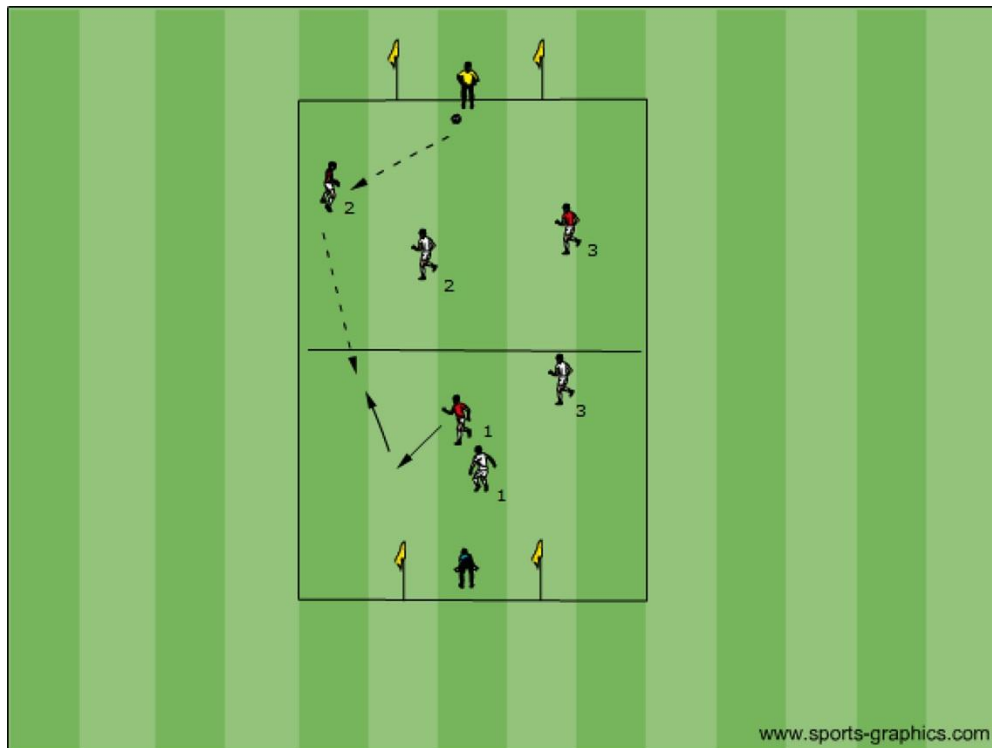


Small Sided Game: Play to Target(s) Over a Line



Organization

- On a field 25 x 40, red's have possession of the ball and must play the ball over the line to red 1 before joining in the play in the attacking half of the field: red 2 and 3 must begin each possession in the defending half.
- Red 1 must check away from red 2 and then time a return (checking run back to red 2's serve into the feet.
- Once this is completed, red 2 or red 3 can join red 1 in attack and play against white 1 and 3 going to goal.
- As in previous activities players should be encouraged to combine with wall-passes and 3rd man running. Additionally, Target player must receive ball on the front foot, away from the defender.
- As the game moves on, two additional players should be added (one in the back and one additional target player.)
- Two target players must discover how to "play off each other." Running off the ball" and playing in partnership is critical to this activity.

Coaching Points

Playing to a target or multiple targets places a high demand on technical ability. Additionally, the "shape" of the game demands that the targets learn how to come from "high" positions and at the right angle back to the ball. Inexperienced target players will come too soon (must realize that the checking run should come when the player on the ball can play the ball forward, not before) and make run into spaces (e.g. onto the touchline from a central position) that negate good attacking play.