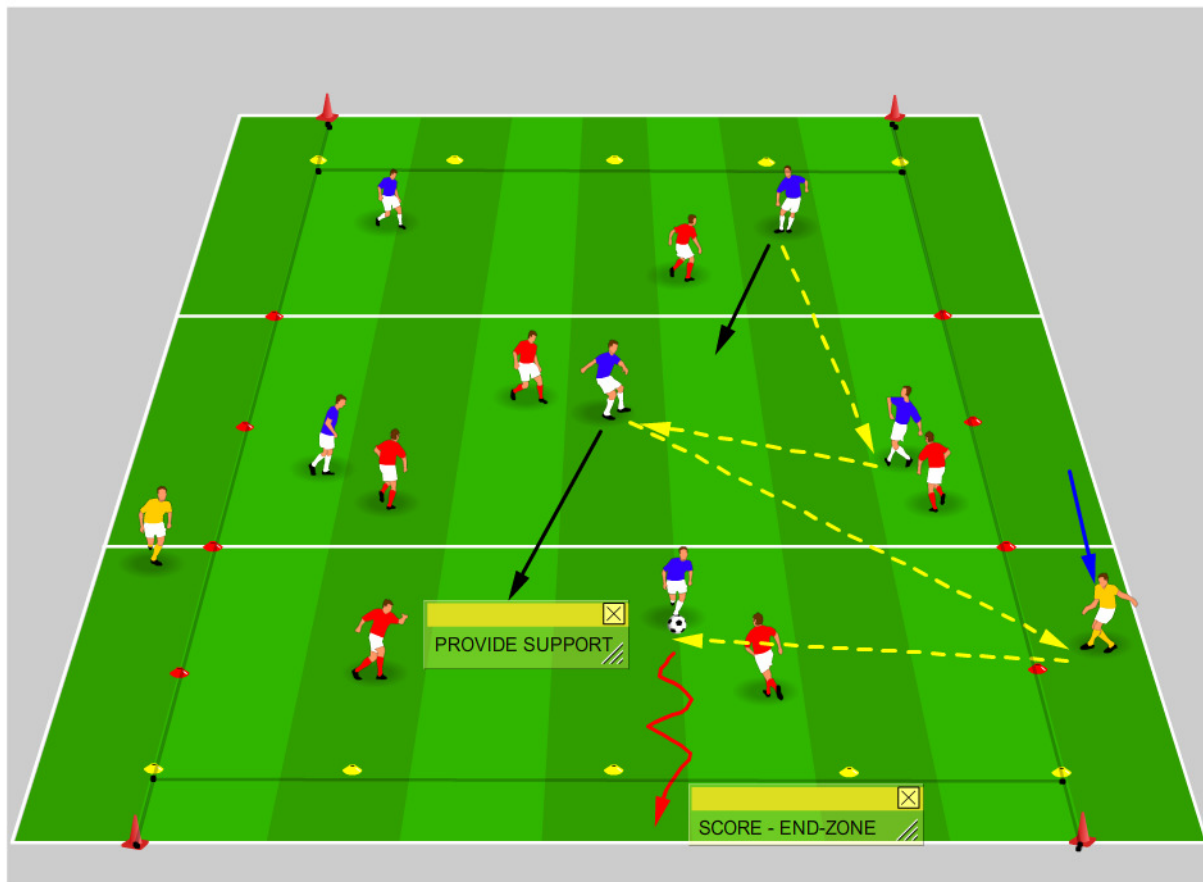


Les Reed Conditioned Small Sided Game



Date:	12 Jan 2010	Measurement:	60 x 40
Time:	.	Players:	12 - 14
Duration:	15 Mins	Level/Age Group:	11+

Description: SSG by Les Reed, former Manager of Charlton Athletic FC and Technical Director of the English FA. Pitch broken up into zones and each team plays within their zones with the objective of dribbling to score in the end-zone. Flank players play for both sides. Player passing forward may join the next zone.

Objective: To develop passing, possession, and attacking combination play

Coaching Points: 1) Score only from a wall pass from the flank players. 2) Score must dribble the ball into the end-zone

Progression: 1) Add goalkeepers in the end-zones. Score by chipping the ball into the GK. 2) Can get an overlapping run when you pass wide to the flank players.

Notes:



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