

Inter Milan Small Sided Game



The Set-up: Two fields of 4v4 to 4 goals are set up with a 10 to 15 yard area between the fields. The coach numbers each player 1 through 4. One ball per field with extra balls laid out around the area to keep the games moving. White teams and Red teams should be attacking in the same direction on both fields.

The Exercise: A normal game of 4v4 is played on both fields. When the coach calls out a number (Example #2 pictured below). All

the players that are number 2 must quickly sprint to join the opposite field. This will force the players to adjust to playing with new teammates. Also, if players are slow to transition to the other field they will leave their teammates at a disadvantage. If a number 2 was in possession when his/her number was called they should find a teammate as quickly as possible and then transition to the opposite field.

Focus:

- Teaching through the game!
- Quick Transitions
- Adjusting to different players
- Communication
- Teambuilding

Variation:

- Call out multiple numbers at once
- Play 5v5 or 6v6
- Increase or decrease the size of the fields depending on the practice focus

