

Description

Setup: Soccer field about 30 x 20, small goals, 3 vs. 3 (up to 5 vs. 5), and two "side-help" players.

Description: Normal soccer rules apply except the side-help players are neutral and roam up and down the side lines providing support to whichever team has the ball. The side-help cannot dribble and must pass back to the team which touched the ball last. Players on the field cannot take the ball away from a side help player. If the ball goes past the side-help player then it is a throw-in. This is a good scrimmage to which encourages passing and possession.

Coaching Points

Really encourage the players to use their side-help. For younger teams it is better if the side-help are coaches and/or more skillful players. Vary the field size taking into account age and number of players.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

