

STREET FOOTBALL

STREET FOOTBALL QUOTES;

"Everything I have achieved in football is due to playing football in the streets with my friends"

Zinedan Zidane

"Children learn by playing."

John Allpress – Player development – The FA

"I must admit that football in the streets gave us a great sense of freedom and liberty."

Eric Cantona

"I am not sure about the academy system most clubs have – what is the point of trying to discipline a seven year old? You have to let them find their own game. I never changed my game – people have to do what they feel comfortable with."

Gazza

We played until our legs gave way or it went dark – scores of 20 - 18 were not uncommon and I never stopped running. I love the game; I tried to make up in technique, desire and enthusiasm what I lacked in physical presence.

Grimshaw

Young players need freedom of expression to develop as creative players...they should be encouraged to try skills without fear of failure."

Arsene Wenger

All the 'Street Football' games have been designed to be fun, enjoyable and as close to the 'real' game as possible – thus super speeding up the players learning and development as all the football specific resistances are in place – opposition – decision making – pressure – options – goals ect..

By changing and tweaking with the rules and purpose of the games you can affect and develop all the players and your team to learn different aspects of the game becoming better individual players and a better team.

By keeping the games simple and easy to set up and as close to the normal game as possible it is the most fun, enjoyable and quickest way for the boys and girls to learn to play the beautiful game..

If you can create a 'Street Football' environment with your team, they will enjoy their football experience much more and hopefully practice on their own becoming better players and also a better team.

Good luck and all the best

Yours in Football

Scott Grimshaw

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AFC/FFA 'A' Coaching License

FFA Instructor License

UEFA "B" Coaching Certificate

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STREET FOOTBALL

1 NIL GAME

Set Up - Normal Game - Field Size 60 x 40 (depending on player's age and ability)
Large goals

Rules - Once a team scores they cannot score again (they now have to keep possession) until the opposition team scores, they then have to keep possession until the opposition scores and so on.

Purpose/Objective - Once a team scores the thought process of the players/team has to change to keep possession as they can now not go direct to goal and score, players/teams will now learn and develop how to 'keep the ball'. (5 passes for the possession team is a goal to encourage them to keep the ball)



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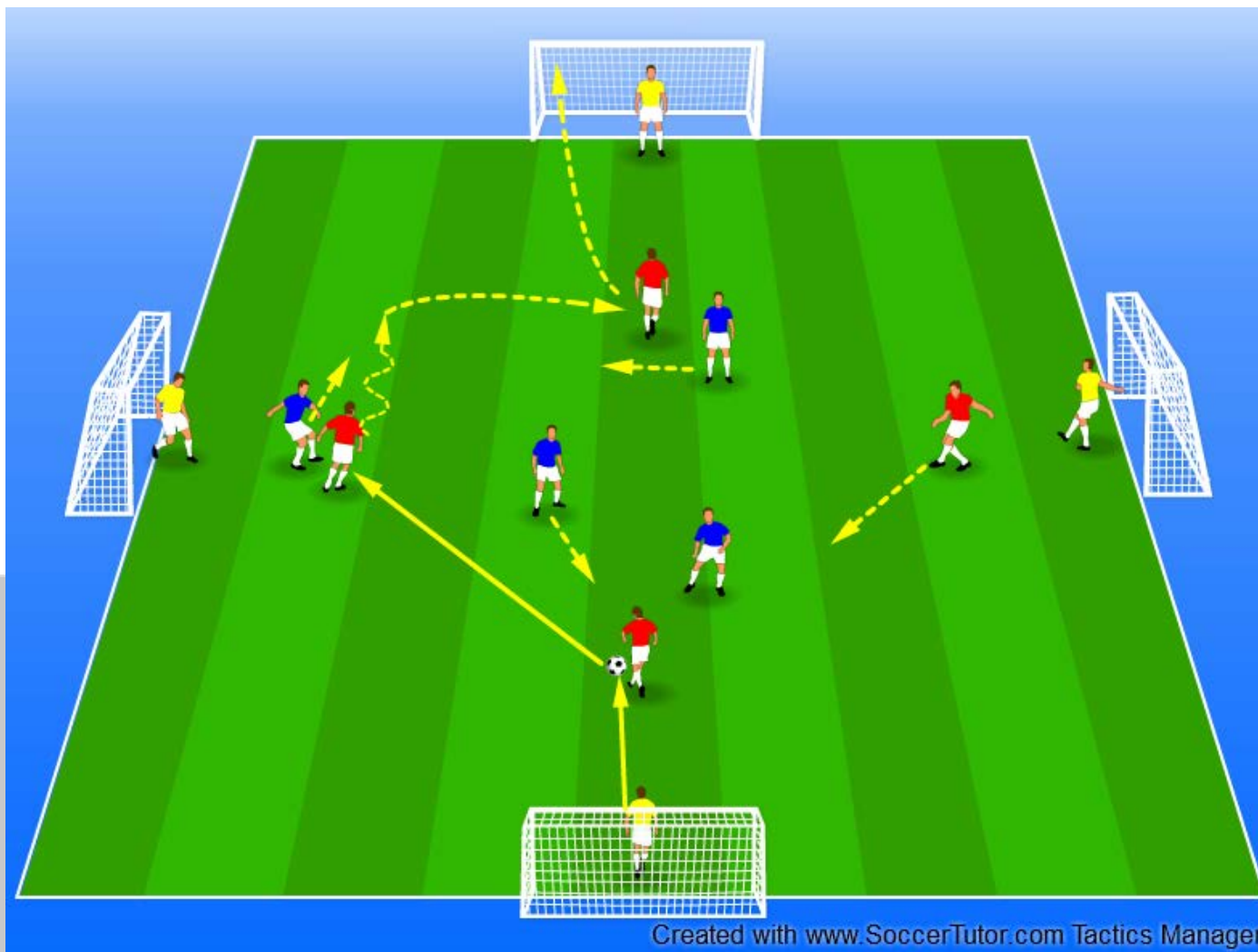
4 GOAL GAME

Set Up - Field Size 50 x 50 (depending on player's age and ability) 4 goals on each side of the field

Rules - 3 teams, 2 x playing each other, the other team are in the goals. Teams can score in any of the 4 goals.

Purpose/Objective - Encourages fun creative play plus good decision making as players can try to score a goal in any of the 4 goals.

Creates and encourages awareness on and off the ball and quick thinking for the players.

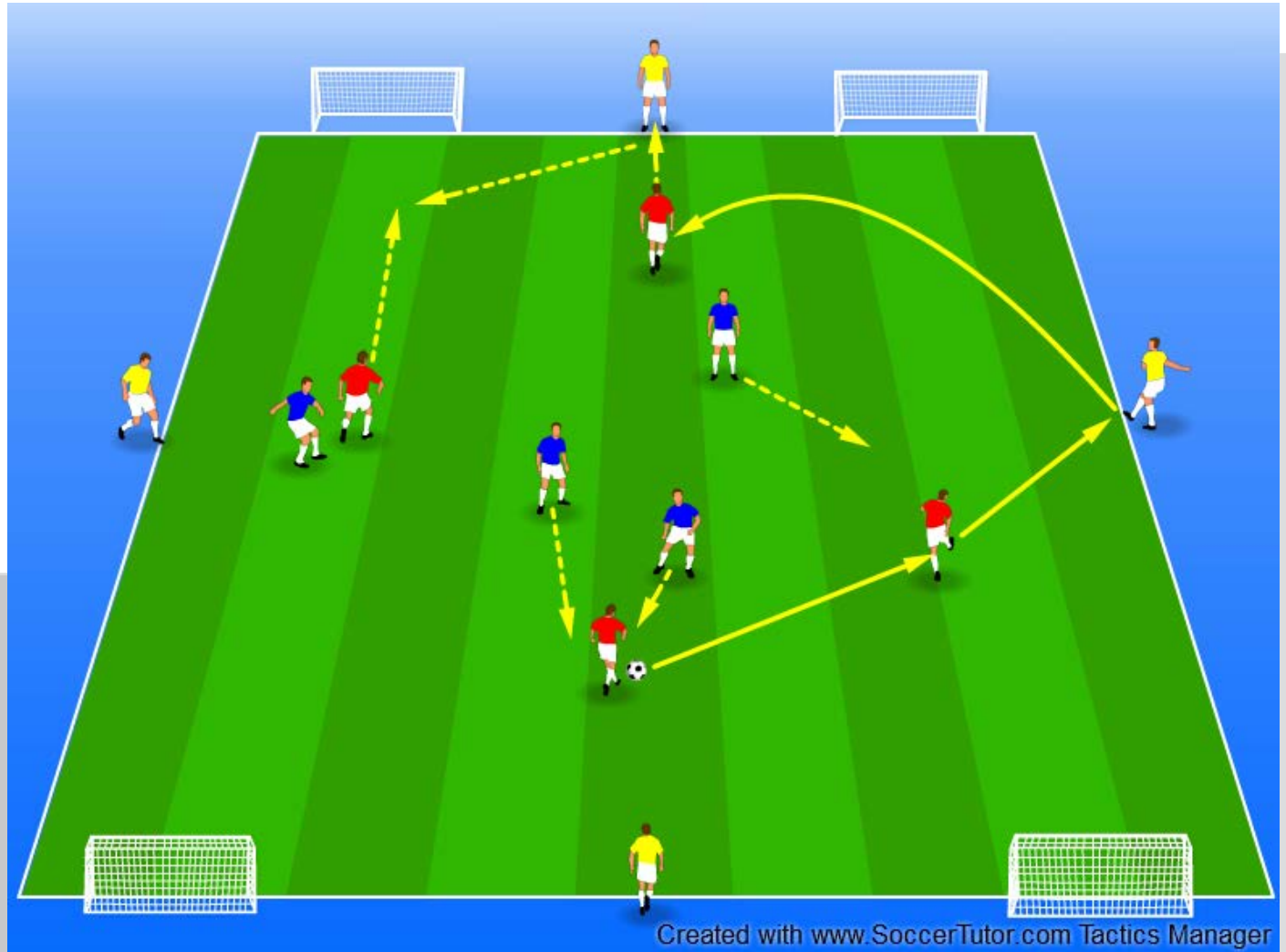


STREET FOOTBALL BOUNCE PASS GAME

Set Up - Field Size 60 x 40 (depending on player's age and ability) 4 goals on each end of field

Rules - 3 teams, 2 x playing with the other team as bouncers on the outside, playing teams have to pass to a 'bounce' player before they can score. If played to the player between the goals and a 'third man running' scores it is worth 3 goals.

Purpose/Objective - Encourages players to pass the ball more be creative and find options. Players have to think and read the game in order to support end players and score goals.



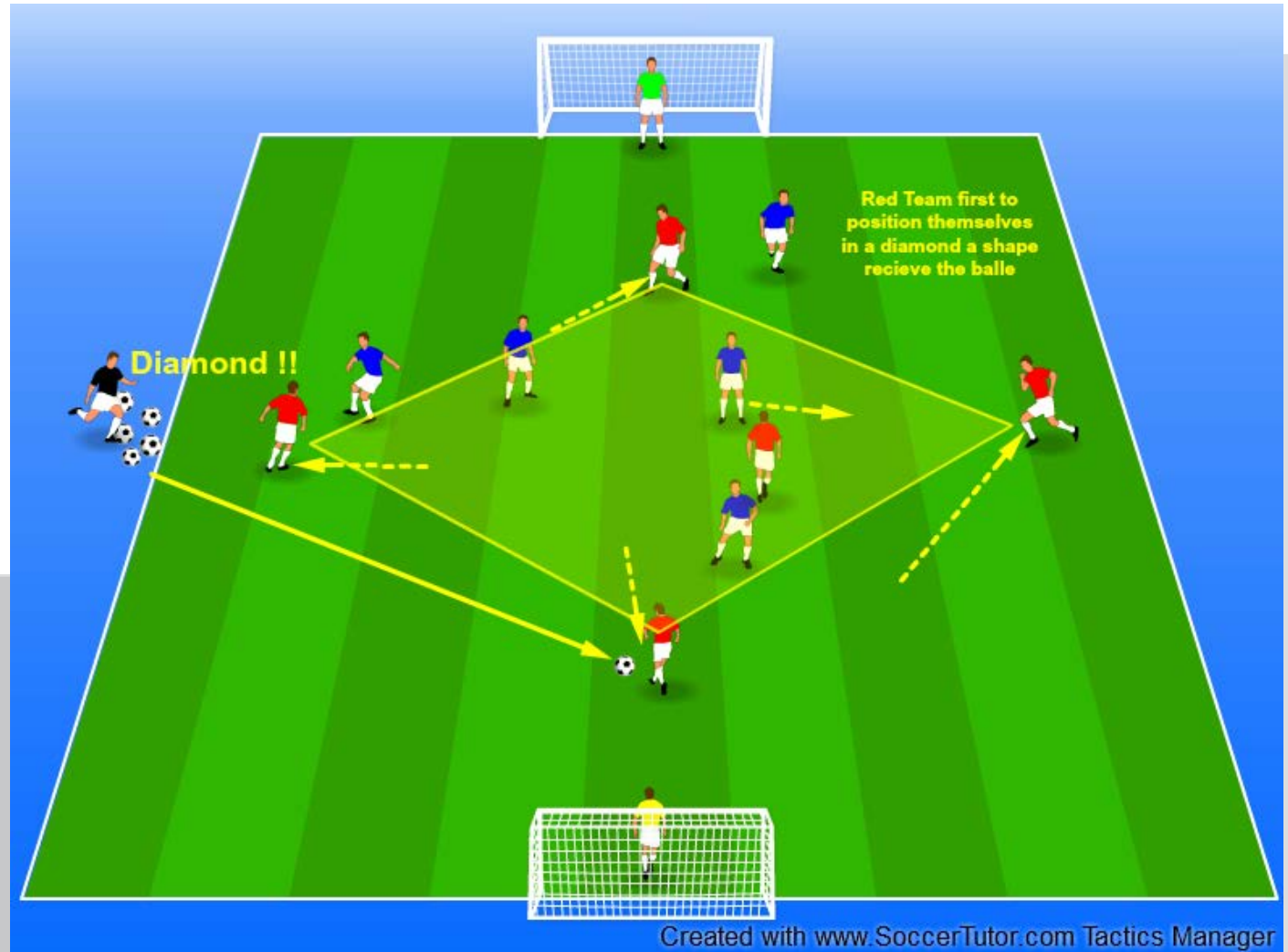
STREET FOOTBALL DIAMOND SHAPE GAME

Set Up - Normal Game - Field Size 60 x 40 (depending on player's age and ability)

Rules - Coach on the side line with plenty of footballs. When the ball goes out of play the coach shouts 'diamond', the first team to position themselves in a diamond shape receives the ball from the coach and play carries on as normal

Purpose/Objective - Players/teams will learn and develop better shape and have better options on the ball, if players position themselves correctly (diamond) the player on the ball will have an option left, right and forward pass (If you have more players, they then position themselves in the middle of the diamond as play makers (number 10's).

This exercise also makes the players 'spread out' and find more space, more space = more time = more time = better decision making!



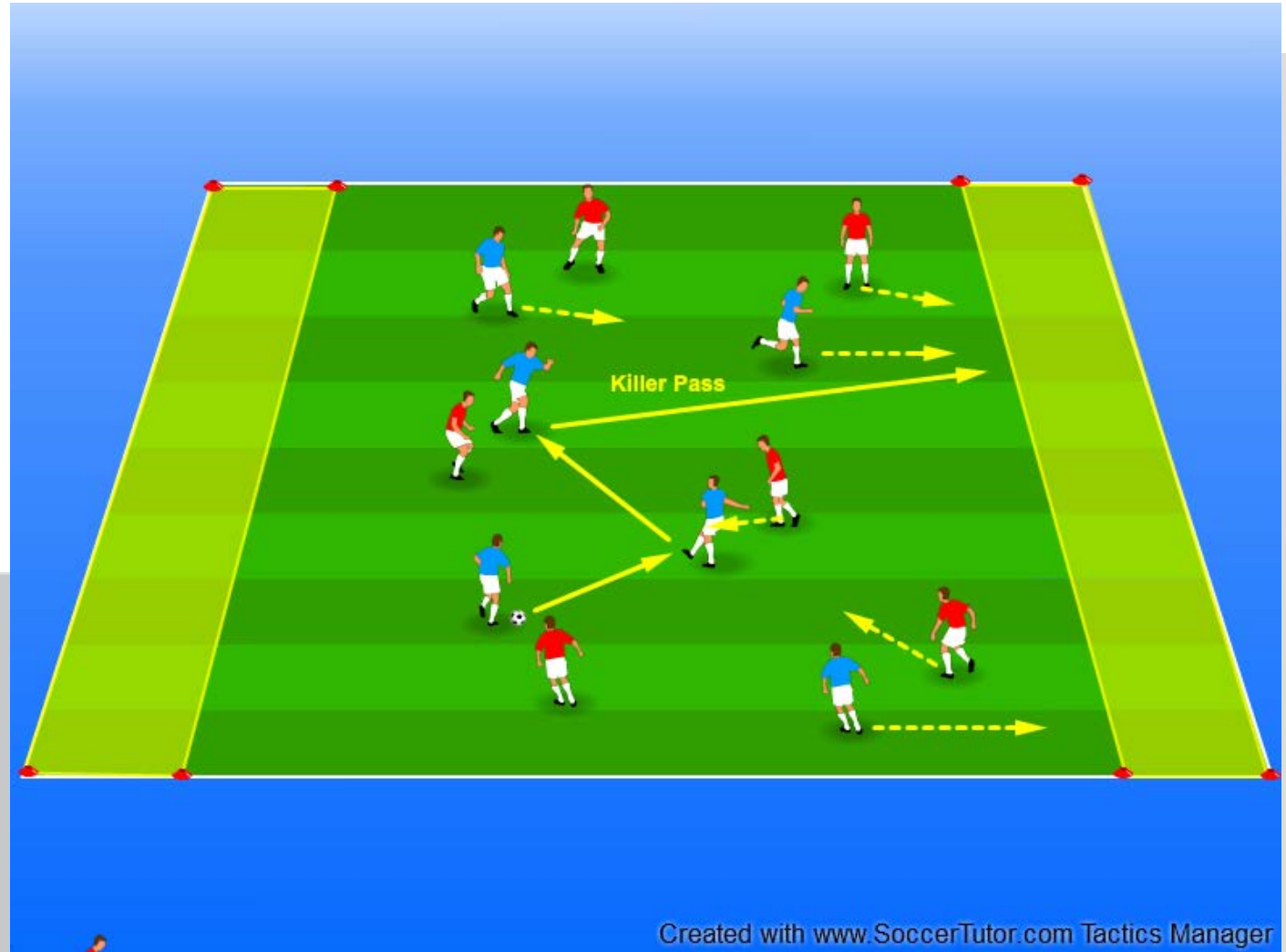
STREET FOOTBALL KILLER PASS GAME

Set Up - Normal Game - Field Size 40 x 60 (wider than longer) (depending on player's age and ability) 2 'end zones' at end of the field.

Rules - Teams can score with a 'killer pass' to a player running into the 'end zone' who has to control the ball in the area to score, a player can not be in the end zone and score as they are off side.

Purpose/Objective - Creates movement, excellent passing and good decision making. The player on the ball has to decide on the killer pass and play the ball with the correct speed, direction and weight for a team mate to score in the 'end zone'.

Players off the ball have to be very mobile and make the correct runs off the ball to give team mates options to pass to and score.



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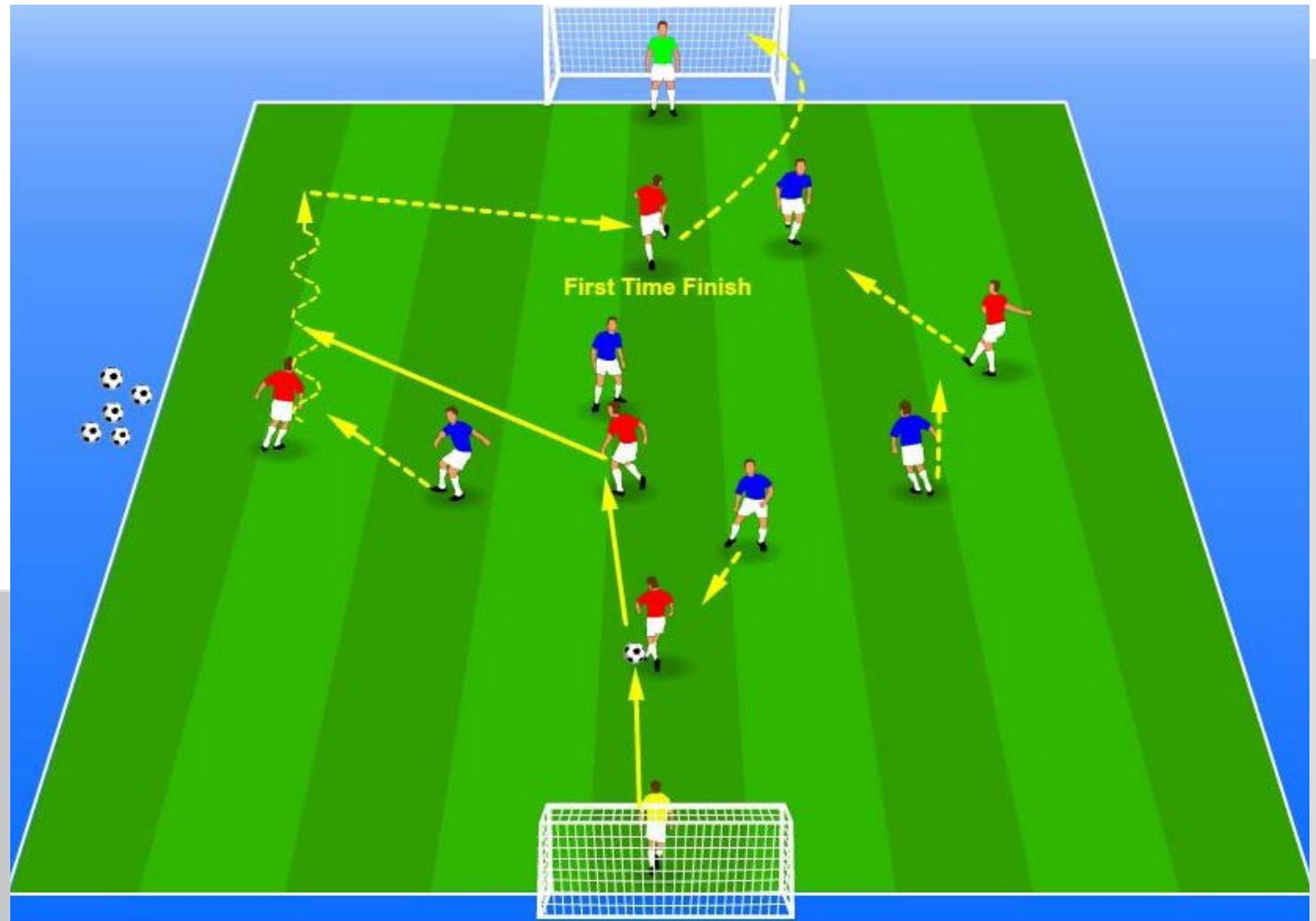
ONE TOUCH FIRST TIME FINISH

Set Up - Normal Game - Field Size 60 x 40 (depending on player's age and ability)

Rules - Players can only score with a first time finish (3 goals for first time finish, 5 goals for a volley, 10 goals for a header and 50 goals for a scissor over head kick!)
**Remember - Younger players like big numbers.

Purpose/Objective - Players now have to THINK to pass the ball correctly to a team mate in order to 'set them up' for a first time finish.

Players off the ball have to now 'read' the play, support the player on the ball and have to position them-selves in a position to shoot first time.

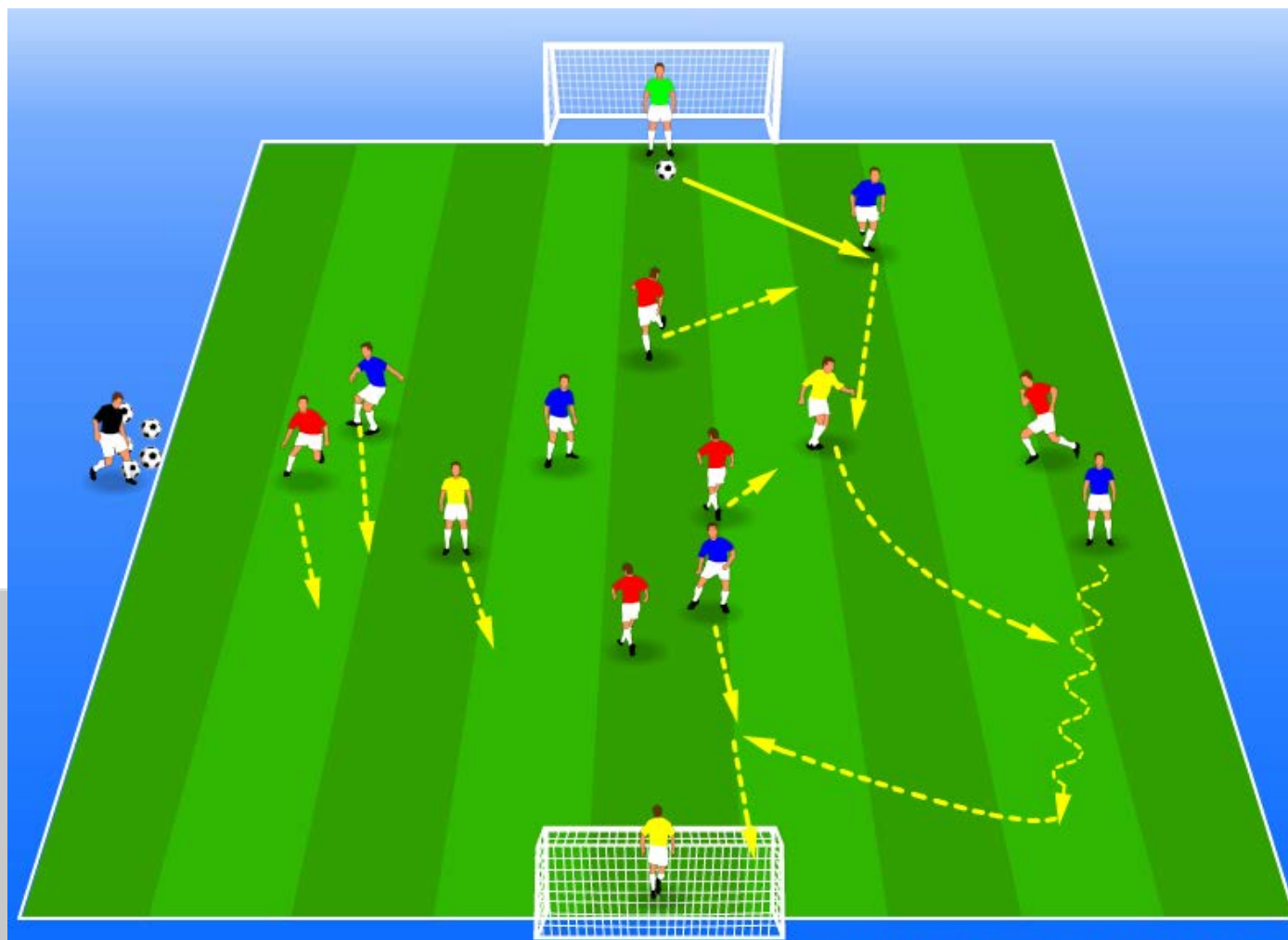


STREET FOOTBALL OVERLOAD GAME

Set Up - Field Size 60 x 40 (depending on player's age and ability)

Rules - Create an 'overload' by having 1 or 2 players in different colours, these players play with 1 team at a time until that team scores. The team has to pass/use a joker before the team can score. Jokers can score goals.

Purpose/Objective - The 'overload' jokers play for 1 team, once that team scores they then play for the opposite team to give them the overload, we are always trying to create overloads during games -2 v 1 - 3 v 2 ect. This will develop players understanding to create 'overloads' during games.



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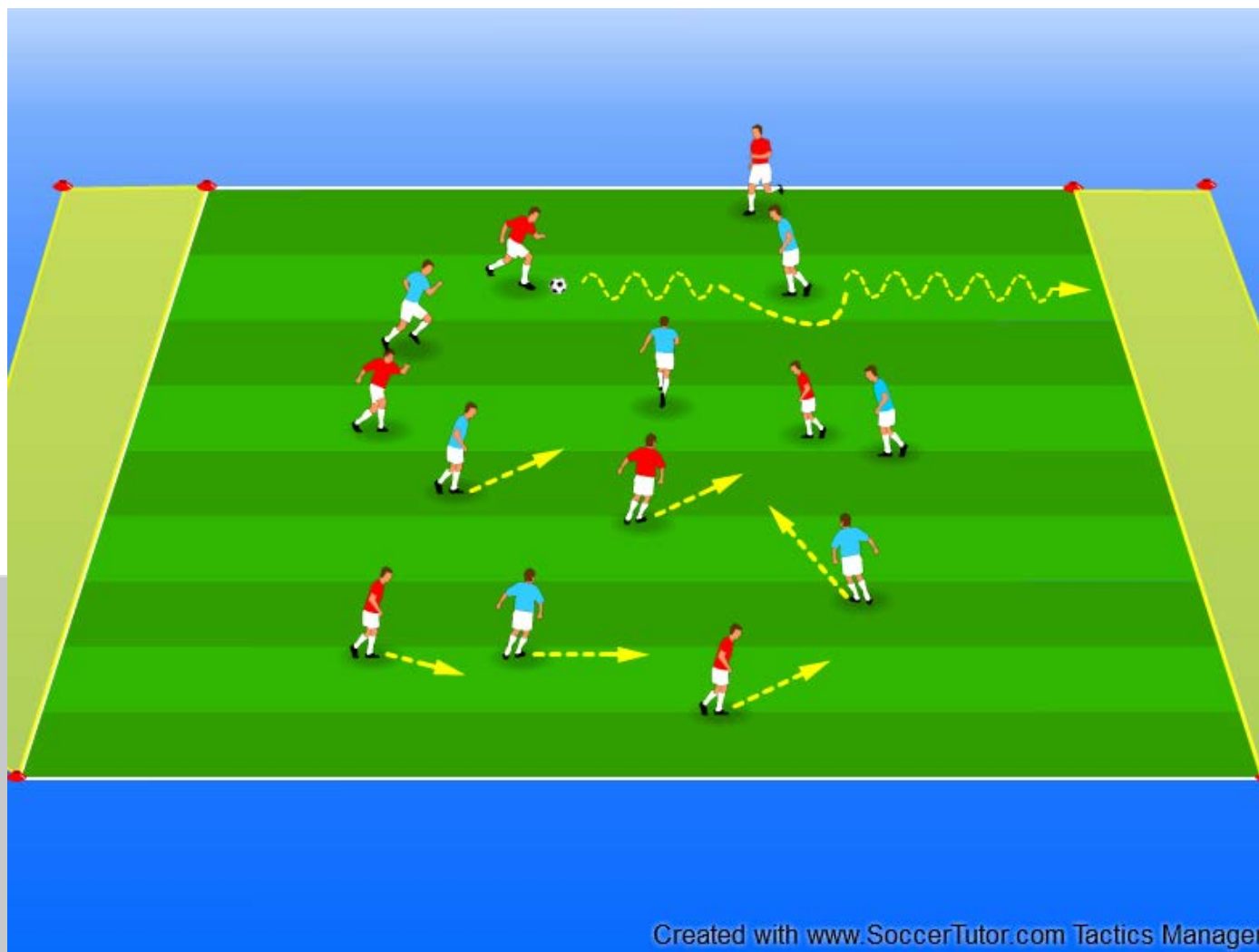
STREET FOOTBALL

RUNNING WITH THE BALL

Set Up - Normal Game - Field Size 40 x 60 (wider than longer) (depending on player's age and ability) 2 'end zones' at end of the field.

Rules - Teams can score by a player dribbling into the 'end zone'.

Purpose/Objective - Creates excellent running with the ball and 1 v 1 skills, players are encouraged to run at players and take them on to score



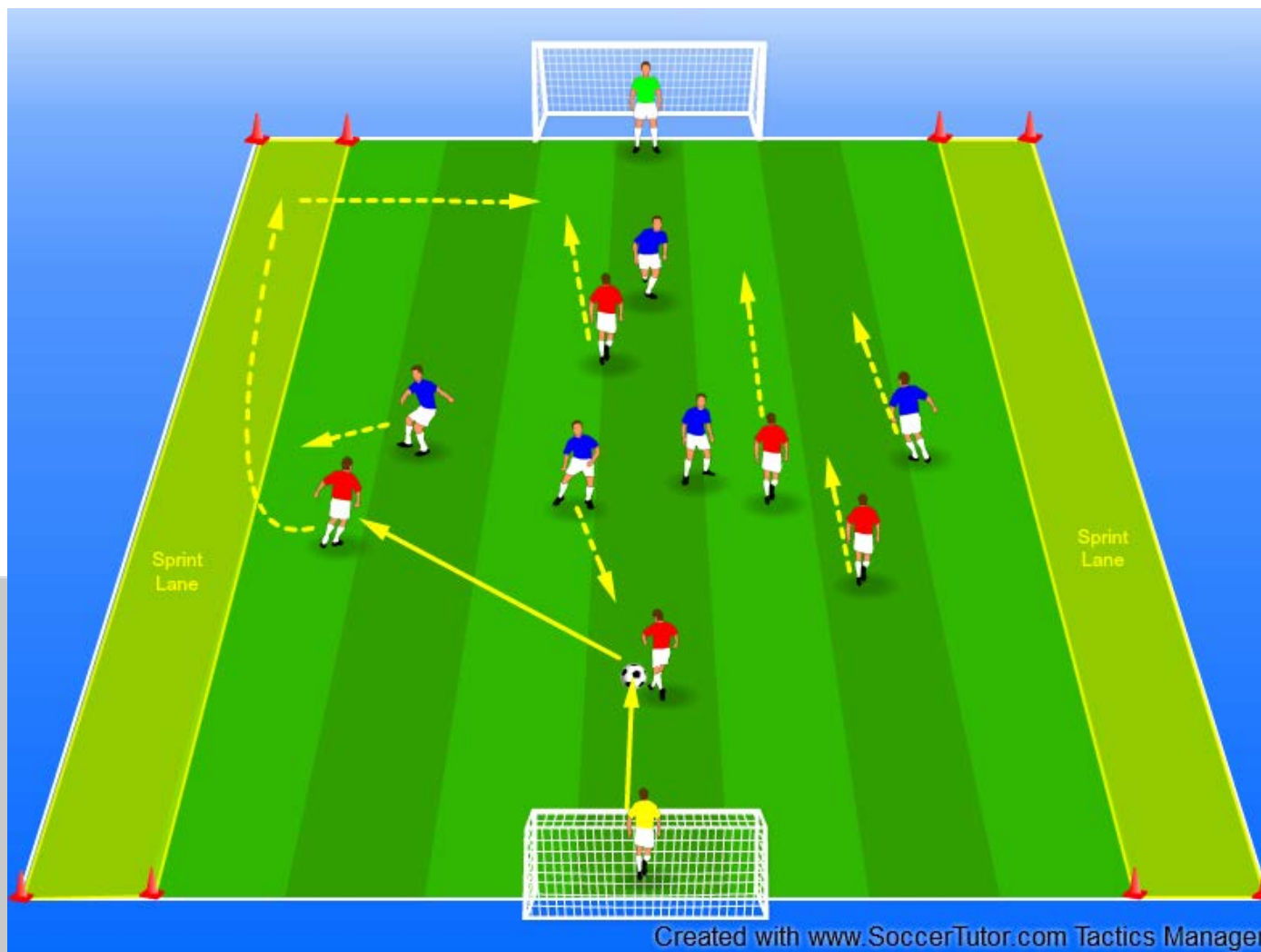
STREET FOOTBALL SPRINTING LANES

Set Up - Normal Game - Field Size 60 x 40 (depending on player's age and ability) 2 'sprinting lane' zones on either side of the field.

Rules - Once a player enters into the 'sprinting lane' they have 3 seconds (3-2-1 coaches' command) to sprint at top speed and cross the ball to a team mate in the middle to score. **Players cannot be tackled in the 'sprinting lane'.

Purpose/Objective - Crossing and shooting exercise that gets teams/players to 'spread out' by using the 'sprinting lanes'.

Players off the ball now have to 'read' the play and get themselves forward quickly and into a scoring position to receive the ball from a team mate out wide and score.



STREET FOOTBALL SWITCHING PLAY GAME

Set Up - Normal Game - Field Size 40 x 60 (wider than longer) (depending on player's age and ability) 4 goals at each end of the field

Rules - Teams can score in either of the 2 wide goals, if the players 'switch' play they get 3 goals.

Purpose/Objective - Creates awareness and good decision making, if one goal is not possible to score in the players can get their heads up and switch play to the other goal to score, switching the point of attack.

Also helps players 'spread out' and find space, encourages communication between players also.

