

5 v 5 + 2 Scrimmage Game

Minutes: 15-20

Players: 8-12

Ages: 6-50

Avg. Rating: ★★★★★

From: CP

Skills Focus: Passing, Controlling, & Tactics

Objectives:

Improve team passing and possession using outside support

Description:

Setup a field of about 30 yds. x 20 yds., small goals, 3 vs 3 (up to 5 vs 5), and two "side-help" players. For U8's and U10's I would recommend using coaches as the "side-help" players. Normal soccer rules apply except the side-help players are neutral and roam up and down the sidelines providing support to whichever team has the ball. The side-help cannot dribble and must pass back to the team that passed the ball to them. 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 tips: Really encourage the players to use their side-help. Remind them the side-help players give them a two player advantage when they have the ball. For younger teams it is better if the side-help are coaches and/or more skillful players. Encourage and-again's using the side-help. Also, for younger teams (under 10) feel free to use a larger goal with goalies. For older players (U16 & up) the side-help area could become a no defending zone allowing any player to use the side zone to help his team. This will help to teach them to use the width of the field. Vary the field size taking into account age and number of players.

