

SOCCER INTELLIGENCE

Mini-soccer:

1. 22x32 m field; 2 2m goals positioned 12m apart (3 m from sideline) on each endline, field divided 6-20-6 vertically (35x 50 divided 10-30-10 for 5v5)
2. 12 variations of 3v3
3. after each goal, one player is substituted in a given sequence
4. no fixed positions
5. goals only count when players shoot from the 'shooting zone' with 1st or second touch
6. no offsides, corners or penalty kicks
7. game is started by coach throwing ball in the air
8. players must stand 3m from restart

Preparatory and Corrective Games for Mini-soccer

1. 3 on 0
 - a. 3 players undefended
 - b. each must touch the ball once, shooting quickly on one of the goals once the shooting zone is entered
2. 3 on 0 in opposite directions
 - a. two teams playing simultaneously in opposite directions
3. 3 on 0 in a triangular formation
 - a. goals only count if three players are in a triangular formation
 - b. avoid three players playing along the same line
4. 3 on 0 with interchange of attacking positions
 - a. to score, each player must be in a different position than where he started
 - b. all teams attack in same direction
5. 3 on 0 as fast attack
 - a. which team can score fastest?
6. 3 on 1
 - a. 1 defender is changed after each attack
 - b. emphasize timing passes to when defender commits himself to attacker with ball
7. 3 on 1 with counterattacking defender
8. 3 on 1 continuous and alternate attacks toward both sides
 - a. 1 defender in each shooting zone
 - b. an attack ends if the defender touches the ball
 - c. shots must be taken with first touch
 - d. same team of three attacks continuously
9. 3 on 1 as fast attack
 - a. see who can score against single defender the fastest
 - b. progress to require each attacker to touch the ball
10. An additional defender supporting from behind (6m behind the attackers)
 - a. Vary position of additional defender who recovers after 1st touch made
 - b. Progress by shortening distance to recovering defender
11. Two additional defenders supporting from behind
12. Two additional defenders supporting from different positions (one from side; one from behind)
13. Mini-soccer 3 on 2 (1 defender inside, 1 defender outside of shooting zone)

- a. Same team of three attacks continuously, changing directions against two different sets of defenders
- 14. 3 on 2 without restrictions for the defenders (they can begin wherever they like)
- 15. 3 on 2 and 3 on 1 alternately
 - a. same team of three attacks continuously, changing directions after each goal to attack either 1 or 2 defenders
- 16. Points of emphasis
 - a. Engage players in dialogue to help them find the right answers
 - b. Encourage players to listen actively
 - c. Present players with situations which they have to solve actively

Mini-soccer Variations

1. Dribbling over the goal line (thru gates)
 - a. May require specific dribbling moves be made on the goal line
 - b. Can vary size of gates according to skill
2. Make it, take it by dribbling over the goal line
 - a. After scoring, the dribbler can turn and begin attack in opposite direction while opponents can begin defending only outside 6m zone
 - b. The scorer should look to immediately play in a teammate making run
 - c. Defenders can defend only outside shooting zone
3. Mini-soccer with three teams
 - a. 1 team attacks, alternating between two sets of goals, each set defended by a different group of three
 - b. Defenders have: 1 keeper, one defender restricted to 6m line, and 1 free defender
 - c. Each team has preset number of attacks in both directions before another team becomes attackers
4. Mini-soccer without restrictions
 - a. All three defenders can defend anywhere in their own half (there are again two groups of three defenders limited to defending only in their own half)
 - b. Same group of attackers attack both directions for ten attacks before another team becomes attackers
 - c. Or if attackers lose possession or fail to score, the defending team becomes attackers
5. Possession of the ball in the 3 on 2 situation
 - a. 1 player on each team must play behind his 6m line (it does not have to be the same player throughout, i.e., players may interchange during the course of the game)
 - b. 2 teams of three
 - c. that player must be played whenever his team regains possession
 - d. possession for each team is timed
 - e. if one team plays a preset number of passes (4 is a good starting number, may progress by making number higher) in succession, they may try to score from inside the shooting zone (everyone can then go forward)
6. Mini-soccer with handicap (each team that scores a goal loses a player)
7. Attacking diagonally opposite goals
8. Mini-soccer choose any goal
9. Through passing
 - a. One attacker plays in the attacking zone

- b. Defenders can only challenge attacker after through ball played to him
- 10. Communication with front runner when through passing
 - a. 2m gates on each 6m line
 - b. front runners not allowed in attacking zone for more than 5 seconds
 - c. shots on goal must be taken with 1st touch
 - d. variation: the front runner is not allowed to score: demands supporting runs from MF
- 11. Give width when attacking
 - a. 2 6m wide gates on each flank at midfield
 - b. teams must pass/dribble through one these gates before scoring
- 12. Channeling: awarding different number of points for scoring on each goal
- 13. Mini-soccer with 'moving goals': coach changes colors of goals during the game

Soccer Ability Test

1. 1v1 on mini-soccer field, starting from 6m line
2. 2v2 on mini-soccer field for 3 periods of 3 minutes (2 teammates waiting), after each goal each team substitutes a player
3. 3v3 on mini-soccer field for 3 periods of 3 minutes: no substitutes

Mini-soccer Pentathlon

1. 3 on 3 1 player remaining in his own shooting zone
2. Coordination relay
3. 3 on 3 with through passing to front runner, switch front runners after every two goals and progress to not allow front runners to shoot
4. Tag two robbers
5. Mini-soccer 3 on 3

Progressing to 7v7

1. Add 3v3 Mini-soccer field on to 7v7 field
 - a. Play 3v3 with one player always behind his own 6m
 - b. Play 3v3 plus goalkeeper protecting two goals each
 - c. 3v3 dribbling over the goal line, then shoot at the large goal within 3 seconds
 - d. 3v3 plus 1 front runner
 - i. midfielders must pass a ball thru a cone goal to their striker
 - e. 3v3 plus 2 front runners and 1 defender (between cone goal and 6m line, can help defend once attacker is played in)
 - i. variation: position defender behind cone goals
 - ii. variation: 1 defender and 1 midfielder can enter shooting zone when ball played thru cone goal
2. 7v7 with restrictions
 - a. 1 GK, 1 defender, 3 midfielders, 2 attackers with position changes every 5 minutes until every player has played each position
 - b. introduce offside in attacking 3rd

