

Small Sided Games

US Youth Soccer Coaching Department

We want our young soccer players to have more opportunities to score goals! (Pure excitement)
The smaller field size and fewer players will foster more shooting

Small-Sided Games

- We want our young soccer players to touch the ball more often to become more skillful with it!
- We want our young soccer players to make more, less complicated decisions during the game!
- More opportunities to scheme...
- We want our young soccer players to be more physically efficient on the field. (Reduced field size)
- We want our young soccer players to have more individual teaching time with the coach!
- There are more opportunities for coach-player interaction!
- We want our young soccer players to have more involved playing time in the game!
- More opportunity to solve problems that only the game can present.
- We want our young soccer players to have more opportunity to play on both sides of the ball!
- More exposure to attacking and defending situations...

More Attacking Opportunities:

- Dribbling to take on opponents
- Dribbling into open space
- Shooting and scoring
- Receiving
- Passing
- Heading (at older age groups)
- Goalkeeper distribution (U10 and older)

More Defending Opportunities:

- Intercepting the ball from the other team
- Stealing the ball from the opponent (tackling)
- Stopping shots

More Goalkeeping Opportunities (U10 and older)

- Greater number of shooting opportunities gives goalkeepers more chances to actually improve their goalkeeping skills.

Small-Sided Games

- This environment fosters development of mentally strong athletes.
- Players cannot hide or get lost in the small-sided environment.
- It helps improve competitiveness & aggressiveness.

What can we teach?

- Team Shape (*In larger numbers bad "shape" is hidden*)
- The Principles of the Game are much easier to see for coaches and players.

Transition

- Encourages "fast play". No cushion of teammates to delay attack when possession is lost.

*The "Small Sided" environment is a developmentally appropriate environment for our young players.
It's a FUN environment that focuses on the PLAYER!*

It just makes sense...doesn't it?