

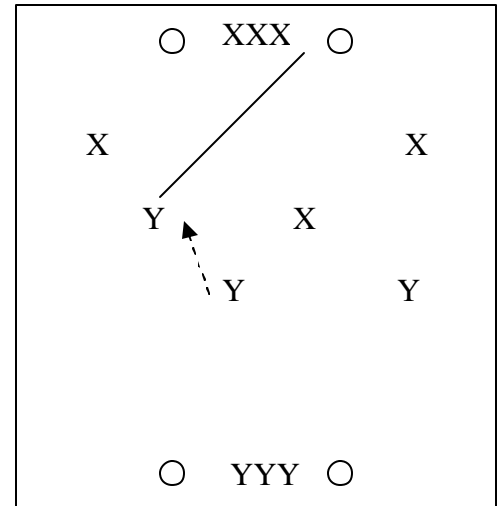
Chain Link Soccer

Purpose

To develop control receiving and passing

Organization

Set out a 20 x 30 yard area and play 2 teams of 5v5 or 6v6. Position half the players from each team on the goal line who link hands or arms. Make the goal 4 yards wider than the linked players. Play 2v2 or 3v3 until the coach shouts "Change" then the chain breaks and the team on the field becomes the chain in goal. The original chain players now become field players.



Game Objective

The team in possession must try and score past the human chain defending the opposing goal. Goals are worth one point, but if a team save the ball and controls it within 5 yards, the defending team gets a point. Players in the chain are not allowed to use their hand to control the ball. Safety issue, encourage players to use their hands if the ball is coming towards their head.

Key Coaching Points

- Cut off the path to the goal.
- Try to keep possession of the ball.
- Shoot at every opportunity.
- Go to the ball don't back away from it.
- Help the player with the ball by getting into an 'open' supporting position.
- Always be ready to change.
- Shoot low and to the side of the chain.