



Winsloe Charlottetown Royals Football Club
Conditioned Games



Conditioned Small-Sided Games

Introduction: The central philosophy underpinning the conditioned game approach is that children will be more receptive to learning in the context of a game. Furthermore, in addition to learning “how” to perform a skill they will learn “when and why” to perform it. Such an approach is, therefore, intended to promote the simultaneous development of skills, tactics and strategies through the participation in “conditioned games”

Principles of Play: These conditioned games are meant to bring out the principles of attack: dispersal (width, depth), penetration, mobility and speed of play – in defense pressure, cover, balance and compactness.

Conditioned Games:

Warm Up

Handball (note: diagram - should be using hands)



Principles: (width, depth and penetration)

Objective: using your hands pass (throw) the ball to teammates and move up the field. The player who has the ball cannot move and you score when a player receives (catches) the ball in the endzone. A player must run into the zone as the ball is played. They cannot stand in the endzone

Variations: use corner zones to bring out width and changing the point of attack. Advanced: Kick /Catch where a volley catch sequence is used. Ball must be passed with a kick (volley) and caught in the endzone to score.

Principles: width and depth

Objective: keep possession

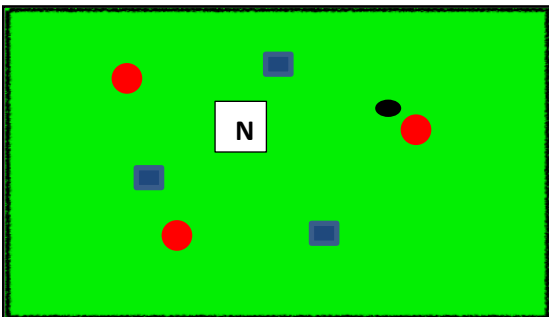
Target – five passes = a goal

Organization: Approximately 20 X 20 yd grid. Two teams of 3 plus a neutral player (plays with the team that has possession). **Procedure:** When a player loses possession of the ball, they kneel down until their team wins the ball back. This creates a 4 V 2 situation (3+N V 3-1). Start the game all players standing. Neutral does not kneel down if they lose possession. Coach restarts the play from the sidelines to keep the game going.

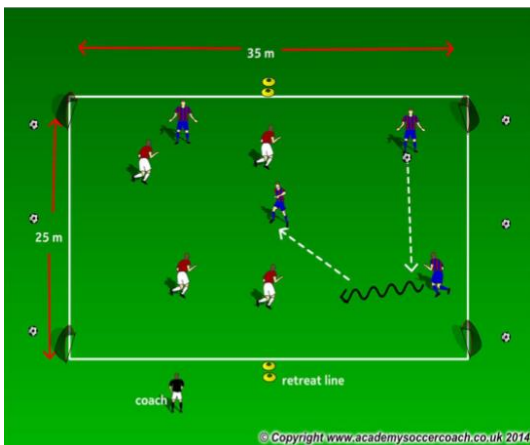
Variations: Coach plays as Neutral, increase numbers and add a second Neutral player

Coaching Pts: passing angles, get big in possession, first touch away from pressure, can you play out of pressure, early decision making, scanning. When and Why to play short / long?

Possession 3 V 3 + N



Four Goal Game



Principle: Width (Change the point of Attack)

Organization: 35x25m field with two goals at each end.

Procedure: Two teams of 3 or 4 attack opposite ends and try to score in either net in the attacking third. When one goal is being covered encourage play across the field to attack the opposite net.

Variation: Coach step in and play as a neutral player.

Use target players on the end line to change the point of attack so team can score on other net

Principles: Width

Objective: To score by playing through one or both wingers

Organization: 3 V 3 plus free wingers 30 X 40 yd grid

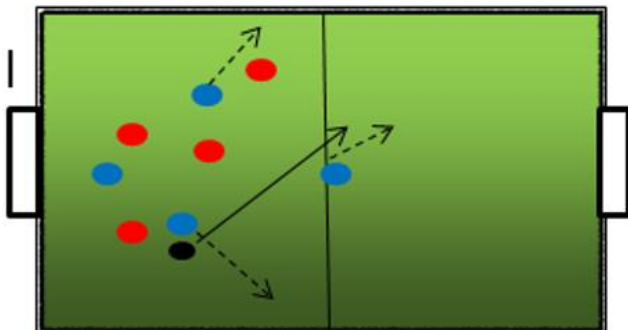
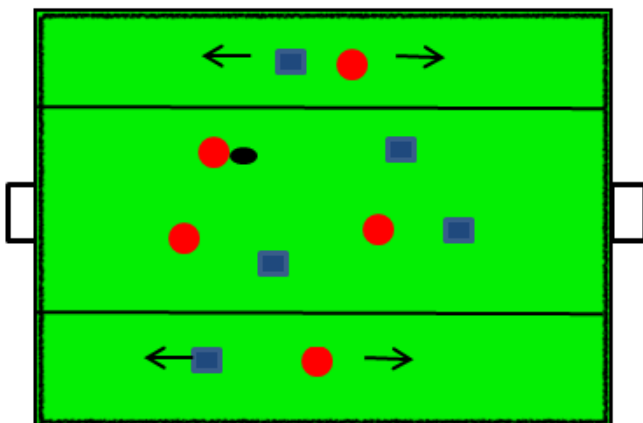
Target: score on goal

Procedure: Wingers play in a free zone and cannot be dispossessed. Once the winger receives the ball, they can play early or dribble and cross in front of the net.

Variations: Allow the wingers to play high (in an offside position) to allow them time to get a ball behind the back line. Allow the team in possession to score without playing the winger to ensure proper defending (condition 1pt for a goal from the field of play and 3 pts for a goal through a winger).

Coaching pts: When do I need to play wide to keep the ball? As a winger can I get the ball behind the backline or do I play back into the mid-field to keep possession?

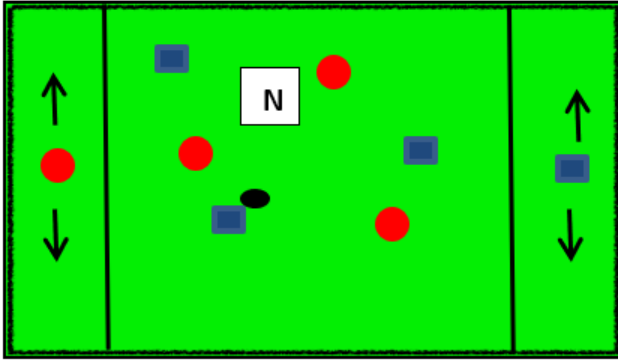
3 V 3 plus free wingers



Conditioned Game (Dispersal –width and depth)

If you win the ball in the offensive half you must play back into your own half in order to go forward and score

3 V 3 + N to Targets



Principles: width, depth and penetration

Objective: to look for opportunities to play forward (penetration) Target: successful pass to Target player is a goal. **Procedure:** While keeping possession, look for opportunities to play the ball forward to your target player (player in zone). A successful completion equals a goal. Coach restarts the play from the sidelines to keep the game going.

Coaching pts: When Why and how can I go forward?

Zonal Game

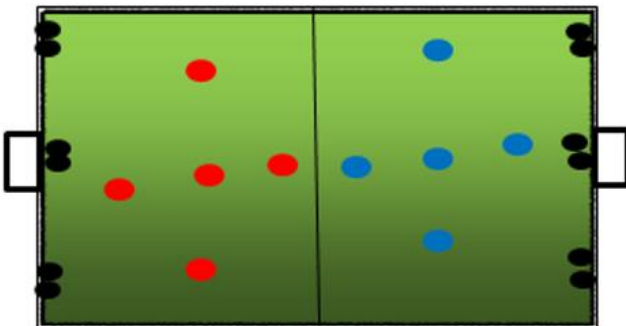


Principle: Penetration

Organization: 30x30m grid with 5m end zones at each end. Divide players into two teams of 4.

Procedure: Teams gain a point by passing the ball into the end zone to a teammate. Players can't wait for the ball in the end zone. They must run into the end zone as the ball enters the area. Once a team scores a point they will give the ball to the other team.

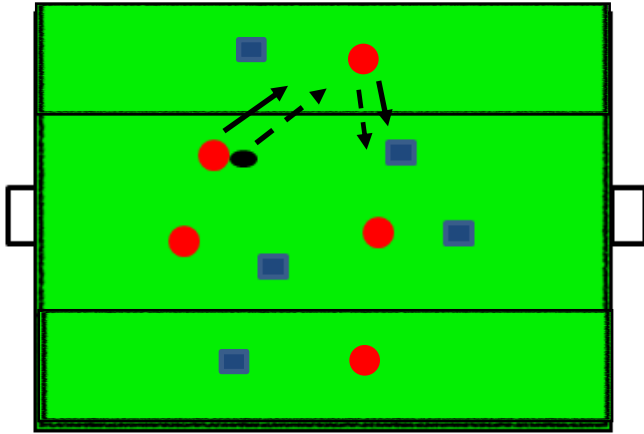
Progression: Once a team scores a point, they will keep possession and attack the other end zone.



Central Attack, Wing Attack and Counter Attack:

Each team attacks 2 wide goals and a central goal (goals are two balls touching each other). The balls are used so players can carry them if a goal is scored. The player who scores by hitting a ball must then pick up both balls and carry them to their end line and place them along the line. One team now defends four goals and one team defends two goals. Play continues until one team has no goals left to attack.

Mobility - Wingers



Principles: Mobility

Objective: To score by playing through one or both wingers

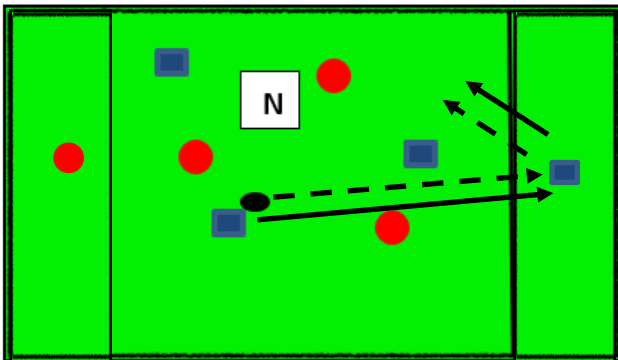
Organization: 3 V 3 plus free wingers 30 X 40 yd grid **Target:** score on goal

Procedure: When the winger receives the ball, they dribble into the field of play and the passer or closest teammate takes their place. Allow the team in possession to score without playing the winger to ensure proper defending (condition 1pt for a goal from the field of play and 3 pts for a goal through a winger).

Coaching pts: When do I need to play wide to keep the ball? As a winger can I get the ball behind the backline or do I play back into the mid-field to keep possession?

Mobility

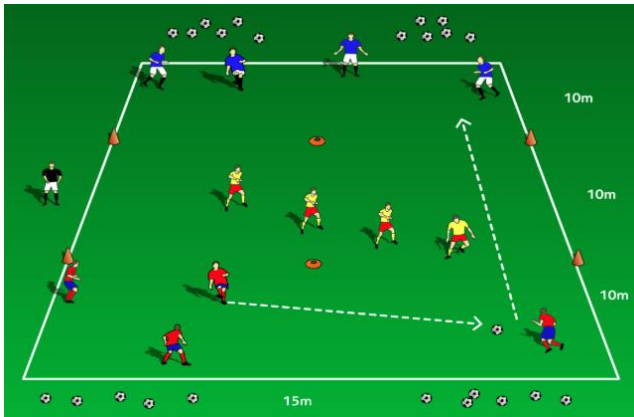
3 V 3 + N to Targets



Target Players: (Same as above)

Procedure: Target Players play in free zone and when they receive the ball, they pass or dribble into mid-field and follow the ball. The passer from mid-field takes their place as the target player.

Defending

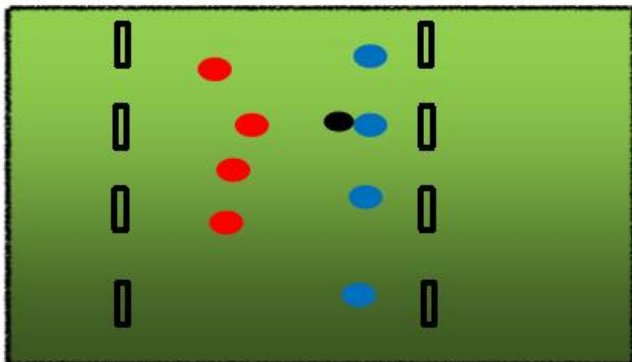


Organization: Divide grid into 3 zones. Players are divided evenly into 3 groups and assigned to a zone.

Procedure: Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can play a penetrating pass into the opposite end zone. Central players look to shift together to prevent any penetrating passes. If the central players possess the ball or the ball goes out of bounds, they switch with the team in the end zone.

Progression 1: Scoring; team scores by successfully playing a penetrating pass through the central area.

Progression 2: Players in the middle can now send 1 defender into the end zone where possession is.



Defending

Using cones or small goals set up 3 or 4 goals for each team (depending on 3 or 4 aside) Blue team circulates the ball between each of the players to set up a chance to score on one of reds nets. Both teams play on their own half. The defensive team must move to eliminate the angled shot at their goal. To do this, they must provide pressure cover and balance to protect their goals.

Principle: Compactness in defense

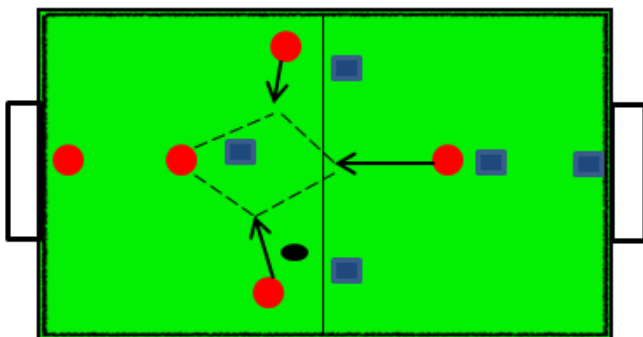
Objective: to introduce team defending, defending as a block, lateral movement as a block

Organization: Regular game – even sides

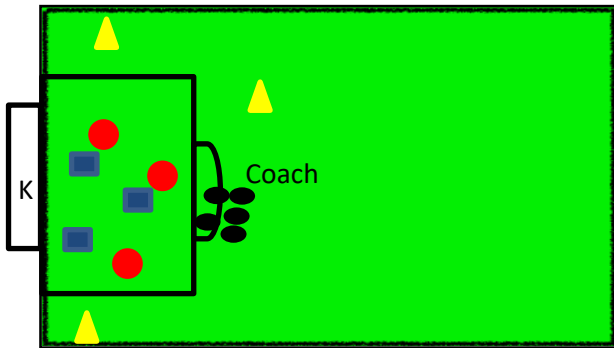
Procedure: Start a regular game with both sides playing full-pressure. When a goal is scored, the team that is ahead plays half pressure (retreats to their own half and waits to engage the opposition). Team that plays half pressure tries to stay compact front to back and side to side trying to keep the play in front of them. If the score is tied, both teams return to full pressure.

Variations: Introduce the concept of counter attack type of attack for the half pressure team.

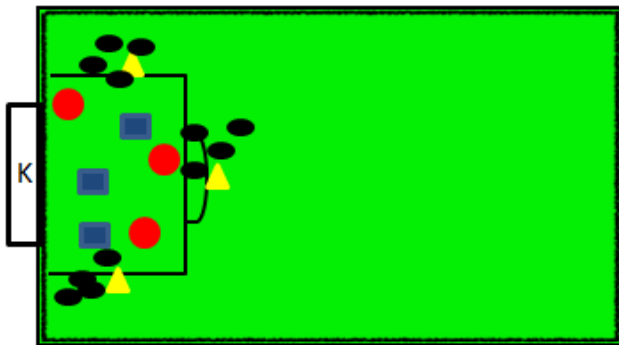
Full Pressure / Half Pressure



Shooting and Finishing



Variation Shooting And Finishing



Principle: Shooting and Finishing

Objective: To score as many goals as possible in a defined period of time (1 or 2 minutes)

Organization: All of the balls at the top of the 18 yard box, 3 attackers and 3 defenders in the box, third team collects balls, a keeper in goal

Procedure: Coach serves balls into an attacker who tries to score as many goals as possible within the allotted time. Coach can serve to different players to make use all players are engaged.

Rebounds are in play. If the keeper stops the ball, they put in net and reset for new ball. 3 V 3 in 18 yard box – third team collects balls. Switch Rotate teams until everyone has played each other – most wins are the champions!

Variations: Coach changes the service to one side of the box (crosses), the third team serves in the balls – one top of box and one on each side.

Coaching pts: Body position, Do I strike it or finish it? One or two touch? Shoot or set up teammate? Think Shoot!

Transition Games



The Game

While one team attacks the large goal, the opposition attacks either of the two smaller goals. When the team scores in one of the two smaller goals, they must change directions and take a turn at attacking the larger goal.

This Game Emphasizes

- Attitude and confidence that is essential for scoring goals. (Large net)
- Passing, shooting and dribbling skills required in the other 4 v. 4 games.
- Transition awareness since the team can attack quickly in the other direction.
- Team shape and the roles of each player because when there is a transition, the back becomes the front and vice versa.



The Game

- Set up the field as shown with a seven yard 'End-Zone' at each end.
- Score a goal by getting the ball from one 'End-Zone' to the other by passing or dribbling.
- Once a goal is scored, immediately attack going in the other direction. Do not give the ball to the other team. The 'End-Zones' are free, only the attacking team can enter these areas.

This game also encourages players to "SPREAD OUT" and work together, which, players are starting to be able to do at this age. At first, players will be tempted to just kick the ball up the field instead of passing. With patience, and demonstration of what is possible, this game could have a dramatic impact on their ability to play attractive, skilful soccer.