



SSG passing

Category: Small-Sided Games

Difficulty: Moderate

Michael Caine, derry, United States of America
Individual-Adult Member

Description

penetration games 3v3 games

Warm Up (15 mins)

Organization 40 x 40 square split in to 3 teams.
Basic passing and moving inside the area can we use what we have learnt over the last few weeks.
combinations, driven passes and penetrating passses.
Add dynamic stretches high knees,heel flicks, open gate kick through and windmills.



Penetration Game (15 mins)

Penetration Game - 6 goal game - split teams in to two teams.
Players score points via scoring in the other teams goals.
you can only dribble through the end goals and pass through the center one.
Coaching Points
Speed of play
Supporting runs and movment
combinations and creativity
Can we penetrate quickly.
Width and depth.



3v3 round robin (45 mins)

3v3 games
Split group into 4 teams of 3 players. Change rules of games 1 touch finish, three touch max etc.
play a round robin of games. so each team plays each other once.
Coaching points
Speed of play
Creativity can we penetrate quickly.
combinations and support movement

