



SSGs ball manipulation

Category: Small-Sided Games

Difficulty: Moderate

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Description

Small Sided Games for ball manipulation

Warm up

Organization 30x30 square

inside the square have players warming up by dribbling and moving the ball, practicing footskills and dribbles.
Add dynamic stretches



Turning

SSG-Turning

Organization

40 x 40 square with 8x8 square in each corner of the field.

Aim is to score points by dribbling the ball in to the zone to score points.

Coching Points

Wheres the space?

Correct turn?

Distance between attacker and defender?

Movement and support?



Line game

SSG- Dribbling - line game

Organization 40 x 40 squarer.

Aim is to dribble across the line of the opposition to score a point.

Coching Points

wheres the space?

can i attack the defender

Technique - slow down to perform and accelerate away.

correct move and distance

Creative play.



3v3

SSG 3v3

Coaching Points

encourage footskills

can we be creative

Attack quick as a unit

