

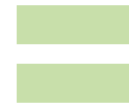


Small sided games

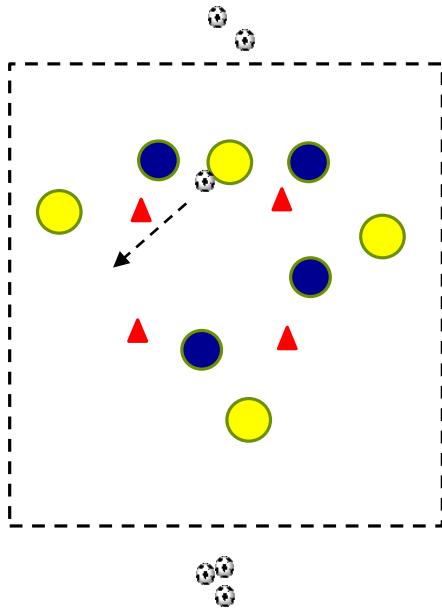
Conditioned
that brings
out the topic
of the session



Repetition of
countless
game like
scenario's



Game based
learning



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

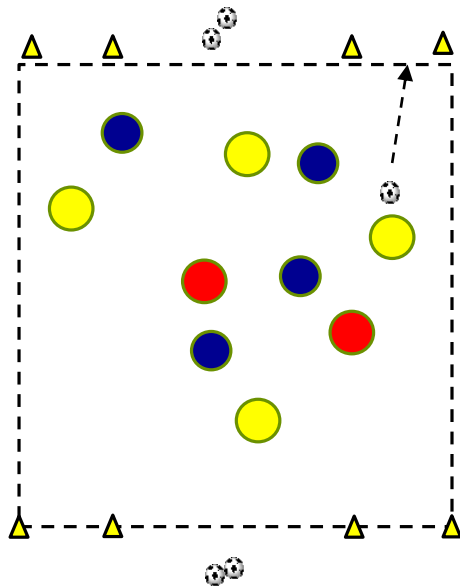
KF

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

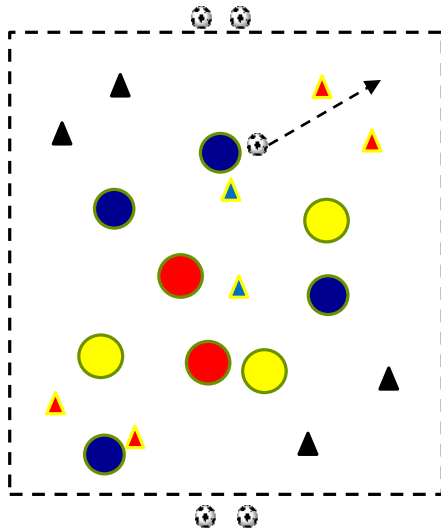
Create space for others and to receive in dangerous areas

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 - 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

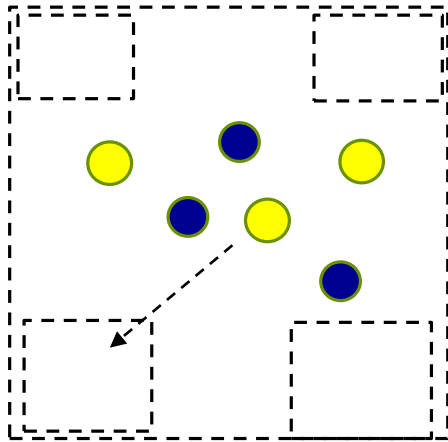
1. Make the gates bigger and or decrease the number of gates
2. Decrease the playing numbers

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 – 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 – 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'

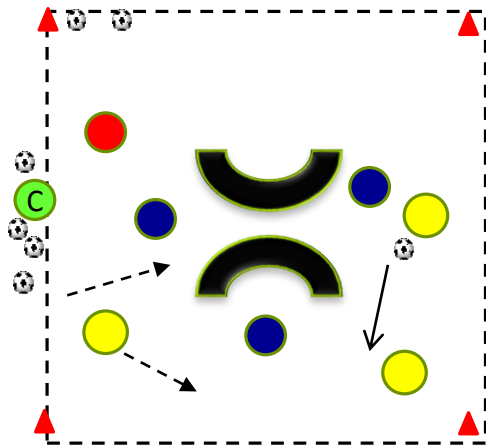
Regression

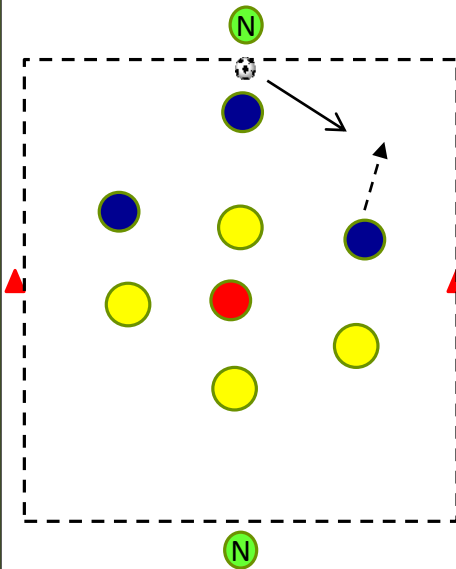
Add more goals

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 – 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

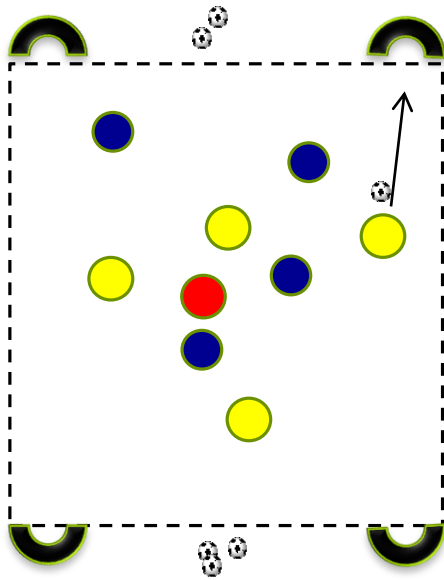
1. Each player must touch the ball before it is passed to the neutral
2. Use the halfway as an offside line so players cannot receive beyond before the ball has been played

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 - 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

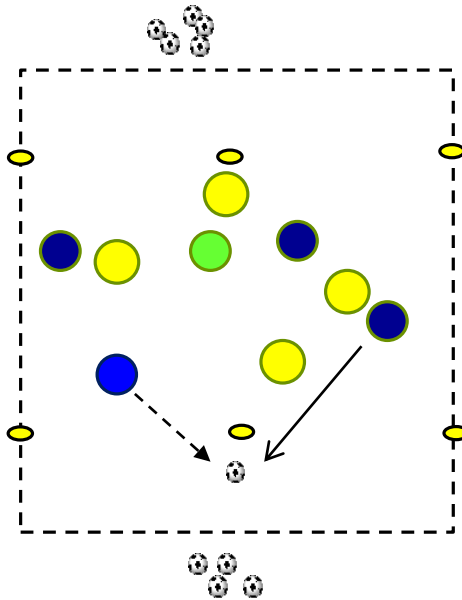
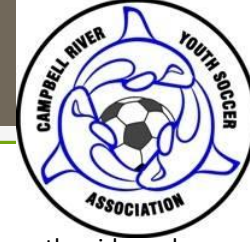
Players must score into either of the gates they are attacking to score

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

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

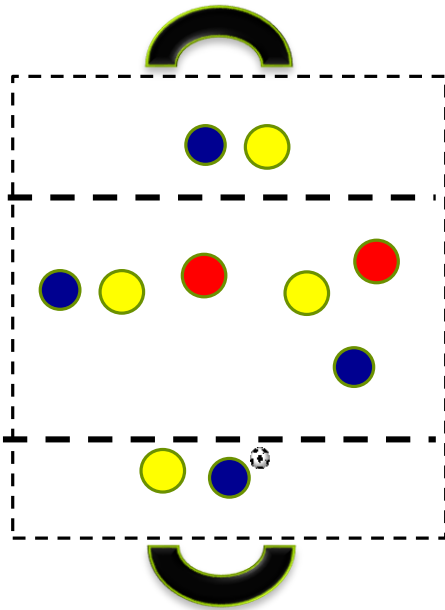
Let the rules of the game teach, execution/weight of pass

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 - 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

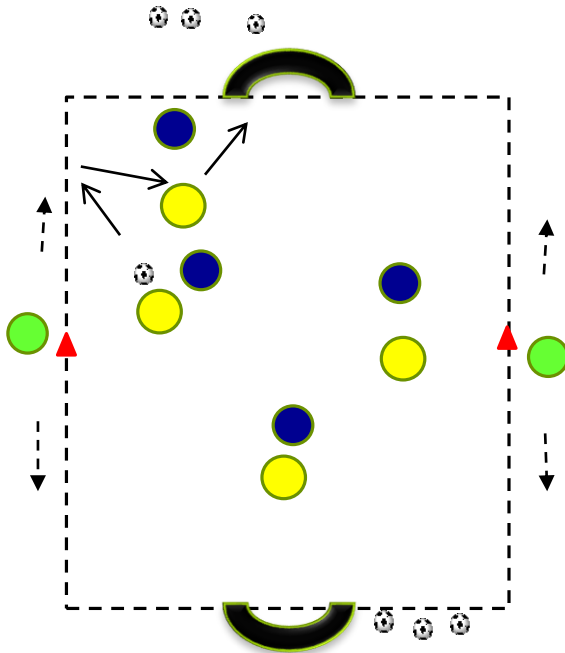
1. They have to be in the final zone to score
2. First time finish to score

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 – Receiving, dribbling, awareness

Organization

Approx 22x28y field with small goals no GK. 3v3 or 4v4. Free zones on either side of the field with a neutral in each Kick ins & dribble ins

Activity

Normal game but neutrals on the outside cannot be tackled

Progression

No neutrals, anyone can go into the free zone now and cannot be tackled
Cannot score when inside zone

Key Factors

Players on the outside give width and also get the opportunity to receive and look up and can dribble up and down the line and even shoot