

SIT-UP SOCCER

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack
- + Counter attacking and finishing breakaways

Competencies:

- + Short and medium passing
- + Receiving using different surfaces of the body.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending in pairs and small groups.
- + Shooting technique

WHY USE IT

This is a fun, competitive game for your players to play while requiring them to focus on the quick transition between offense and defense and back.

SET UP

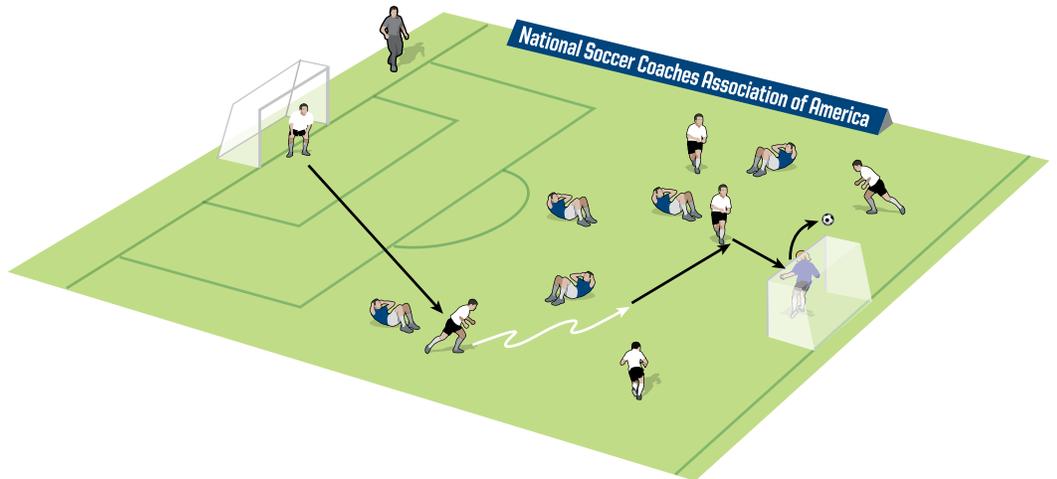
Set up two goals across half a field. Divide players into two teams, with one team wearing vests.

HOW TO PLAY

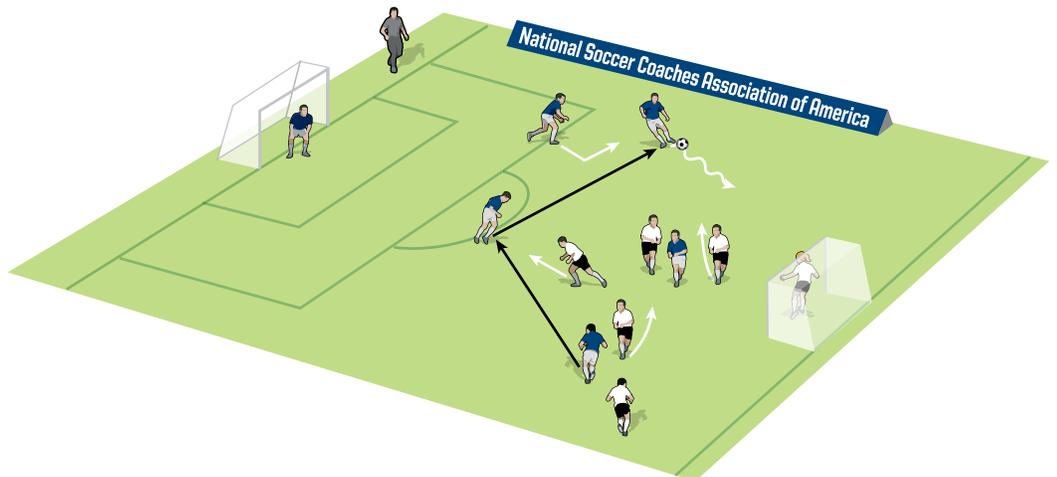
Play a normal game of 6v6 or 7v7 (including keepers). If any player on the team without the ball merely touches the ball, or if the attacking team loses possession in any way, then everyone on the attacking team must drop down and do one sit-up while the other team gets control of the ball and quickly counterattacks. The players doing sit-ups must get up quickly to recover defensively.

COACHING NOTES

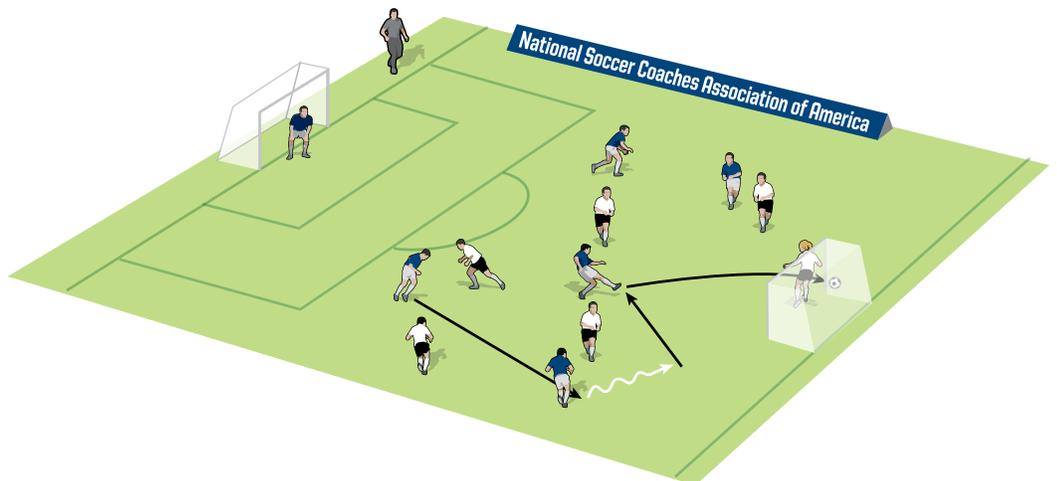
- + Coaching objectives - Focus on playing the ball forward quickly immediately after winning possession during the brief moment when the opposing players are on the ground.
- + Coaching tip - The breakaway won't always be "on", so help players recognize when to counter quickly and when to possess the ball.
- + Adaptations - Expand the game to play full field, 11v11.



- + When the keeper makes a save, this is a loss of possession by the opponent.
- + The attackers now look to counter while the defenders perform a sit-up.



- + Focus on maintaining possession, when the defenders are organized.
- + If a penetrating option opens up, use it!



- + There are no sit-ups after scoring a goal!

