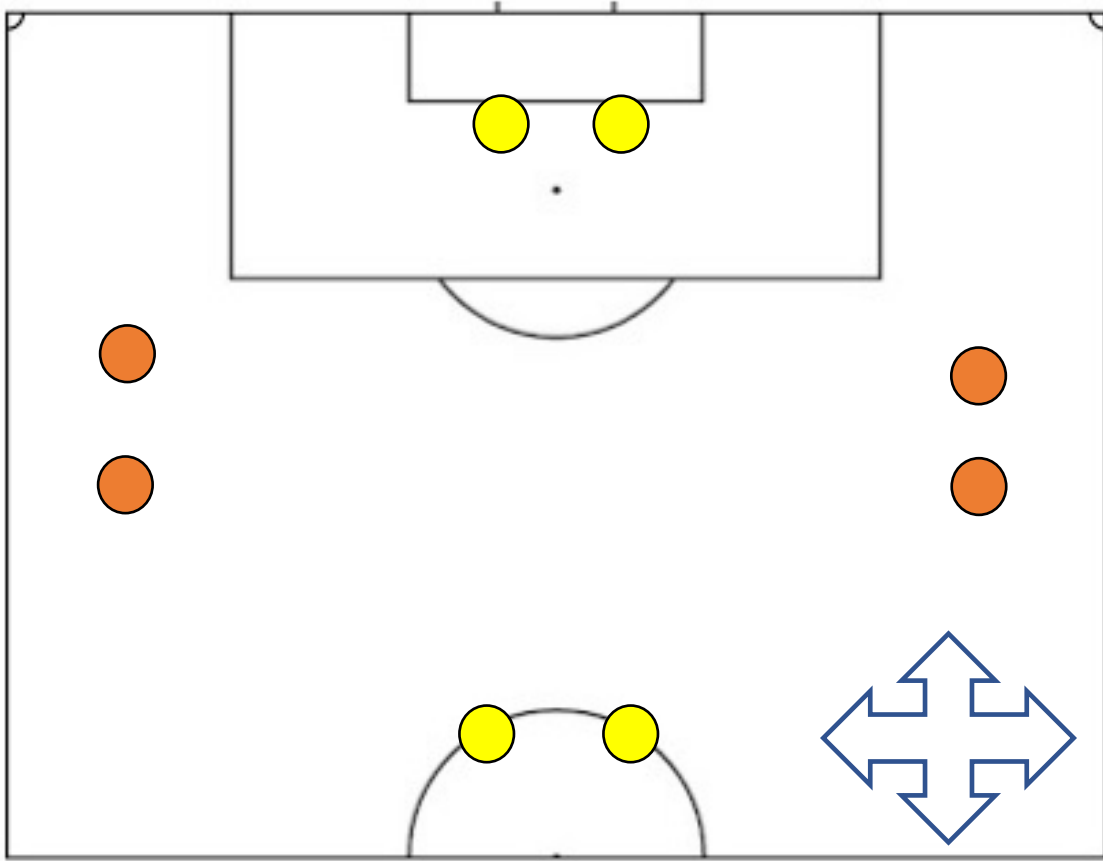


1 to 2-GOAL (Gates)

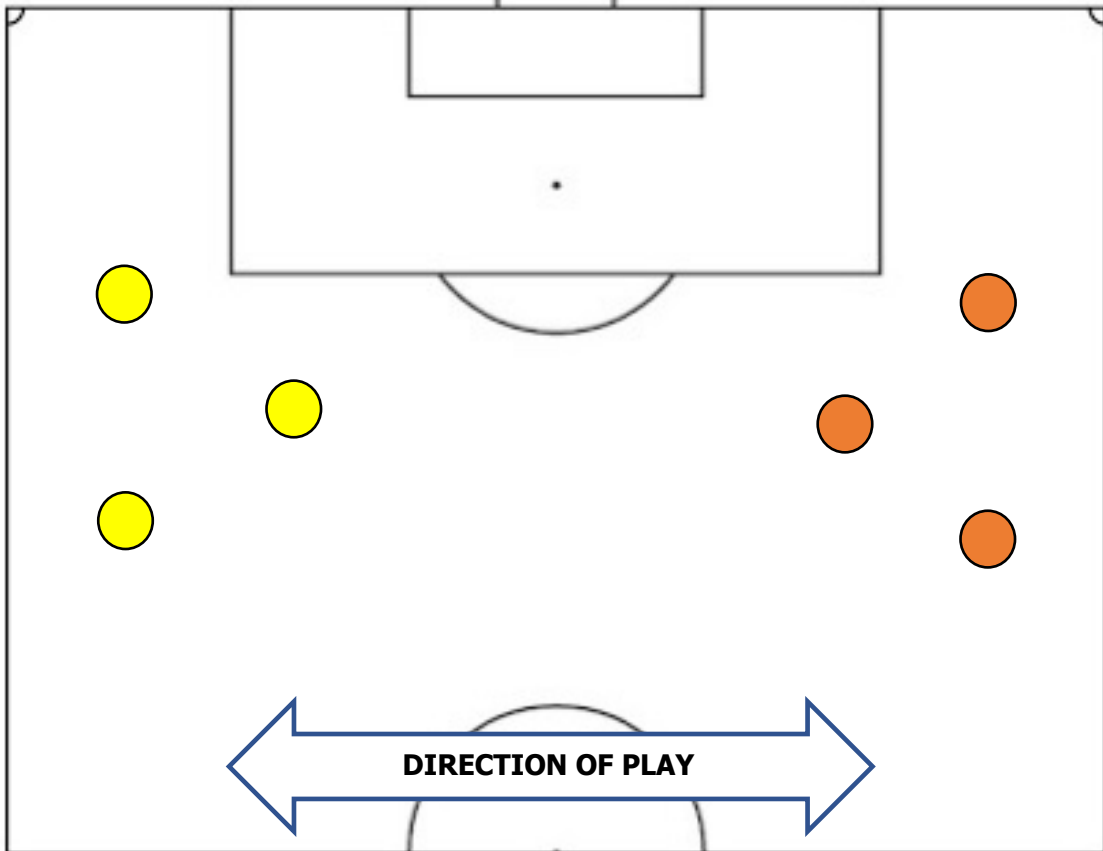
Note the placement of the cones are NOT on the sideline in either of these setups.



2-GOAL DIAGONAL

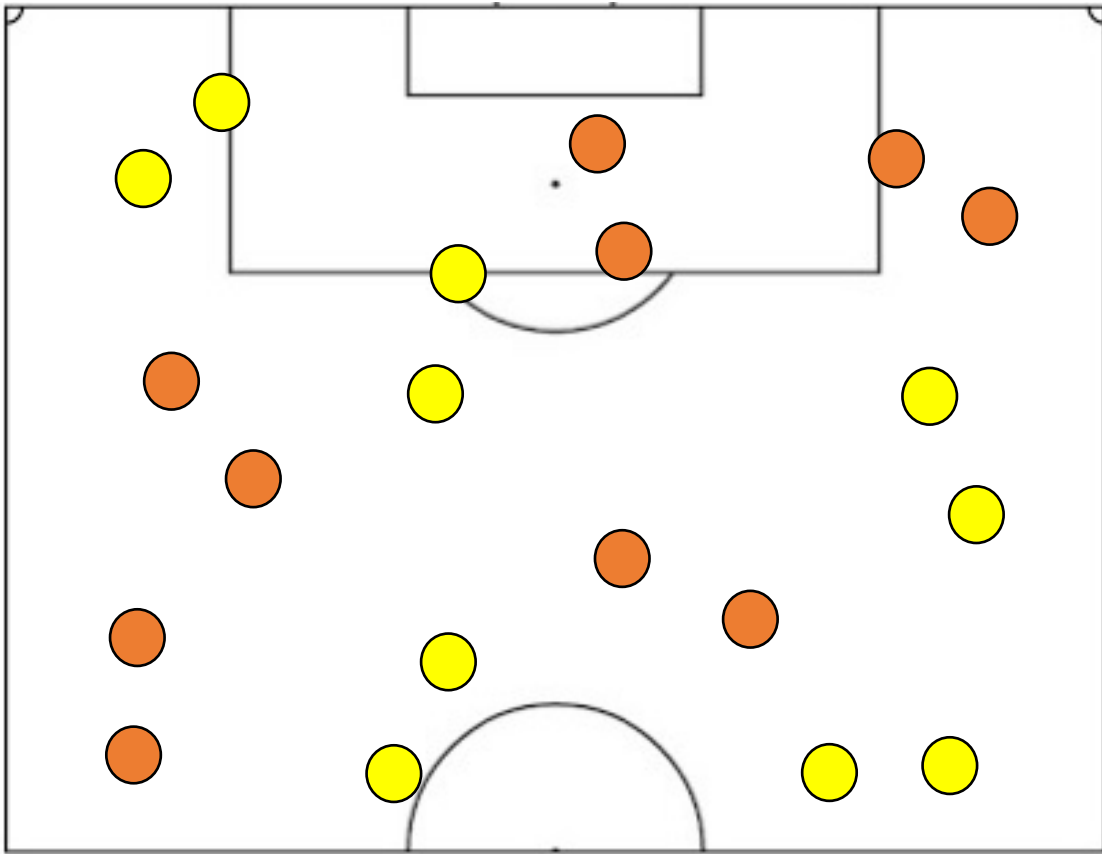


 **Dribble thru triangle or Pass-thru triangle to score**

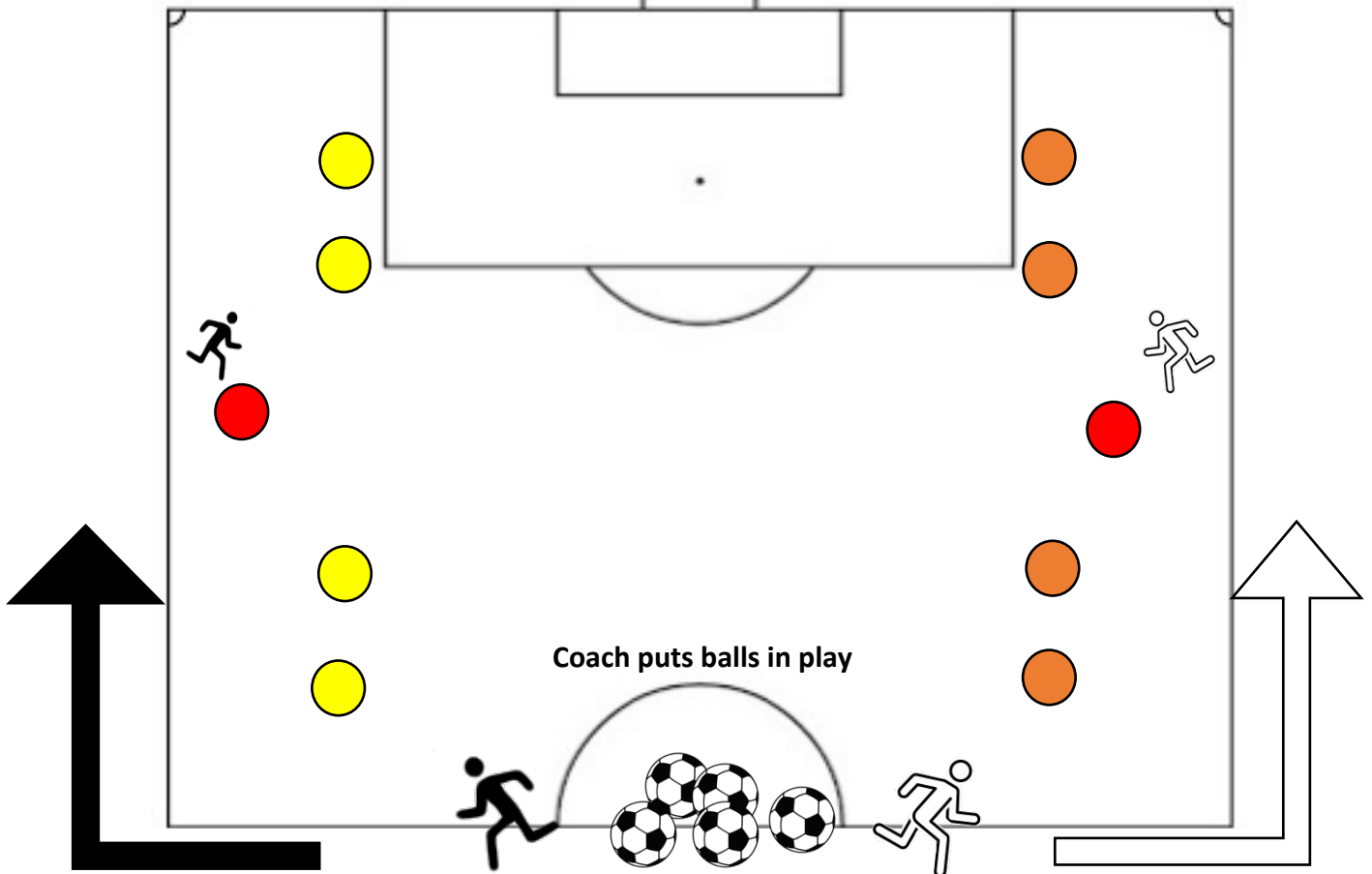


RANDOM GATES

One less gate than there are players on each team.

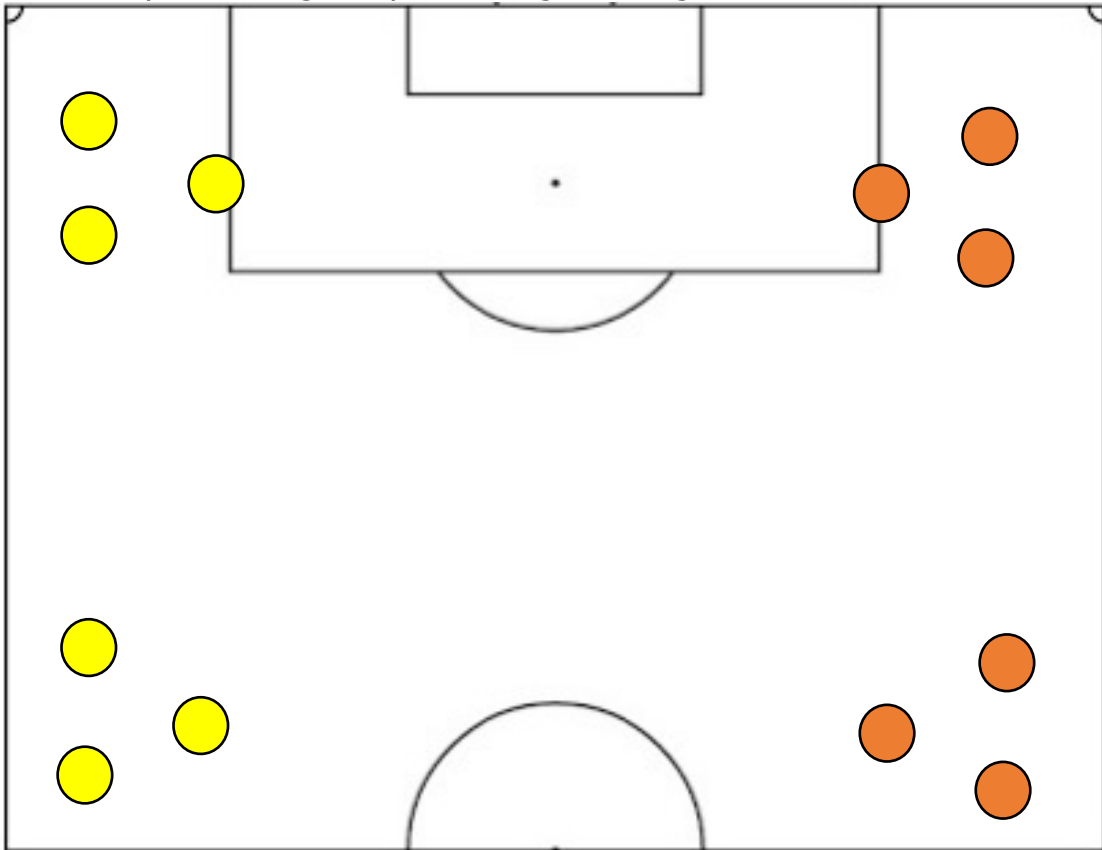


1v1 ON THE RUN (Coach puts ball in play....1v1, 1v2, 2v2)

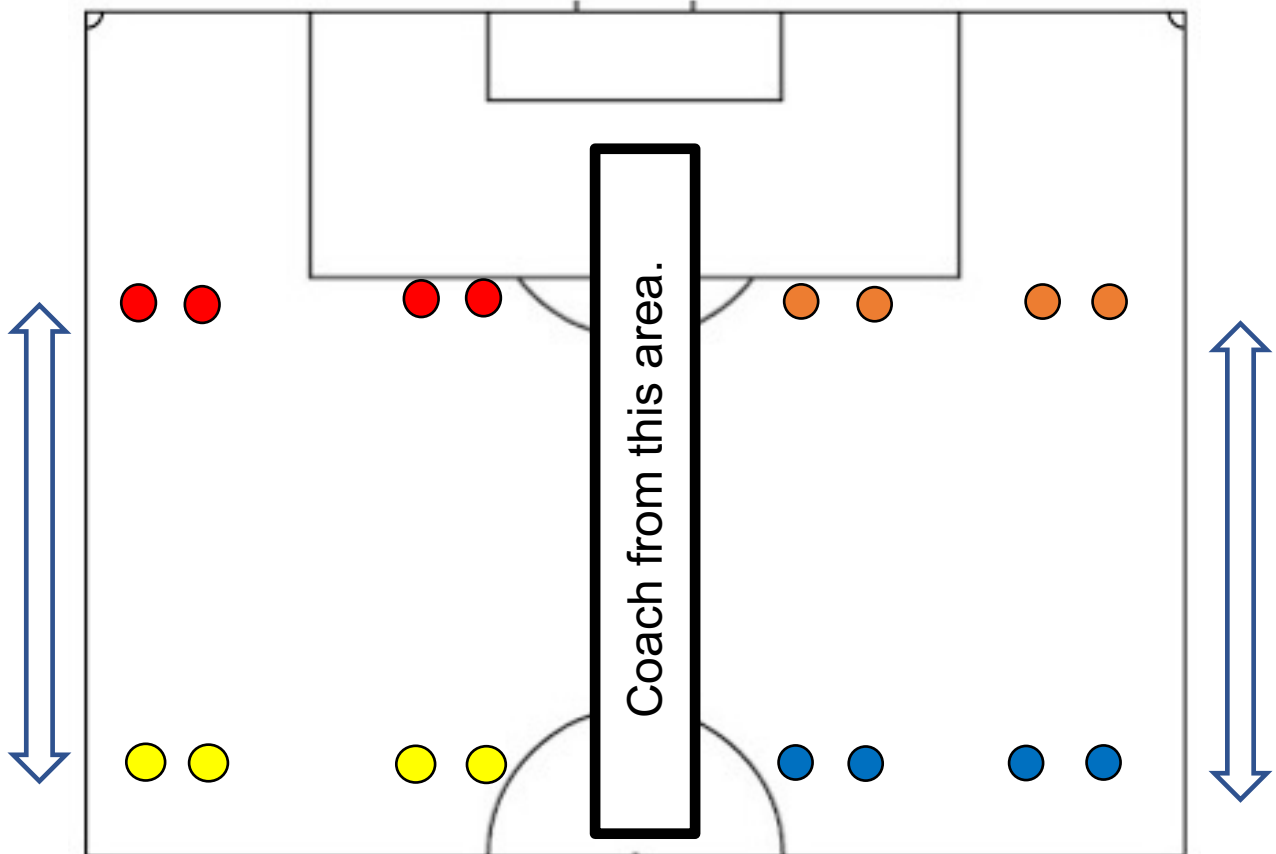


TRIANGLE TARGETS

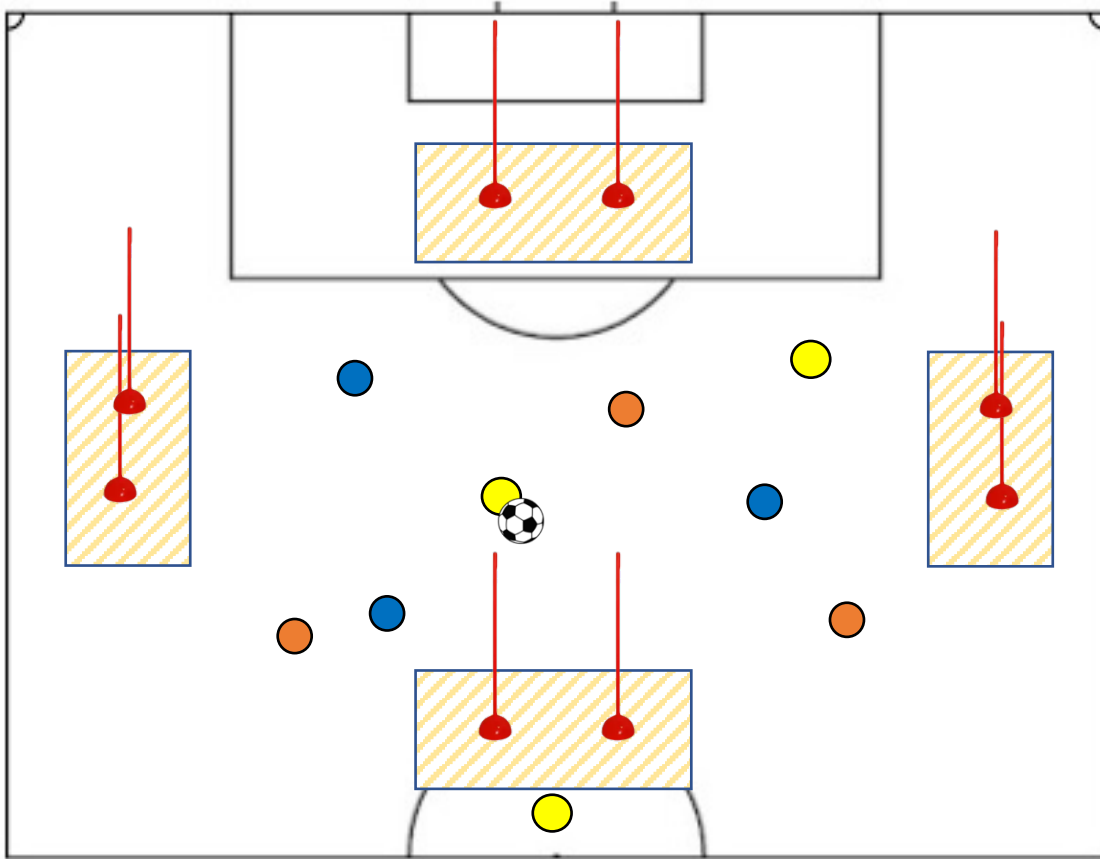
To score, dribble and stop in a triangle or pass through a triangle to a teammate.



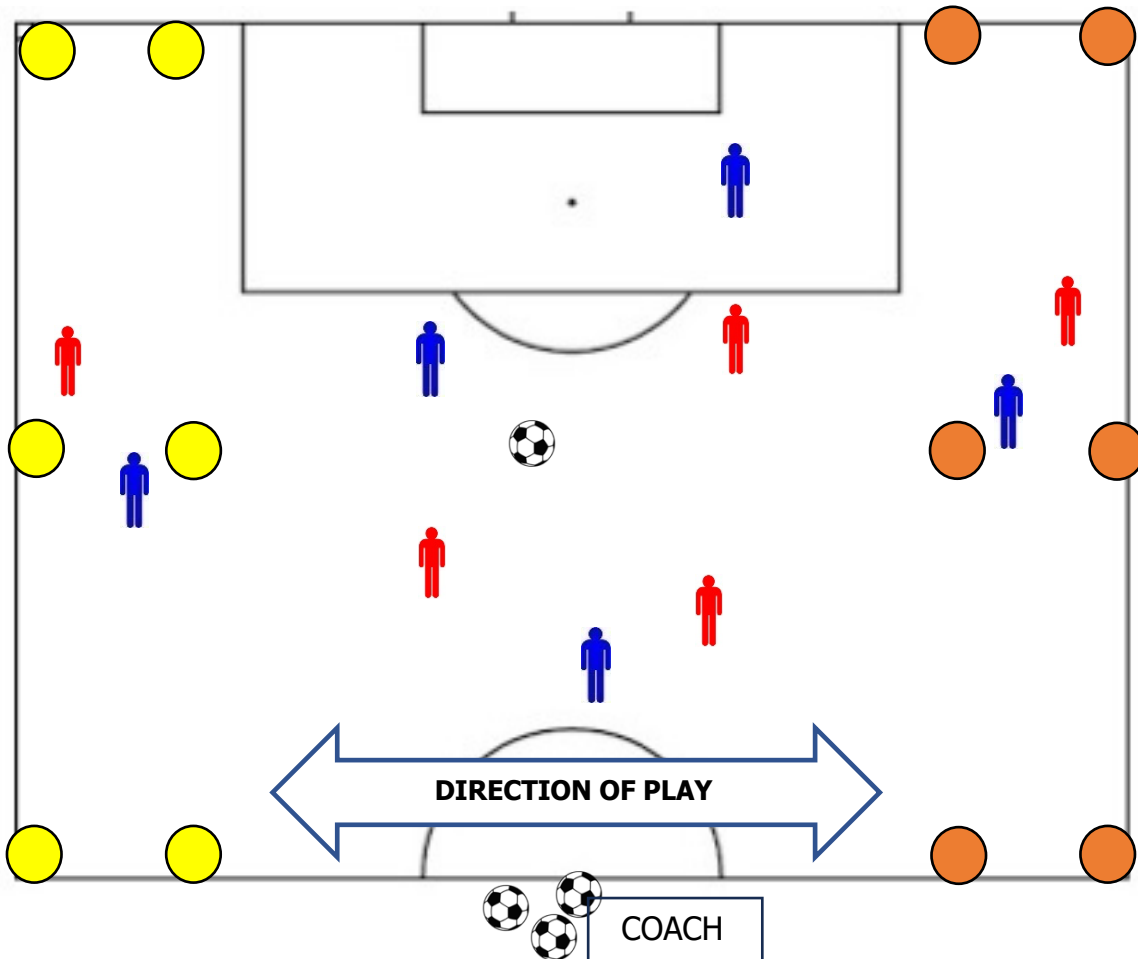
Two Game, 2-Goal Set-up (1v2, 2v2)

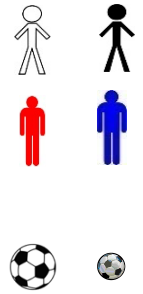
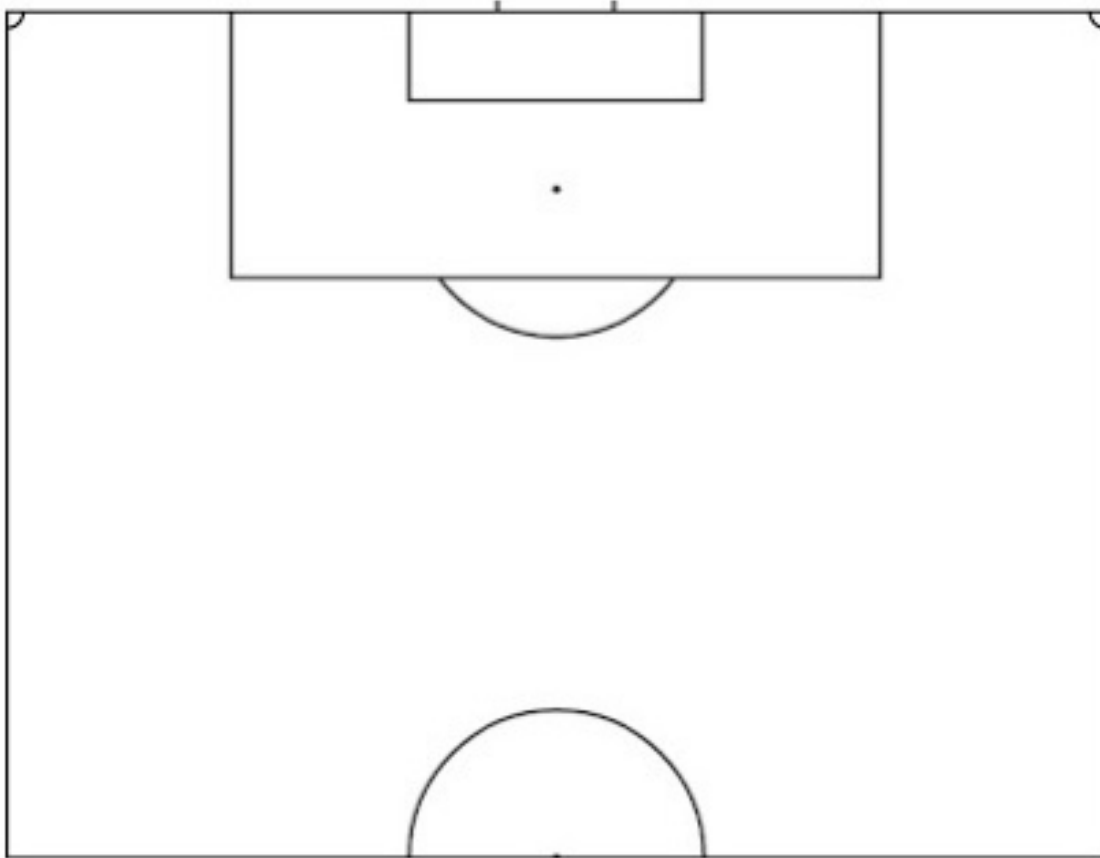
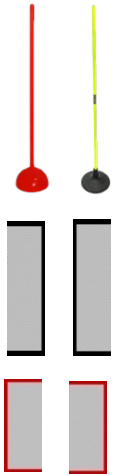
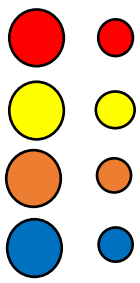


3v3 + 3 (score by passing through gate to a teammate)



TARGET PLAYERS



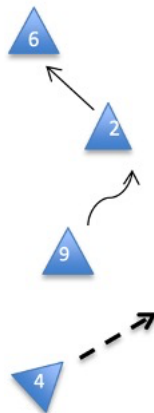


DIAGRAMMING KEY & SYMBOLS:

PLAYERS: Team your training
(Functional Exercises Use Positional Numbering)



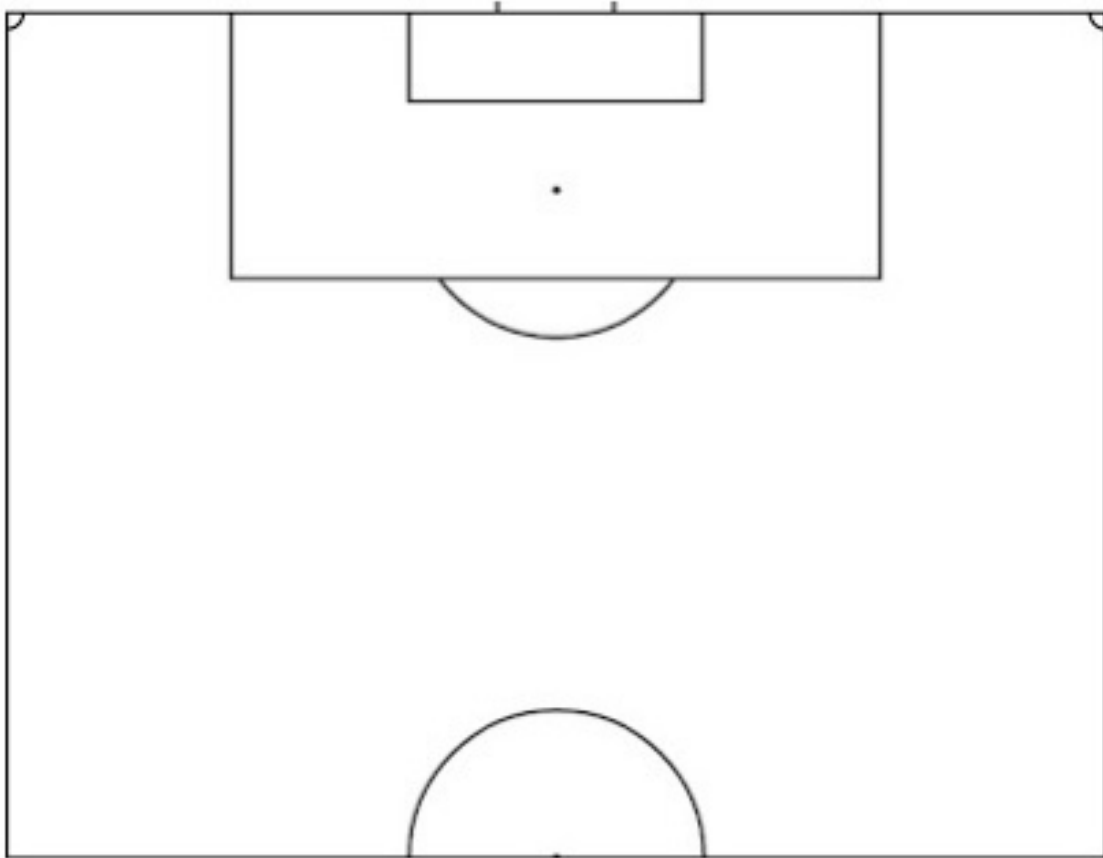
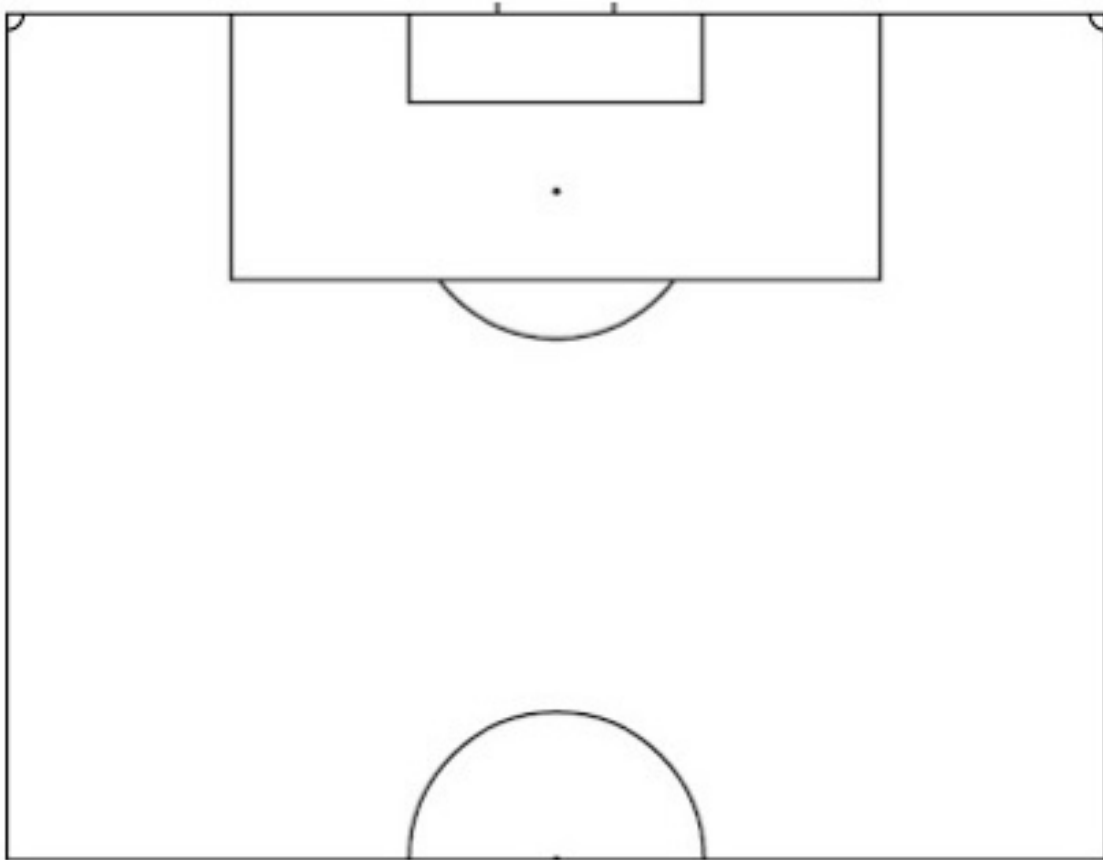
PLAYERS: Opposition
(Functional Exercises Use Positional Numbering)



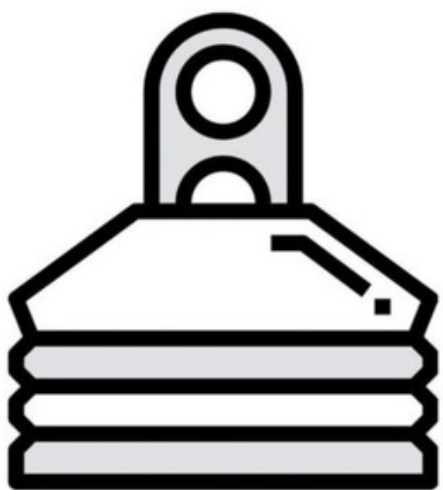
PASSES represented using **thin lines** with a head. The **length** to the arrow-head is an indication of the **distance**. The arrow-head represents the end point of the pass. **For accuracy, the angle and length should be drawn in proportion to the field diagram in which they are placed.**

DRIBBLING or RUNNING WITH THE BALL is represented using **squiggled line** with an arrow-head.

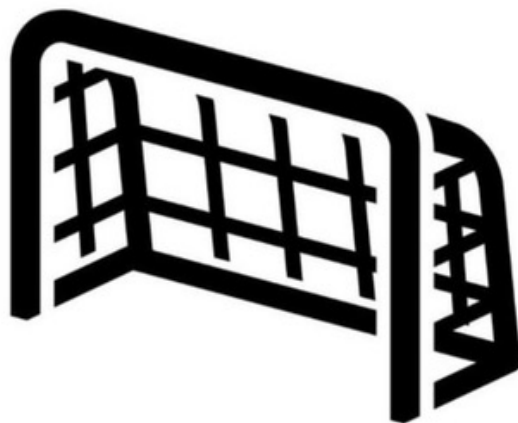
PLAYER MOVEMENT or RUNNING WITHOUT THE BALL represented using **dashed line** with an arrow-head. **Angle of the point of triangle** represents **angle of approach by the player**



WOULD YOU RATHER...



**Players running around
cones and standing in
a line waiting to go**



**Players fully engaged
and problem solving
with mini games**