



UHL Session 7 Barney

Category: Small-Sided Games

Difficulty: Beginner

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

Description

Barney (10 mins)

Organization

- Two 3v3 fields
- One field plays 2v2 and the other 3v3

Activity

- Players play small sided games for 7 minutes
- Teams are then called in and each player will be given the points as below
- Win = Team Goals Scored + 10 points
- Draw = Team Goals Scored + 5 Points
- Defeat = Teams Goals Scored only
- Example - 5v3 = Winning team 15 and losing team 3
- Teams will then be mixed up and the next 7 minute game will be played
- This continues until we reach the end of the session
- The winning player is the player with the most points at the end of the session

