

Rob Parker
SSG with Neutrals
Emphasis on crosses



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Set-up:

2 goals 35y x 25 yard pitch

2 teams of 4

Third team divided up as neutrals 2 on each endline

Exercise:

the teams on the field have unlimited touches

Neutrals and Keepers allowed one touch

Goals can only be scored by a pass from a neutral

Ball out of bounds starts from coach

Teams that scores remains in possession of ball

4-5 minute games

Variations:

Play regular game but goals from neutral pass can count as double (2 goals).

Place neutrals on sidelines, neutrals cannot pass to each other

Keeper can only play the ball to a neutral player