

SMALL-SIDED GAMES.
BIG IMPACT.

One of the most effective ways to develop soccer players – especially at younger ages – is through **small-sided games and activities**.

WHY?

Because small-sided environments naturally increase:

- TOUCHES ON THE BALL**
- DECISION-MAKING OPPORTUNITIES**
- MOVEMENT**
- ENGAGEMENT**
- CONFIDENCE**

One of the most effective ways to develop soccer players - especially at younger ages - is through small-sided games and activities.

Why?

Because small-sided environments naturally increase:

- touches on the ball,
- decision-making opportunities,
- movement,
- engagement,
- and confidence.

Players learn best when they are actively involved rather than standing in lines waiting for turns.

Small-sided games also allow players to:

- experiment,
- solve problems,
- and learn through the game itself.

This approach is strongly aligned with Canada Soccer grassroots development principles.

A great short video/resource: <https://learning.ussoccer.com/coach>

And another excellent free resource for activities and session ideas: <https://www.soccerxpert.com/drills>

One challenge for this week:

If possible, try modifying one activity into a smaller game format instead of a line drill and see how the players respond.