

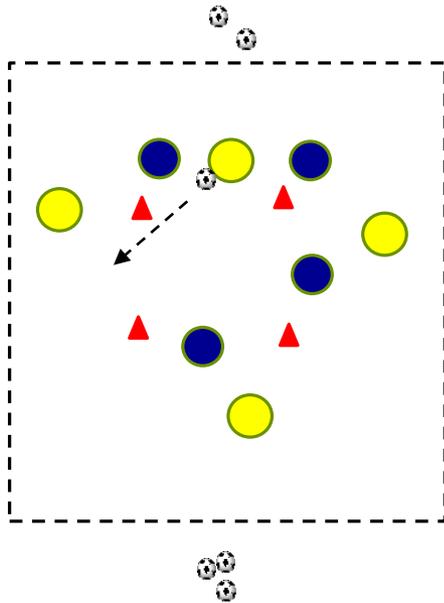


Small sided games



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Small sided game – Dribbling and creating space

Organization

Approx.. 20y x 30y 5 x 5y box in the middle of the grid. Balls around sides for quick play
2 teams no more than 5v5. Have subs on the fly or 2 games going on

Activity

Teams score points by dribbling through the square. Only the player in possession can enter the square
Play is non stop, score as many as possible

Progression

1. Score a point by getting 2 boxes in a row without the other team touching the ball
2. One defender is allowed in the square

Regression

1. Make square bigger
2. Decrease the playing numbers

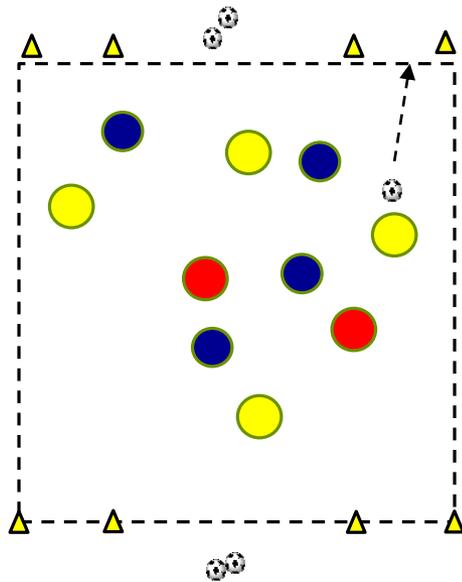
KF

Let the rules of the game teach

Encourage making decisions based on vision

Attackers provide outlet for transition when ball is won

Support in areas where they can attack or pull defenders apart



Small sided Game - Dribbling

Organisation

Fields approx.. 22 x 32y

4 gates 4-8y wide

3 or 4 a side + 2 neutrals, no GK

Load balls at the centre of the gates

Dribble ins are replaced by throw in and corners

Activity

Players must dribble through the either of the 2 gates they are attacking to score

When goal is scored defensive team attack straight away

KF

Let the rules of the game teach

Encourage making decisions based on vision

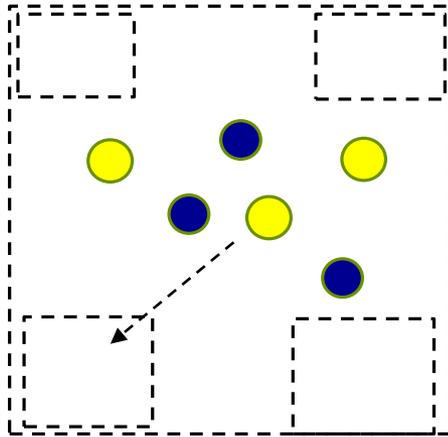
Create space for others and to receive in dangerous areas

Support around and away from the ball

Be confident in 1v1

When there is a 'dead end' we must switch play

Play forward first if possible



Small Sided Game – Running with the ball

Organization

22 x 24y with 4 grids in each corner roughly 5x5. Setup however many fields you need

Activity

Players score by running with the ball into a small grid. When this happens play continues. Only the player with the ball can enter grid

Progression

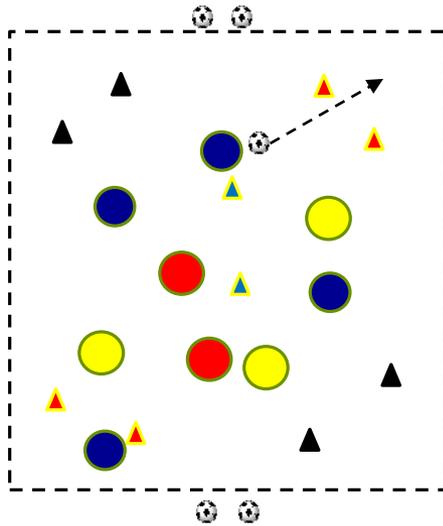
1. Make it 2 grids going diagonally
2. Players can be tackled when they enter the grids so attackers must keep play quickly after they score

Regression

Make grids bigger

Key Factors

Finding space to receive in a dangerous area or to take away a defender for another player. Use technique to drive into grid on your first touch if possible.



Small sided game - Dribbling and switching play

Organization

Approx.. 20y x 30y 5 gates 3y in length. Balls around sides for quick play. 2 teams no more than 5v5 + 2 Neutrals. Have subs on the fly or 2 games going on

Activity

Teams score points by dribbling through gates. Play is non stop, score as many as possible
Cant go through the same gate the player has just scored in

Progression

1. Score a point by getting 2 gates in a row
2. After a goal they must attack a gate in the opposite half

Regression

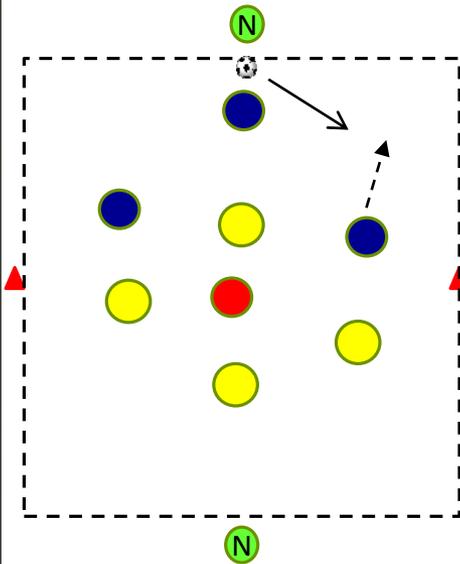
1. Make the gates bigger and or decrease the number of gates
2. Decrease the playing numbers

Key Factors

Let the rules of the game teach. Encourage making decisions based on vision

Create space for others and to receive in dangerous areas

Be confident in 1v1



Small Sided Game – Possession/Pro-active passing

Organization

Approx.. 20x25y grid, cones mark half way point. Targets at either end who can move laterally and cannot be tackled, Rotate positions every few mins. Run 2 to 3 grids if possible or subs on the fly
3v3 or 4v4+1 Neutral+2 targets

Activity

For 1 point teams must transfer the ball from one end of the grid to the other neutral
When ball is won they must pass to a neutral immediately to establish which direction they are going in

Progression

1. Each player must touch the ball before it is passed to the neutral
2. Use the halfway as an offside line so players cannot receive beyond before the ball has been played

Regression

1. Less players and an extra neutral
2. Play is not live until the first attacker has had 2 touches

Key Factors (KF)

Open body out facing forward when receiving from neutral, receive on back foot if possible
Head up before and after receiving. Basic support width, depth and length that is continually adjusted throughout play. Mobility around and away from the ball outnumbering opposition



Small sided game – Creating space, possession, switching play

Organization

Approx.. 20 x 30 with 2 goals in the middle no more than 4v4 + 1 Neutral

Coach has balls at the side to feed in. Other teams is ready on the side or run 2 grids if possible

Activity

Coach plays in the ball and teams must score in either goal, first one to 3 then next 4 players in

Progression

1. All team mates must touch the ball before a goal is scored
2. Add GK's and a 'keeper zone'

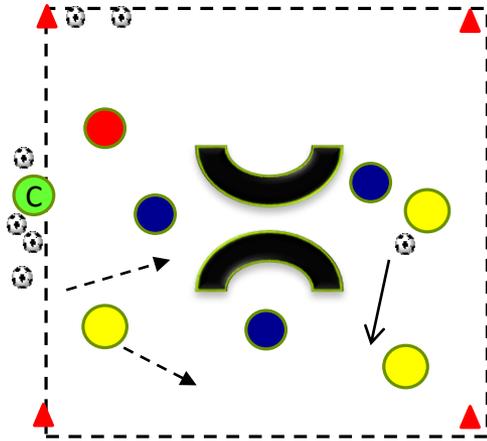
Regression

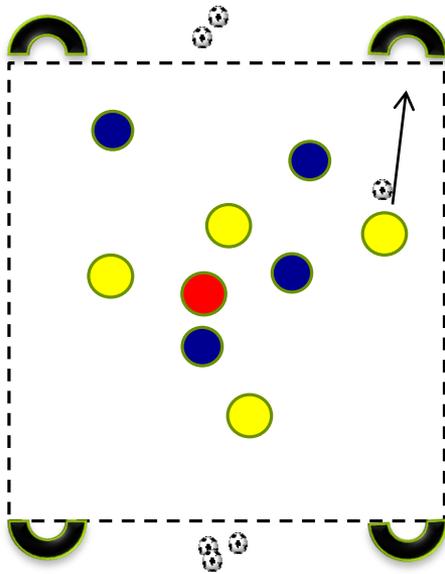
Add more goals

Key Factors

Head up to assess pressure and goal position

Move ball away from opposition and create space in and around goals to exploit. Be patient and support in dangerous areas to score. Body position has to be as open as possible when receiving.





Small sided game - Switching Play/Passing

Organization

Fields approx... 22 x 32y 4 small goals at each corner of the field

If numbers permit have two games going on side by side or subs on the fly

Two teams 3 or 4 a side + 1 neutral no GK. Load balls at the centre of the gates . Dribble ins are replaced by throw in and corners

Activity

Players must score into either of the gates they are attacking to score

When goal is scored defensive team attack straight away

Key Factors

Let the rules of the game teach. Encourage making decisions based on vision Create space for others and to receive in dangerous areas . Support around and away from the ball

Play forward first if possible but hen there is a 'dead end' can we switch play?



Small sided game – Pro-active passing

Organization

15-22y x 20 -30y grid 10 players, 3v3 or 4v4 + 2 Neutrals and 2 targets at each end, who can move laterally but cannot pass to each other and cannot be tackled. Targets cannot pass straight through the middle to each other. Coach has balls at the side for quick play

Activity

Possession team must transfer the ball from one target to the end targets. Defending team must prevent this, if they win possession and pass to a target to determine which direction they are attacking, they become the possession team and can score points.

Progression

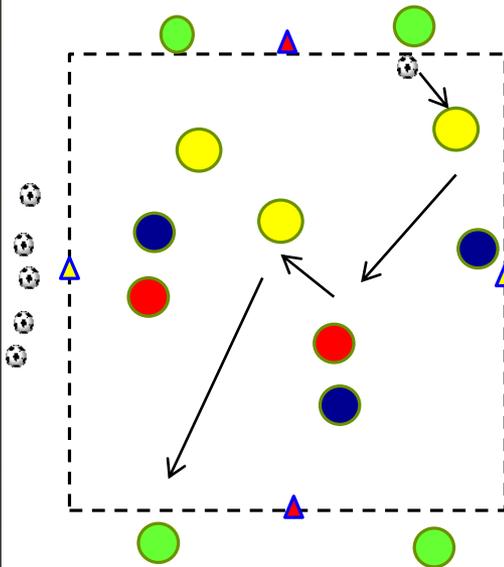
1. Targets can pass to each other in an attempt to break defenders apart
2. Limited touches , unlimited on neutrals

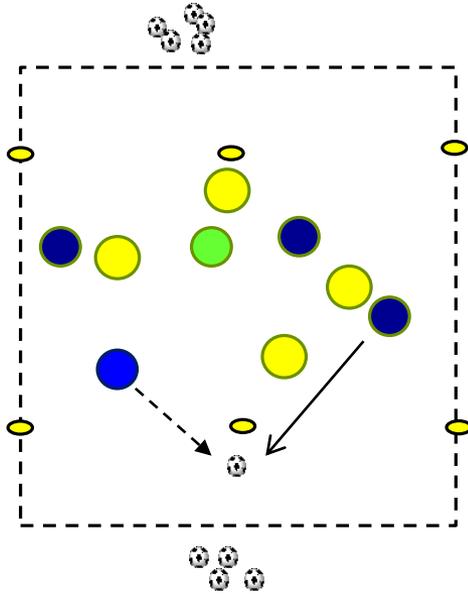
Regression

1. Attackers get 2 free touches when they receive from the target
2. Play 2v2 + 2

Key Factors (KF)

In order to this game to be realistic the attacking team must be able to provide mobility and have the ability to connect a pass from one end to the other. They must create space to receive and open out to play forward. Passing accuracy and communication





Small Sided Game – Pro-active passing

Organisation

Fields approx... 22 x 32y with end zones 4-8y wide marked with cones on the side and no more than 3 across the field, 3v3 or 4v4 + Neutral no GK

Load balls at the ends of the field, dribble ins or short passes are replaced by throw in and corners

Activity

As a team they score a goal by passing to a team mate into the end zone, after this they give the ball to the other team so they can attack. No players can go into their own zone to defend

Progression

1. When they score play continues and they attack the other end so play is non-stop
2. Defenders can now go into the zone once a point has been scored, this will force the attacker to get out and play quick

Key Factors

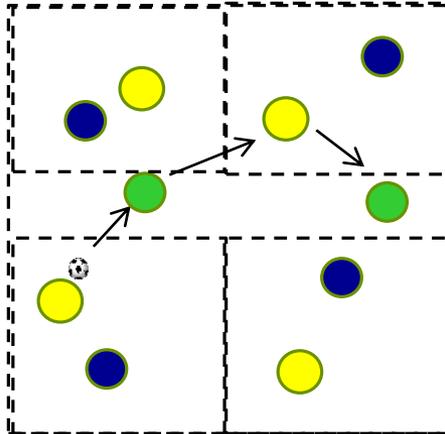
Let the rules of the game teach, execution/weight of pass

Encourage making decisions based on vision

Create space for others and to receive in dangerous areas

Support around and away from the ball

Be confident in 1v1. Always look to play forward first



Small Sided Game – Pro active passing

Organization

28 x 24y with 4 grids in each corner roughly 10x14 and a small channel in the middle. 2 teams with 2 neutrals. Players must stay in their grids to create 1v1 scenario, neutrals can go anywhere in channel

Activity

Players score by making 5 passes, one of which must involve any neutral

Progression

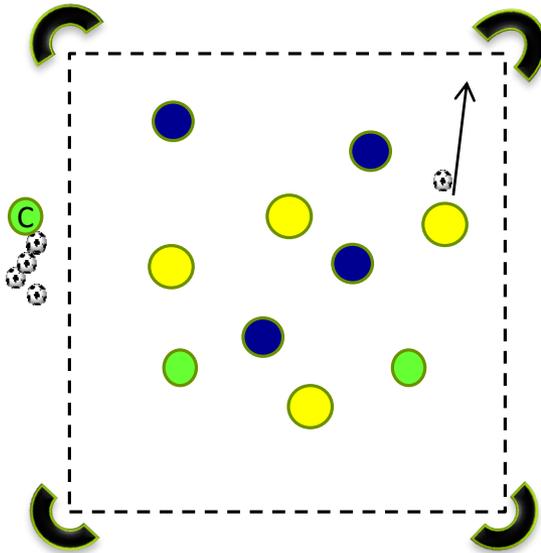
1. Players in grids have limited touches
2. Increase pass amount

Regression

Decrease pass amount

Key Factors

Neutrals look to support constantly with positive body shape and awards to play quickly. Players in grids must use timely movement to create opportunities for 1 or 2 touch play.



Small sided game – Possession with transition (from attack to defence and defence to attack)

Organization

20 x 30 grid with 4 small goals at each corner

2 Teams + 2 neutrals no more than 12 playing (if you have more use subs or run another SSG)

Have balls by the coach ready to pass in to maintain high tempo

Activity

To score points the team in possession must make 5 consecutive passes – this is the only way to score

If the opposition wins the ball they must score in any of the 4 goals to become the possession team, when this is done a new ball is fed into them by the coach and they now attempt to get 5 passes to score points (every 5 passes is a point)

Progression

1. Remove neutrals
2. Increase pass number
3. Remove 2 goals

Regression

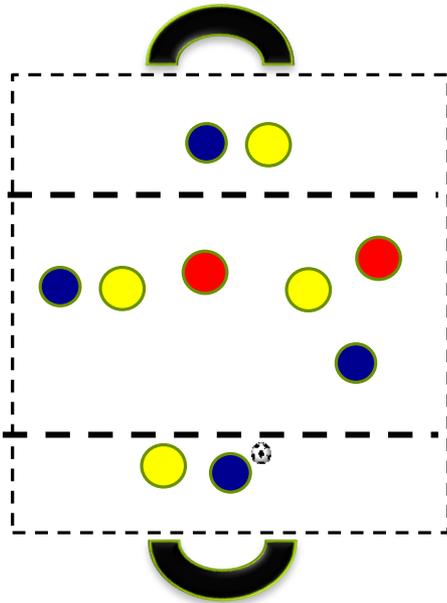
Decrease pass number

They can also dribble out of grid to become the possession team

Key Factors

Decision making in possession. Timely movement and support around/away from the ball

Transition from defence to attack – Transition from attack to defence – win the ball back with pressure, high energy and team work



Small Sided Game - link up play & finishing

Progress this into a game with 2 goals

2 teams 4v4+2 neutrals with one team, subs on the fly or 2 sessions running if possible

They must receive the ball in each zone before they score

Players can go wherever they want

Progression

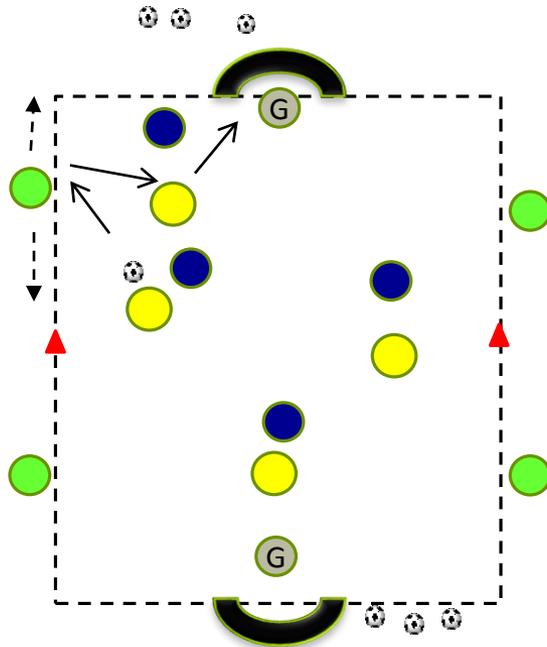
1. They have to be in the final zone to score
2. First time finish to score

Key Factors

Encourage mobility to outnumber opponents

Recognize dead ends and when to pass the ball

Always offer support around and away from the ball



Small sided game - Shooting and finishing

Organization

18-25y x25-34y grid (narrow for more scoring opportunities)

4v4 with GK's + 4 targets who can move along their sideline till half way

2-2-1 formation striker cannot come into his own half

Balls by the GK, no throw ins or corners play from GK

When 2 goals are scored targets come on immediately and ball is passed to them from their GK to attack, losing team become targets

Activity

Play is quick and object is to score as quickly as possible whilst keeping possession

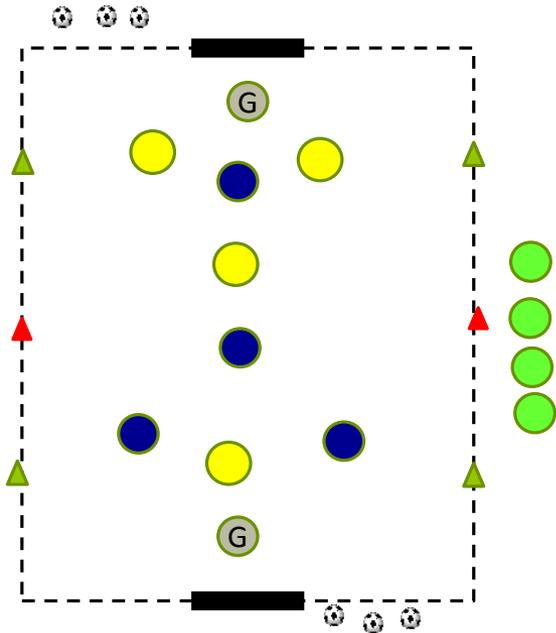
Scoring team stays on, losing leaves quick as possible

Progression

Limited touches on the targets and on the strikers

Key Factors

Mobility to provide space and opportunities to score. Adjust body shape quickly to strike, first touch into striking path. Striker should stretch the field look to link up but also create chances to turn and score



Small sided game - shooting and finishing

Organization

18-25y x25-34y grid (narrow for more scoring opportunities)

5v5 with GK's

2-1-1 formation striker cannot come into his own half

Off-side lines in affect

Ball by the GK, no throw ins or corners play from GK

When goal is scored next team comes on immediately and ball is passed to them from their GK to attack

Activity

Play is quick and object is to score as quickly as possible

Scoring team stays on, losing leaves quick as possible

Key Factors

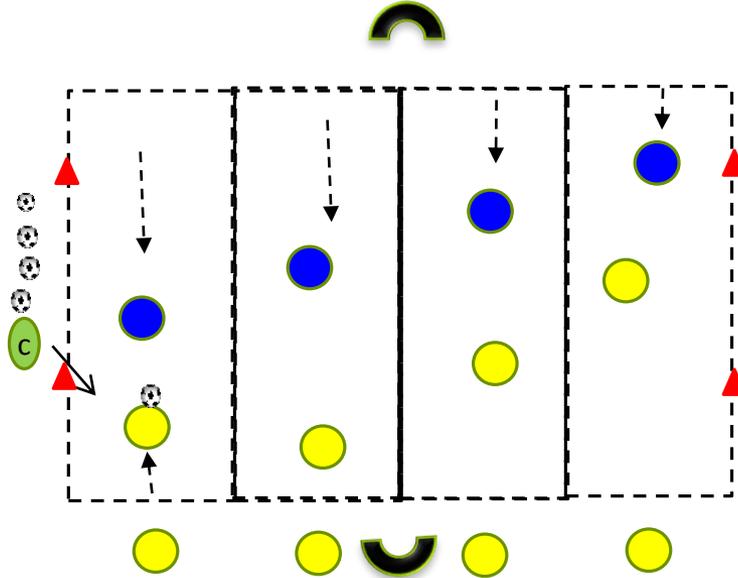
Mobility in and around middle to provide space and opportunities to score

Adjust body shape quickly to strike

Play forward with speed

Strike should stretch the field look to link up but also create chances to turn and score

End with free play games no more than 5v5



SSG – 1v1 defending

Organization

4 channels in a 40x12y grid. Marked off side line with cones. Attacker's begin with ball. 2 small goals. Cones to mark half way line

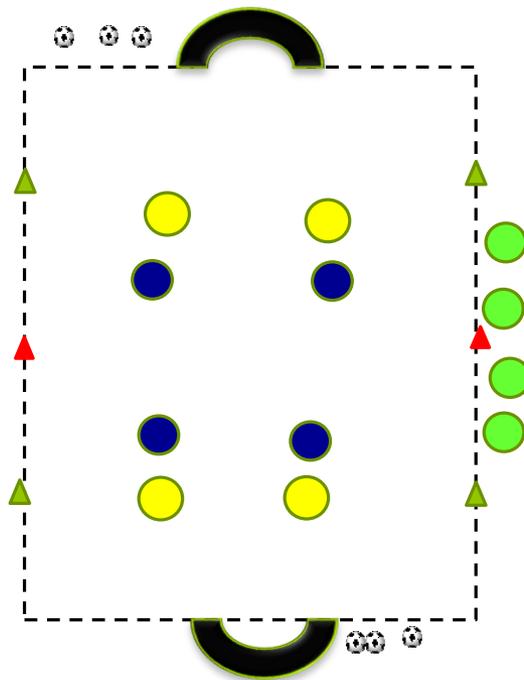
Activity

Game rules. Condition is that players must stay in their lanes to isolate 1v1 situations. Game starts by coach playing into any attacker.

Key Factors (KF)

Defending principles – Deny, Support/Cover, Compactness & balance (away from the ball, is the 4th defender marking and in a good position to defend)

Note: Encourage communication, patience & control. Good opportunity to teach off side



Defending 1v1 2v2 SSG

Organization

Fields approx... 22 x 32y

2 Pug Goals (double up for younger ages)

4 a side (if more use neutrals or 3 teams with one waiting off field) no GK's

Load balls behind goals

Short passes are taken for throw ins and corners

Attackers cannot go into their own half

Defenders cannot go into opposition half

Activity

Normal game but conditions will isolate defenders in 2v2 situations

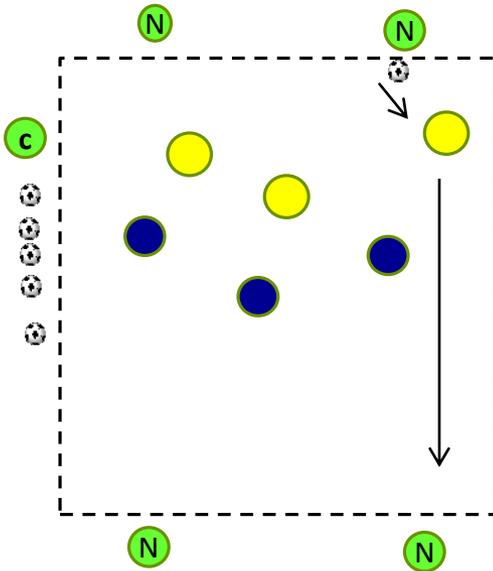
KF

Let the rules of the game teach

Encourage making decisions based on vision

Defenders must work together remain compact supply depth and prioritize risk

Attackers provide outlet for transition when ball is won



Small sided game-Defending in small numbers and prioritizing risk

Organization

15-22y x 20 -30y grid 10 players, 3v3 or 4v4 plus 2 neutrals at each end, who can move laterally but cannot pass to each other and cannot be tackled. Neutrals CAN pass straight through the middle to each other
Coach has balls at the side for quick play

Activity

Possession team must use the neutrals to transfer the ball from one target to the end targets. Defending team must prevent this, if they win possession and pass to a target, they become the possession team and can score points.

Progression

1. Neutrals can pass to each other in an attempt to break defenders apart
2. Add a neutral

Regression

1. Make field narrower so attackers don't have much space
2. Limit their touches on the ball

Key Factors (KF)

In order to this game to be realistic the attacking team must be able to provide mobility and have the ability to connect a pass from one end to the other

Defenders must stay compact and prevent the pass all the way through, plus closing down the ball. In wide areas defenders must work to guide the play in field with their body shape, denying the attackers space and time.
Get together, stay together and communicate