

Team Dual

Emphasis: All around soccer skills and team play. Small-sided game.



Set-up:

40 x 30 yard grid. 12-18 players with goalkeepers in each goal. Two sets of colored bibs. Flags to create mini goals.

Objective:

Both teams compete for the ball and try to score on the opposing goalkeeper. Goalkeepers cannot kick the ball down field, they must distribute the ball by throwing. If the ball leaves the field of play a throw-in is awarded to the opposing team.

Progressions:

2 or 3 touch maximum per player.

Coaching Points:

- Encourage passing as much as possible to develop team play.
- Dribble and encourage players to take chances in attacking areas of the field or in 1v1 situations.