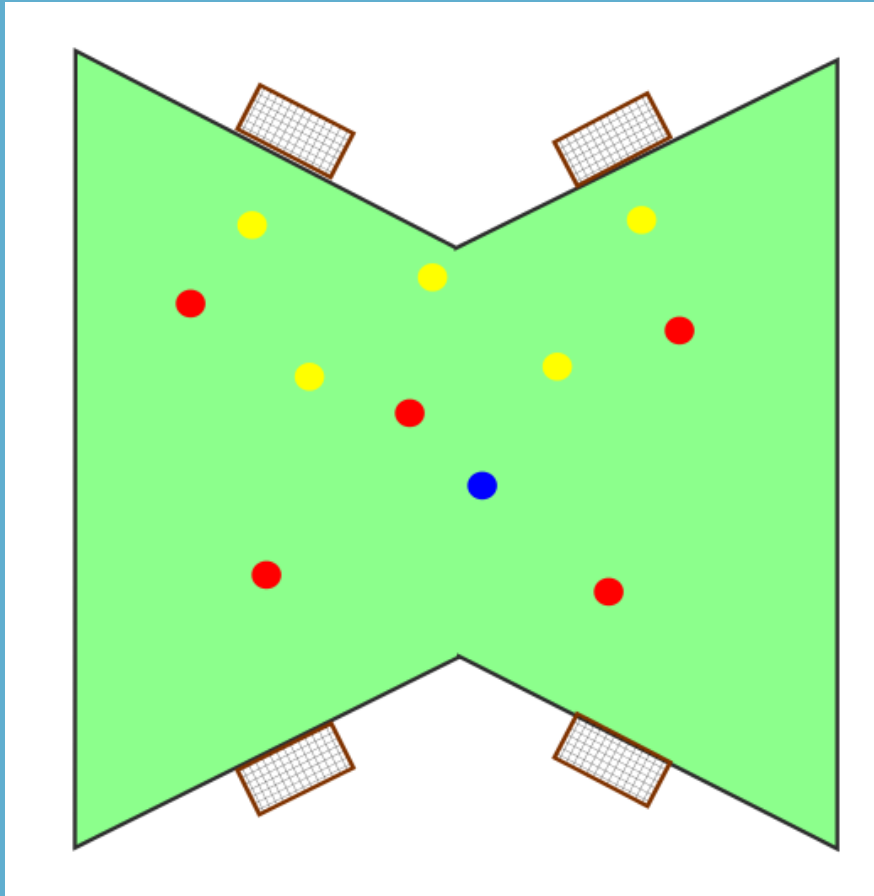


Small-sided game to practice halfspace switches



Structure: In this small-sided game 5v5+1 is played in a butterfly-shaped field with two mini-goals at each side.

Rules: The game is played 5v5 with the neutral player supporting the team in possession. Each team defends the goals on one side while attacking on the goals on the other side. In the first step, no other restrictions are present.

Variation: In a further progression of the basic form from above, the coaches could demand high cognitive involvement through the change of a simple rule. By assigning one goal from each side to each team, the direction of play disappeared, and the players have to find solutions in order to deal with the new challenge.

Coaching points: The main principle we want to train with this small-sided game is the use of switches in order to get access to the centre diagonally. Therefore, the butterfly-shape is used alongside the mini-goals representing a pass into the ten-space. As a consequence, the main focus of this small-sided game lies on the principles of creating pressure and finding the free man facing the opponent's goal. Fulfilling the principle of creating pressure requires the usage of our sub-principles attract and switch as well as the offer of two passing options for the ball carrier.

