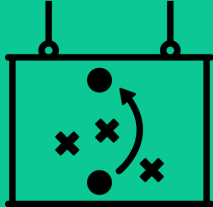


PICK IT



FIVE FAVORITE ACTIVITIES
THEME: SMALL-SIDED GAMES



PICK IT

How

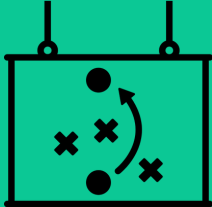


This deck can be used in a variety of ways. Feel free to print these out!

- 1. Show all of the cards and have them select the theme and the game(s) they would like to play.**
- 2. Allow the players to select the theme based on what they want to improve.**
- 3. As the coach, have a pre-determined theme in mind, use only those cards, but allow them to select the game(s).**
- 4. Bring out all of the cards and have them to add any variations they would like to implement.**
- 5. Create teams using a "this or that" method. Example: If you like cookies stand to my left, if you like brownies, stand to my right. If the teams aren't even you can ask for volunteers to move.**
- 6. Have pre-determined teams based on their roles as an attacker, defender, goalkeeper, etc.**

PICK IT

Why



Ideas to create an athlete-centered environment

- Ask the players what change(s) they would make?
- Ask the players to come up with a number of successful attempts they want to achieve?
- Allow the players to work independently between games/activities if doing them more than one time.
- Ask the players to acknowledge good performance or effort from one of their teammates during the games/activities?
- Ask the players what the game/activity is developing?

To view a video explanation of each activity, scan the QR code with your mobile device.



PICK IT

Theme: Small-Sided Games

1

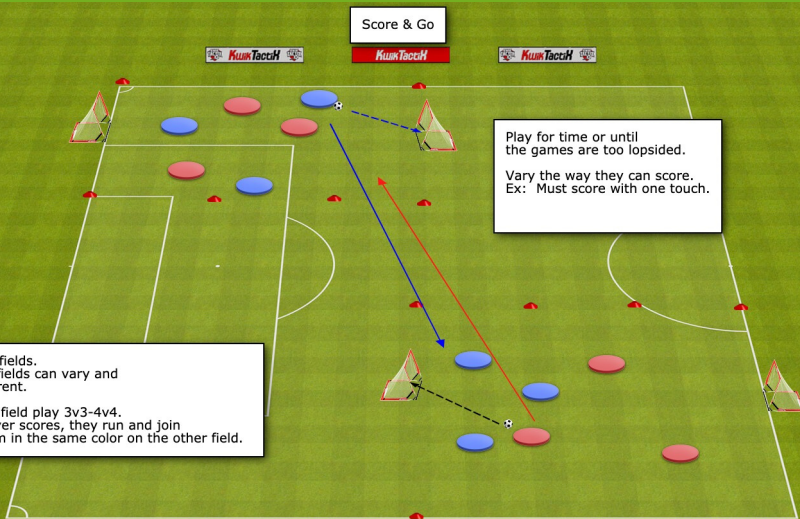
Score & Go



Play for time or until the games are too lopsided.
Vary the way they can score.
Ex: Must score with one touch.

Make 2 fields.
Size of fields can vary and be different.

In each field play 3v3-4v4.
If a player scores, they run and join the team in the same color on the other field.

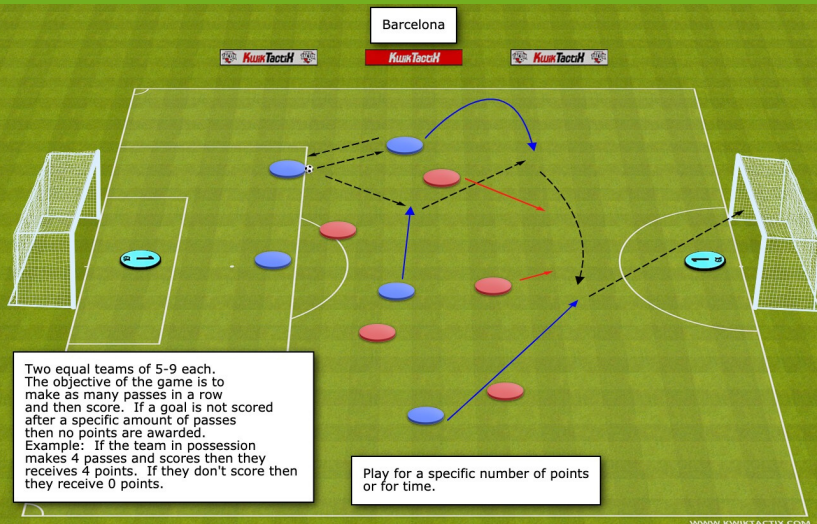




PICK IT

Theme: Small-Sided Games

2

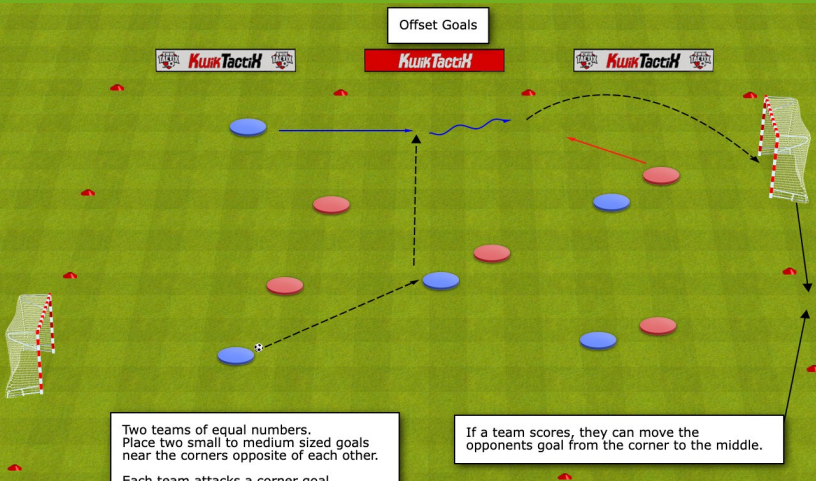




PICK IT

Theme: Small-Sided Games

3



Offset Goals

Two teams of equal numbers.
Place two small to medium sized goals
near the corners opposite of each other.

Each team attacks a corner goal.

If a team scores, they can move the
opponents goal from the corner to the middle.



PICK IT

Theme: Small-Sided Games



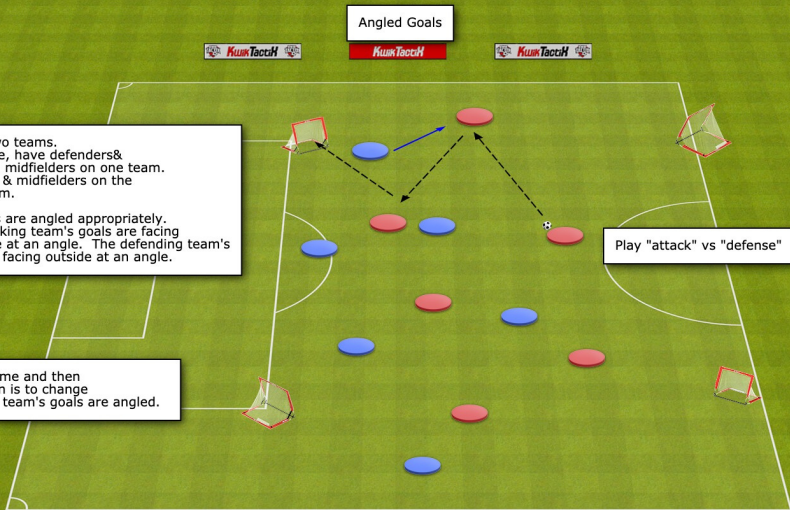
Angled Goals



Create two teams.
If possible, have defenders & defensive midfielders on one team.
Forwards & midfielders on the other team.

The goals are angled appropriately.
The attacking team's goals are facing the inside at an angle. The defending team's goals are facing outside at an angle.

Play for time and then a variation is to change how each team's goals are angled.





PICK IT

Theme: Small-Sided Games



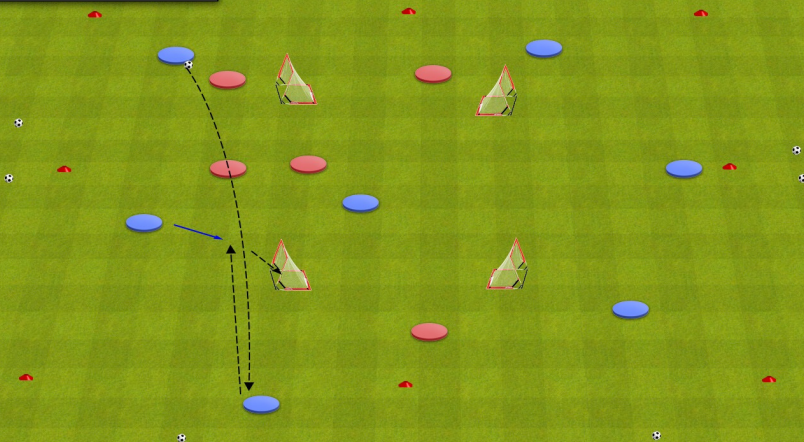
Two teams of equal numbers if possible.

Place 4 small goals in the middle of an area. They are placed to face the outsides of the field as shown.

Inverted Goals

Designate a side for each team to score on.

Variation: Use two large goals instead of 4 small goals.





THANK YOU