

WHY SMALL-SIDED GAMES?

By

Tom Goodman

US Youth Soccer

Because we want our young players.....

- ...to touch and play the ball more often and become more skillful!
- ...to make more, less complicated decisions during the game!
- ...to be more physically efficient in the field space they are playing in! (Reduced field size)
- ...to have more individual teaching time with the coach who has more opportunities to coach!
- ...to have more, involved playing time in the game! More opportunity to solve problems that only the game can present.
- ...to have more opportunity to play on both sides of the ball! More exposure to attacking and defending.
- ...to have more opportunities to score goals! Smaller field size and fewer players will foster more shooting.
- ...in a great environment that fosters development of mentally strong athletes! Players cannot hide or get lost in the small-sided environment.
- ...to have every opportunity to improve on TECHNIQUE...dribbling, passing, receiving, shooting, heading and tackling!
- ...to learn TEAM SHAPE...the principles of the game are much easier to see for coaches and players.
- ...to be encouraged to play faster. There is no cushion of teammates to delay attack when possession is lost.

The “Small-Sided” environment is a developmentally appropriate environment for our young players. It’s a FUN environment that focuses on the PLAYER!