

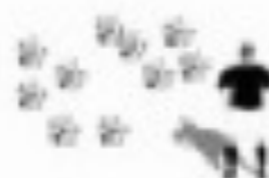


NEIL ADAIR SMALL-SIDED GAMES

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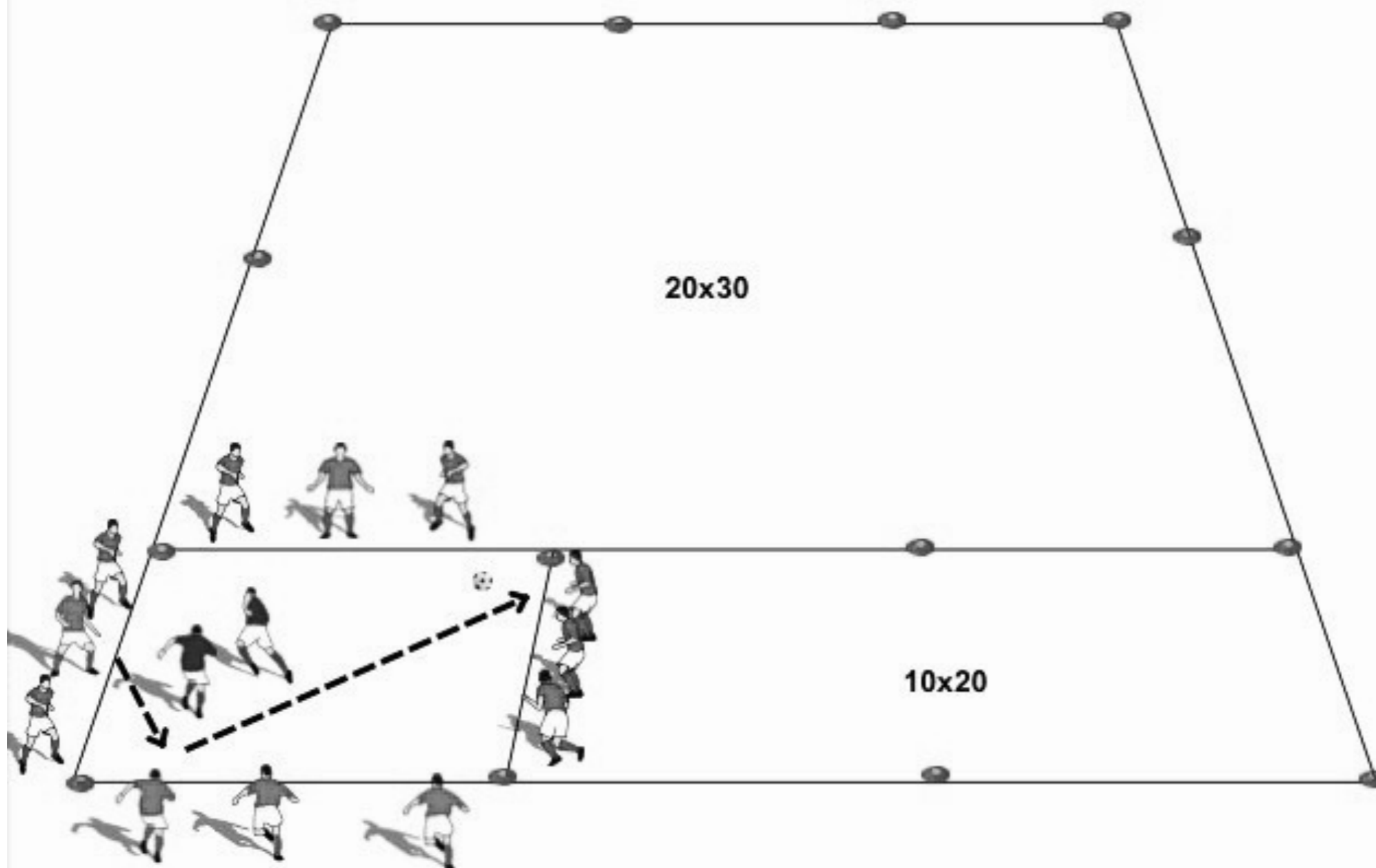


ANYTIME THE BALL LEAVES
THE AREA A PLAYER FROM THE
TEAM IN POSSESSION MUST
SPRINT OUT A TAKE A NEW BALL



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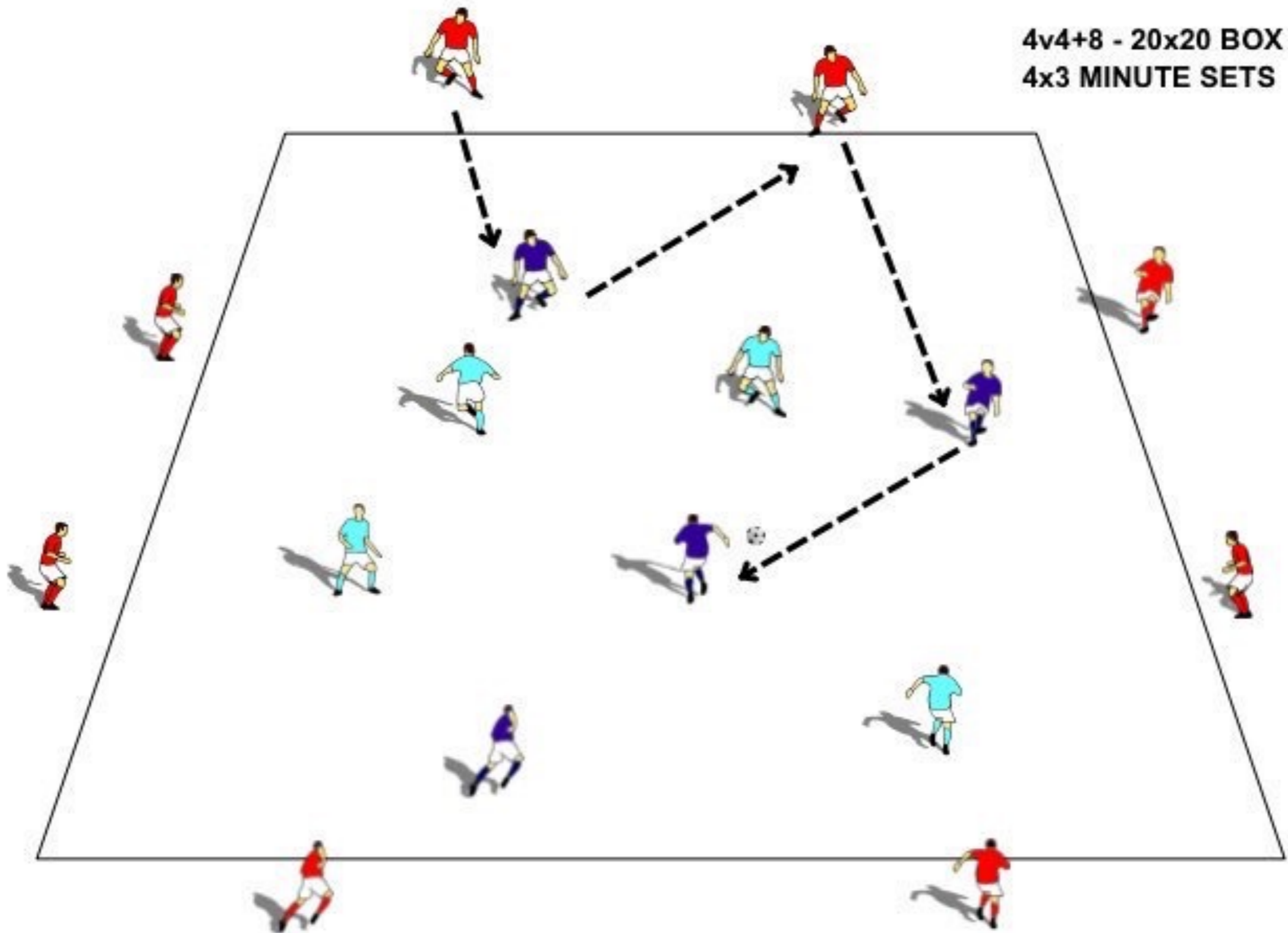
Penalty area as shown. Three teams of 6. Play is 6v6+6, neutrals are in one touch. Teams play sets of 5 minutes and attempt to finish as shown. Neutrals can be used to set and link play. Ball leaves the area and one player sprints out, grabs a ball and restarts the game.



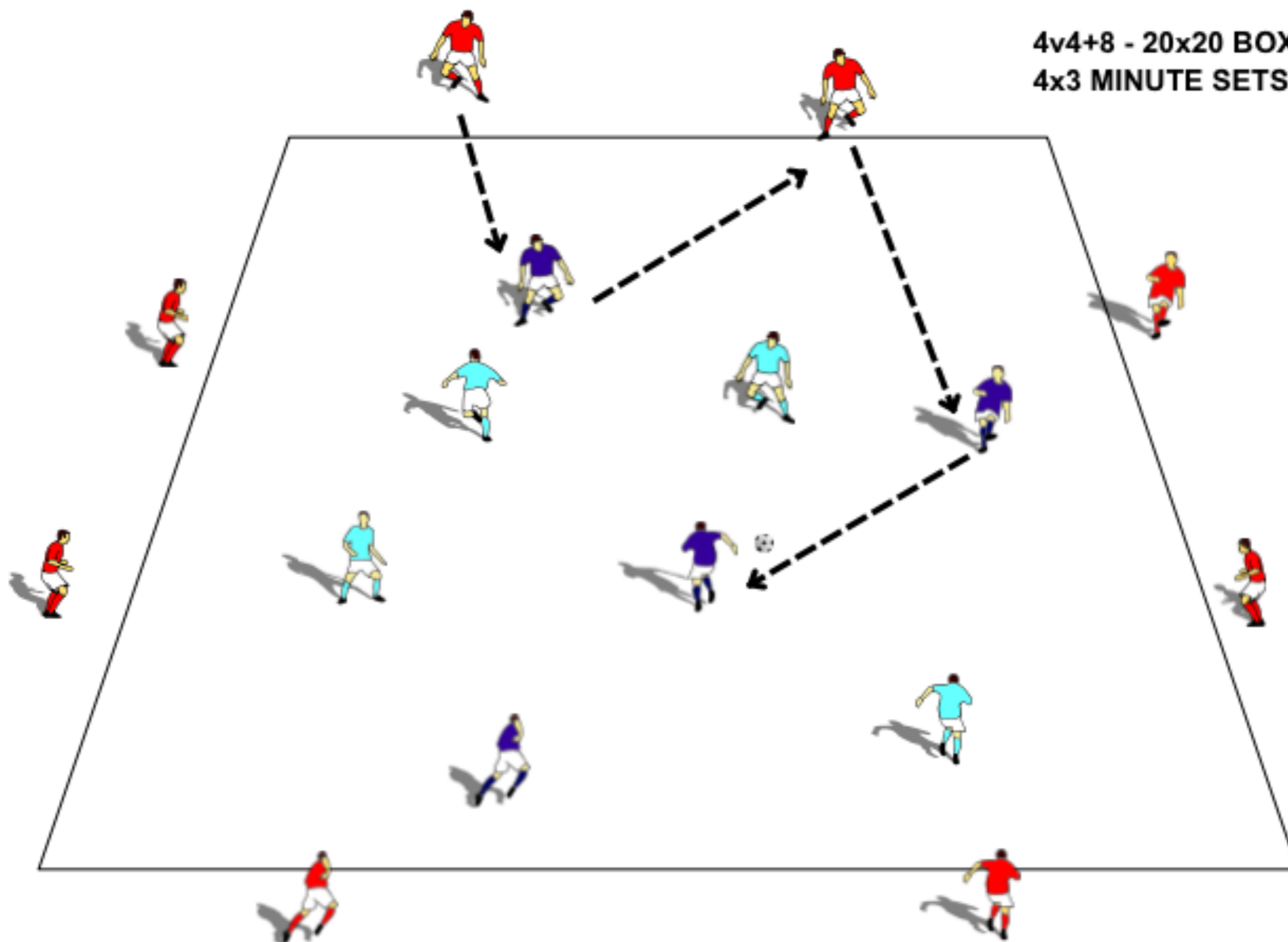
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Basic 10x10 box possession, session starts with 2 defenders in blue and progressed into 2 blue defenders and 1 red giving the 2v1 in the middle.

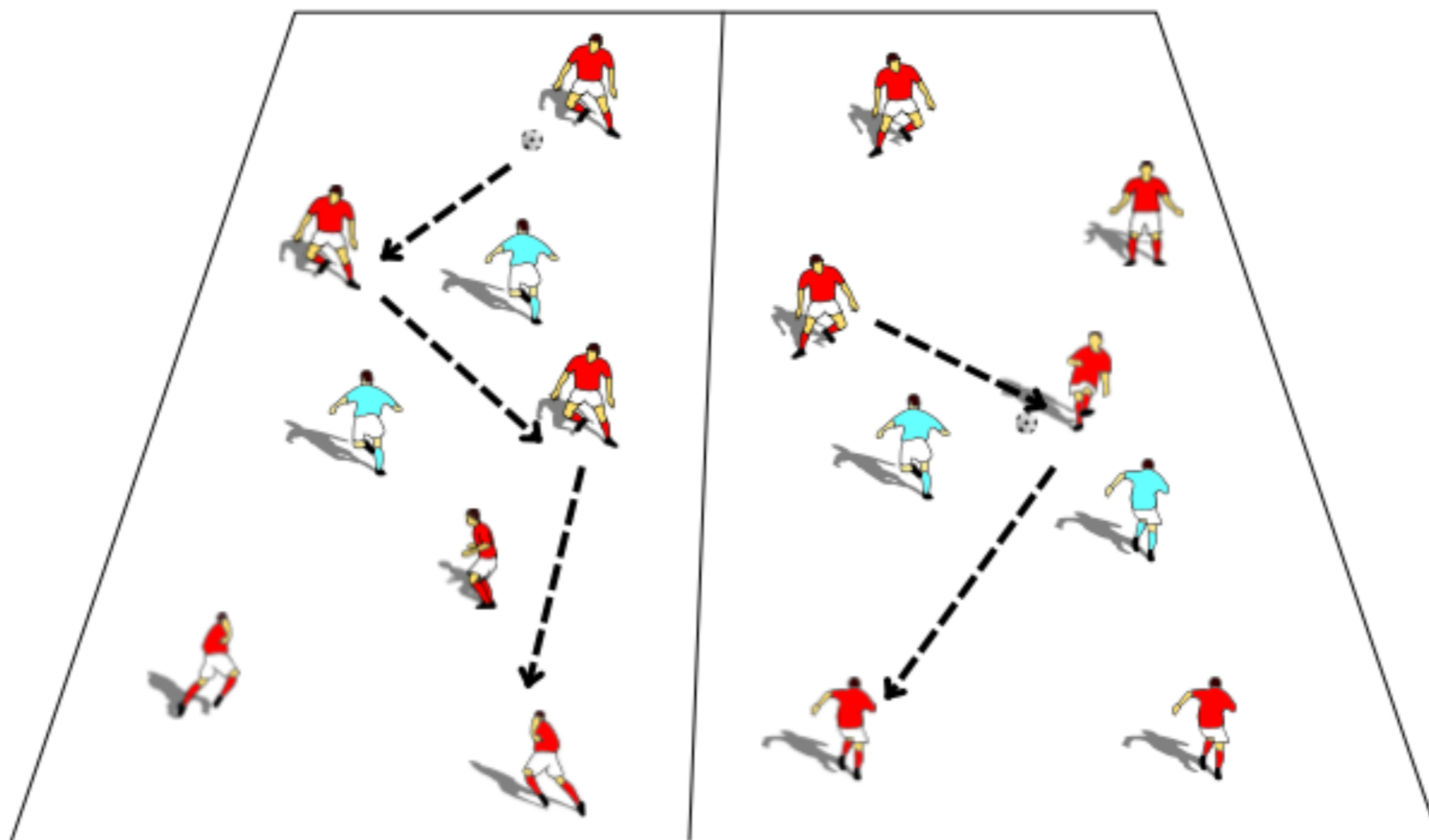
4v4+8 - 20x20 BOX
4x3 MINUTE SETS

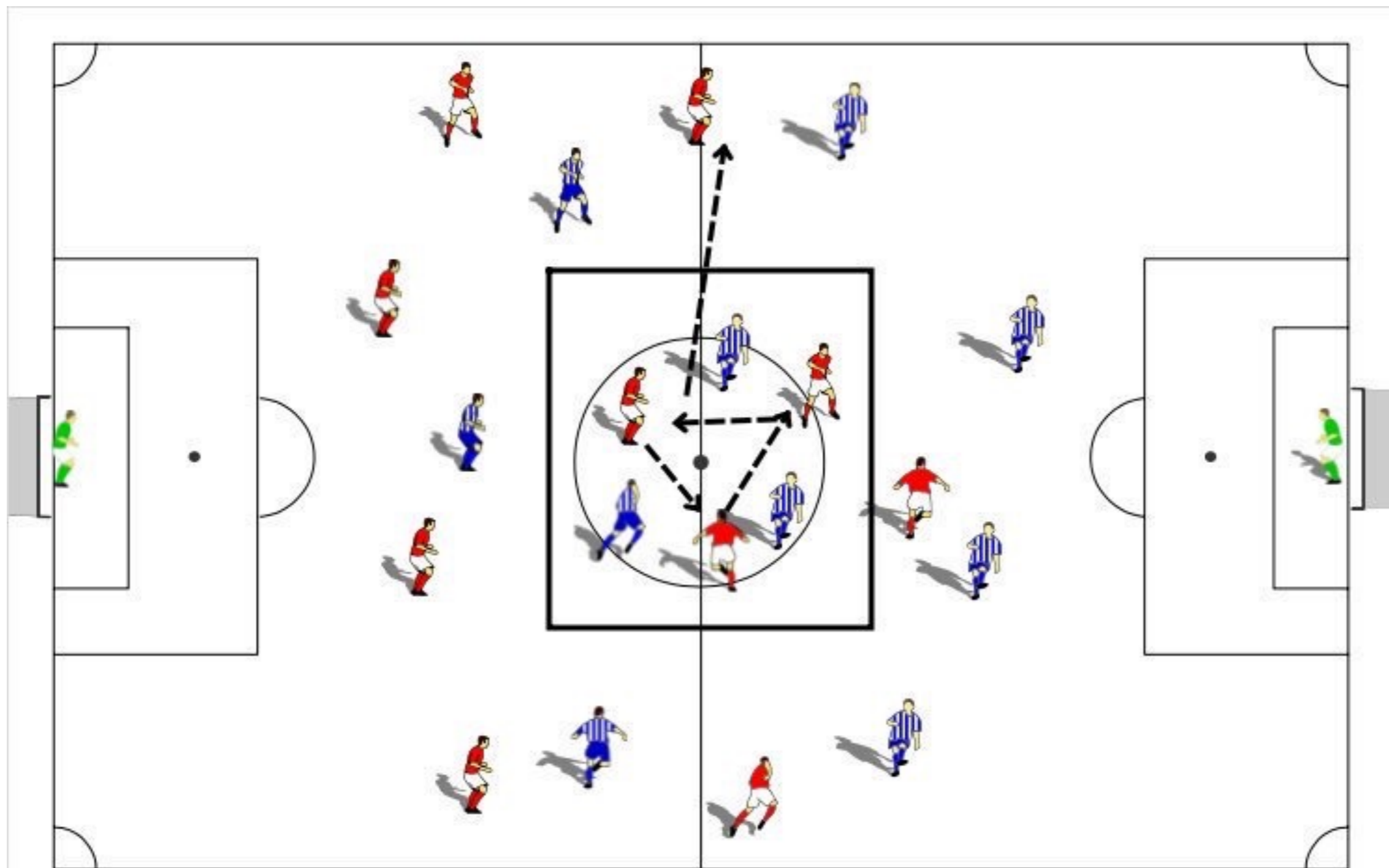


4v4+8 - 20x20 BOX
4x3 MINUTE SETS



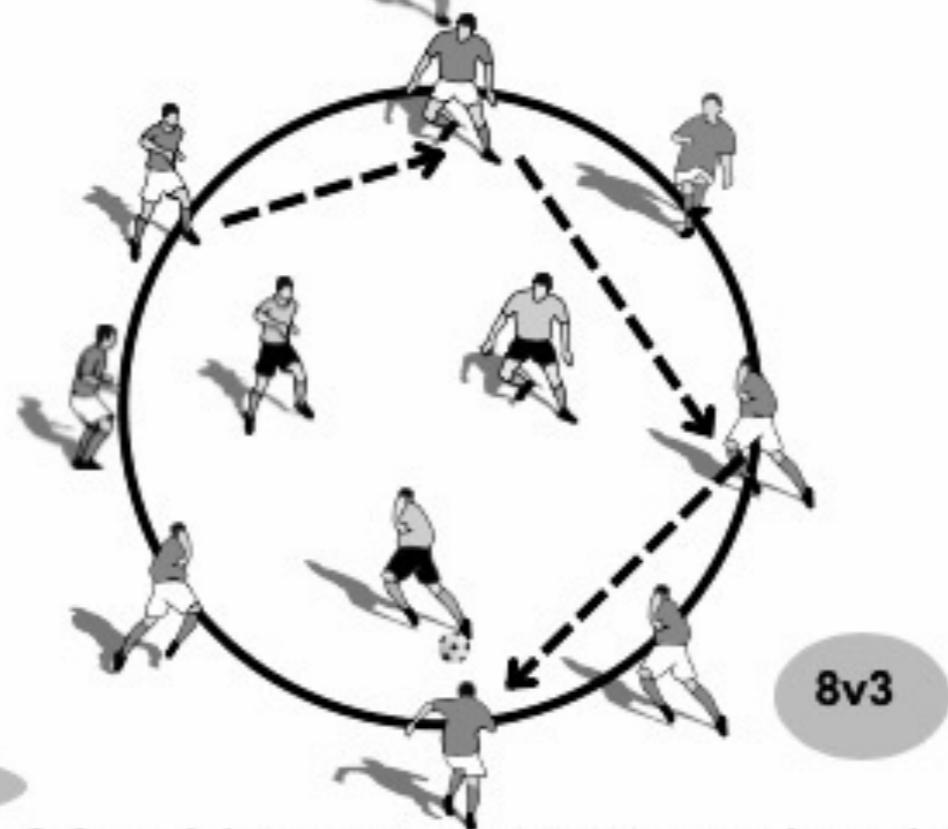
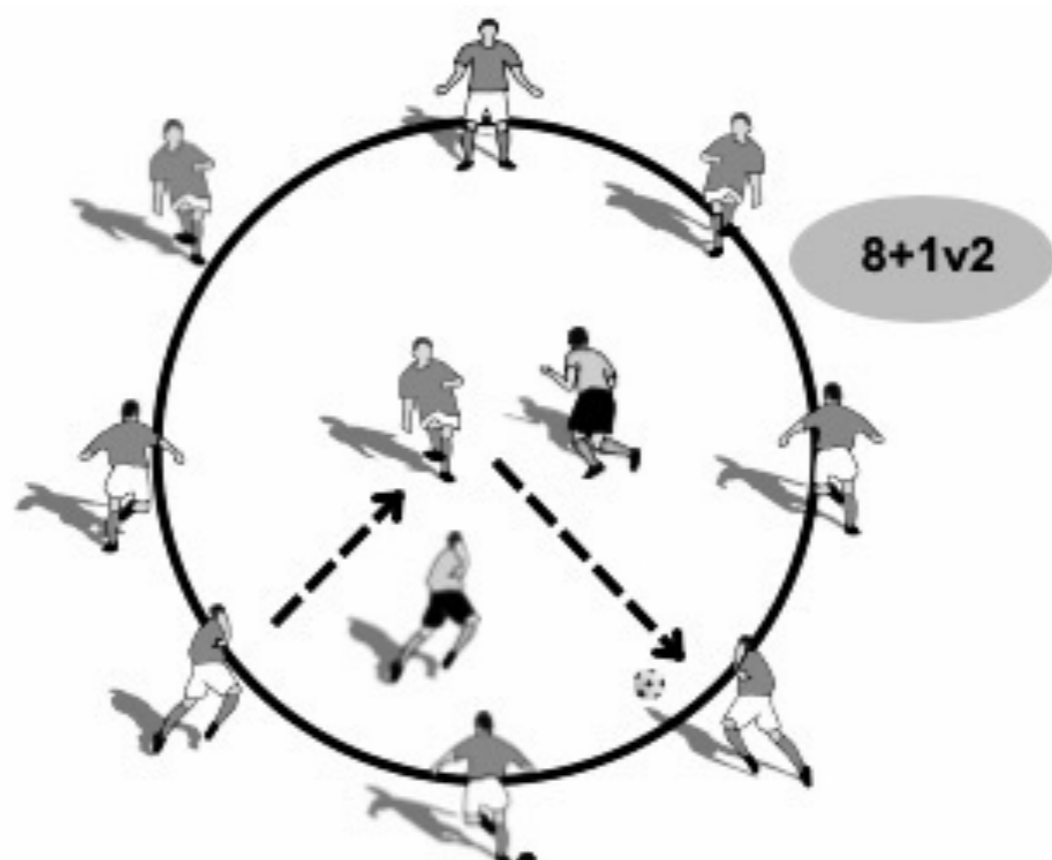
6v2s - 10x20 BOX

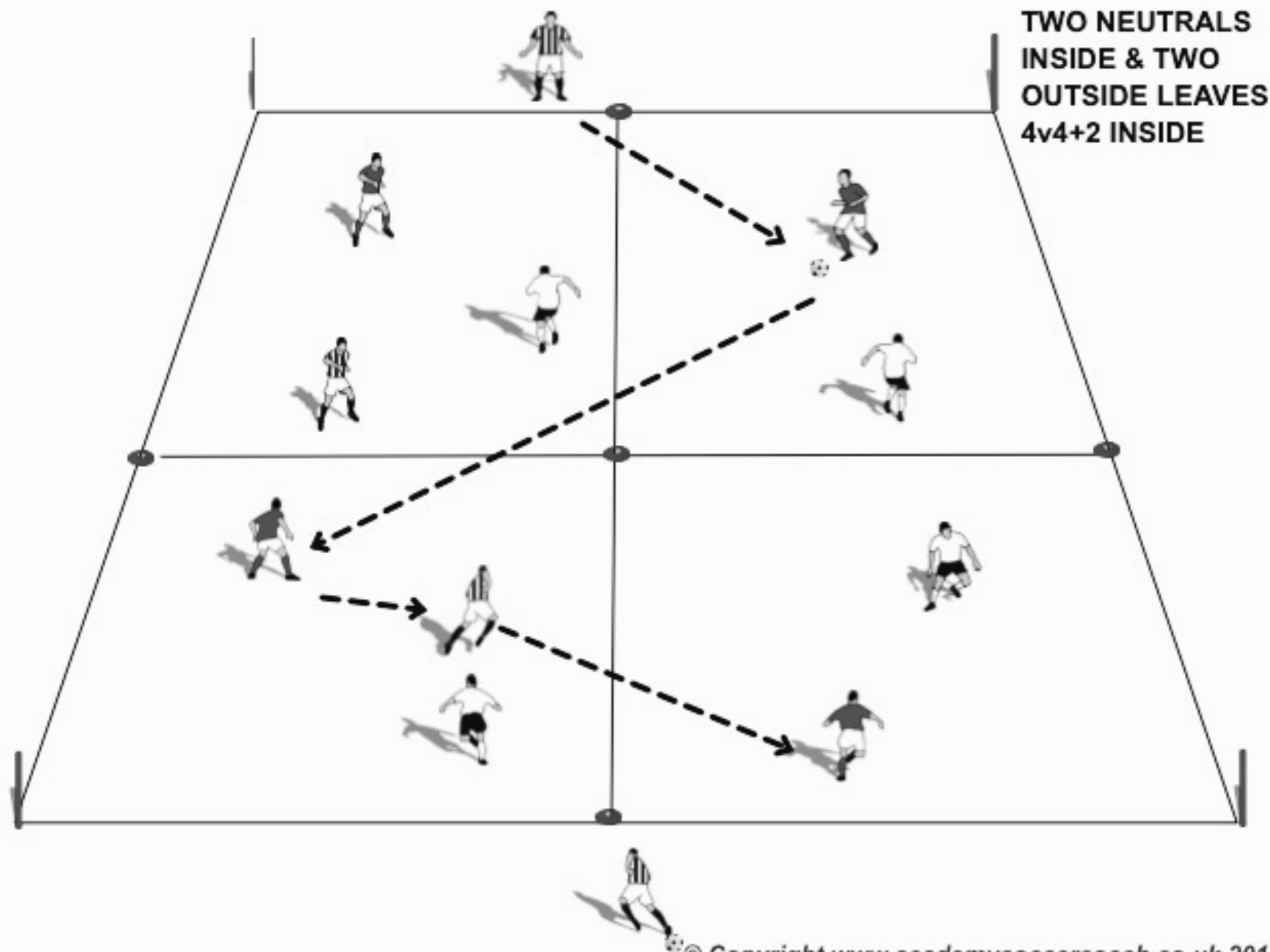




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11v11 breakout session. 3 blue CM v 2 red CM + 1 red CF in middle zone, three passes and ball is opened. Encouraging red WM in good starting positions, receive and engage FB 1v1, red FB overlapping and go 2v1, team shape in relation to the ball. Various start points, free kicks, throws etc,

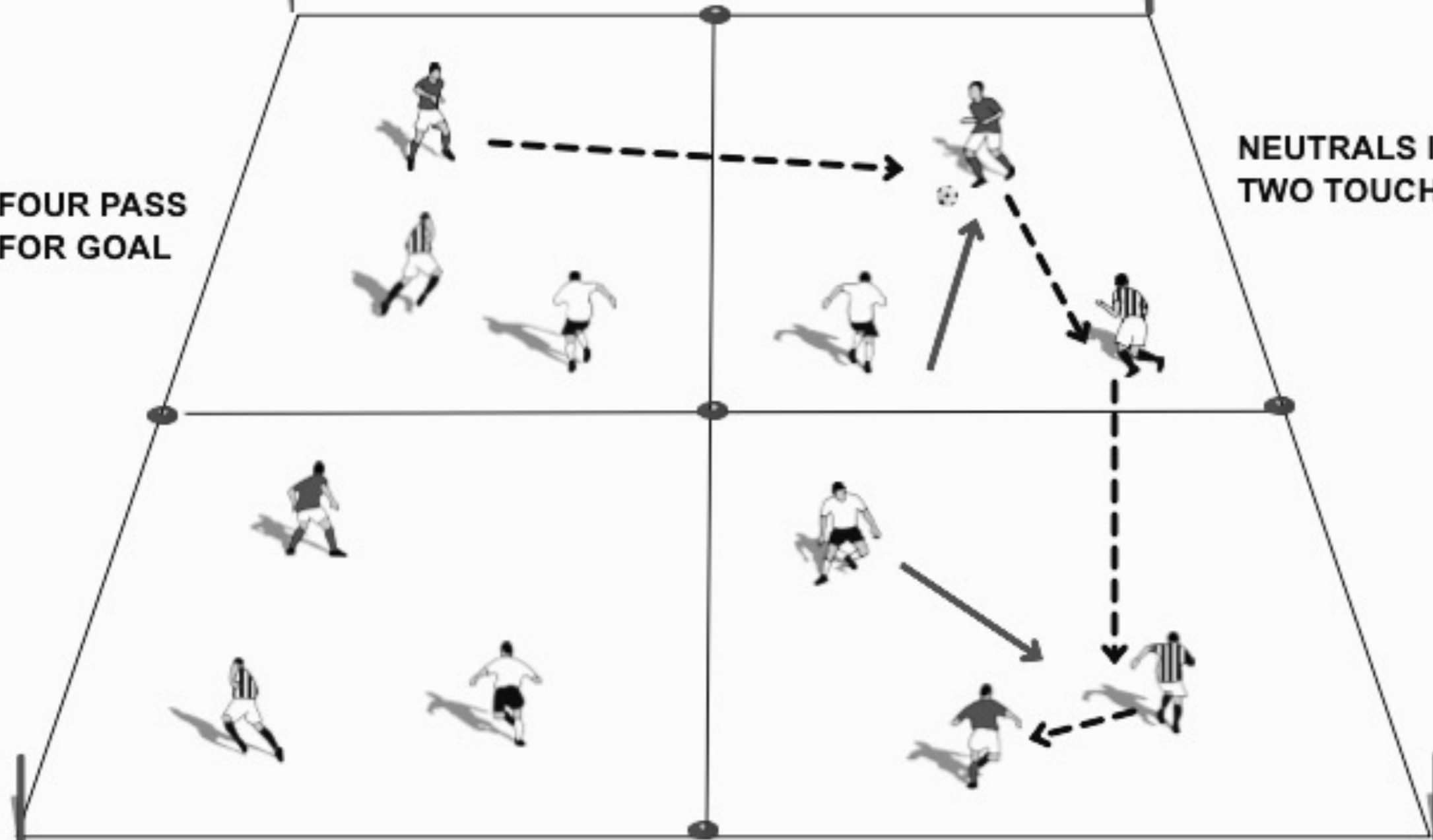




FULL AREA IN PLAY. 4v4+4 - REDS v WHITES -
PLAYERS LIMITED TO BOX

FOUR PASS
FOR GOAL

NEUTRALS IN
TWO TOUCH

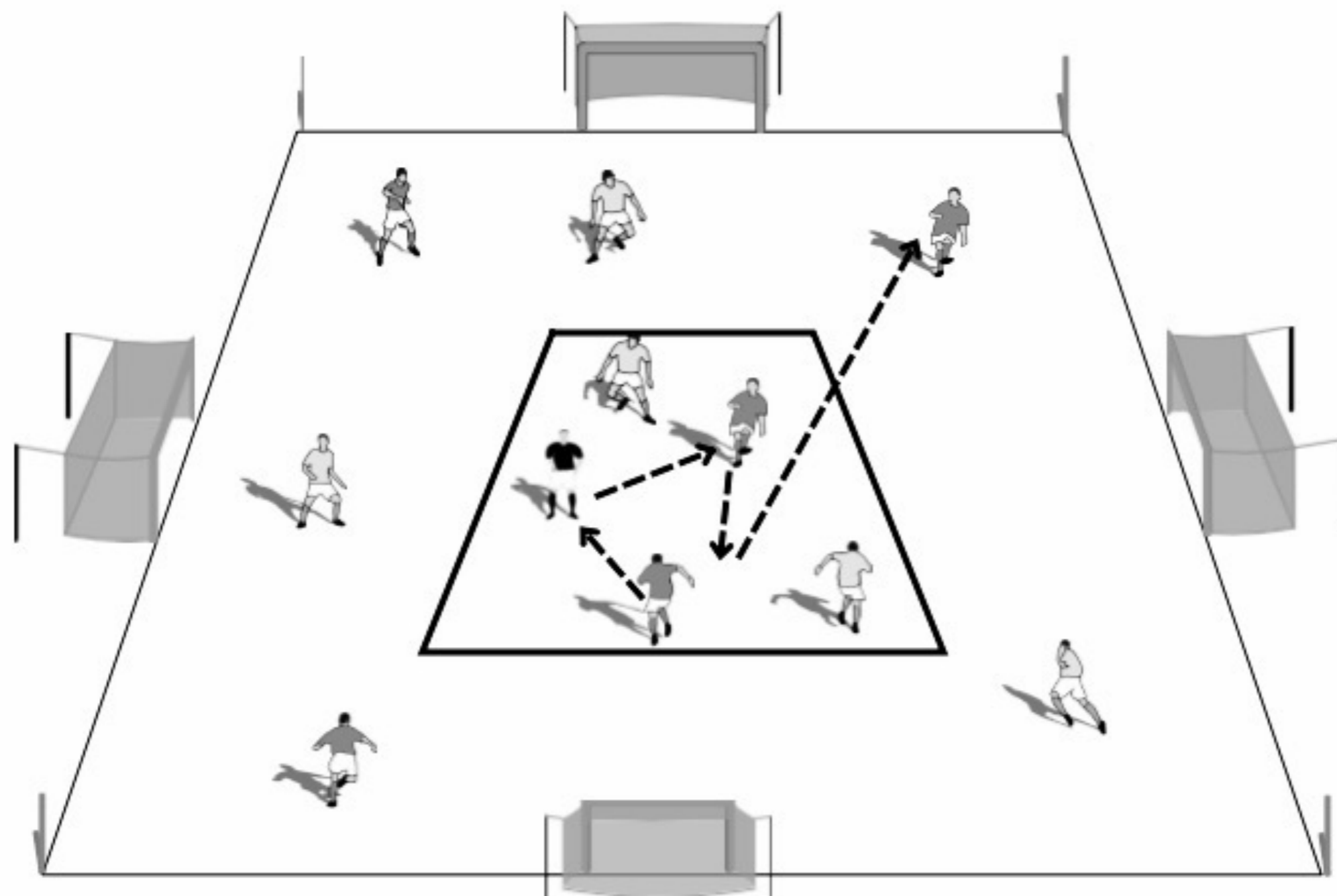


**NEUTRALS PLAY
2 TOUCH INSIDE
& 1 OUTSIDE**

30x30 BOX - 4v4+4+4

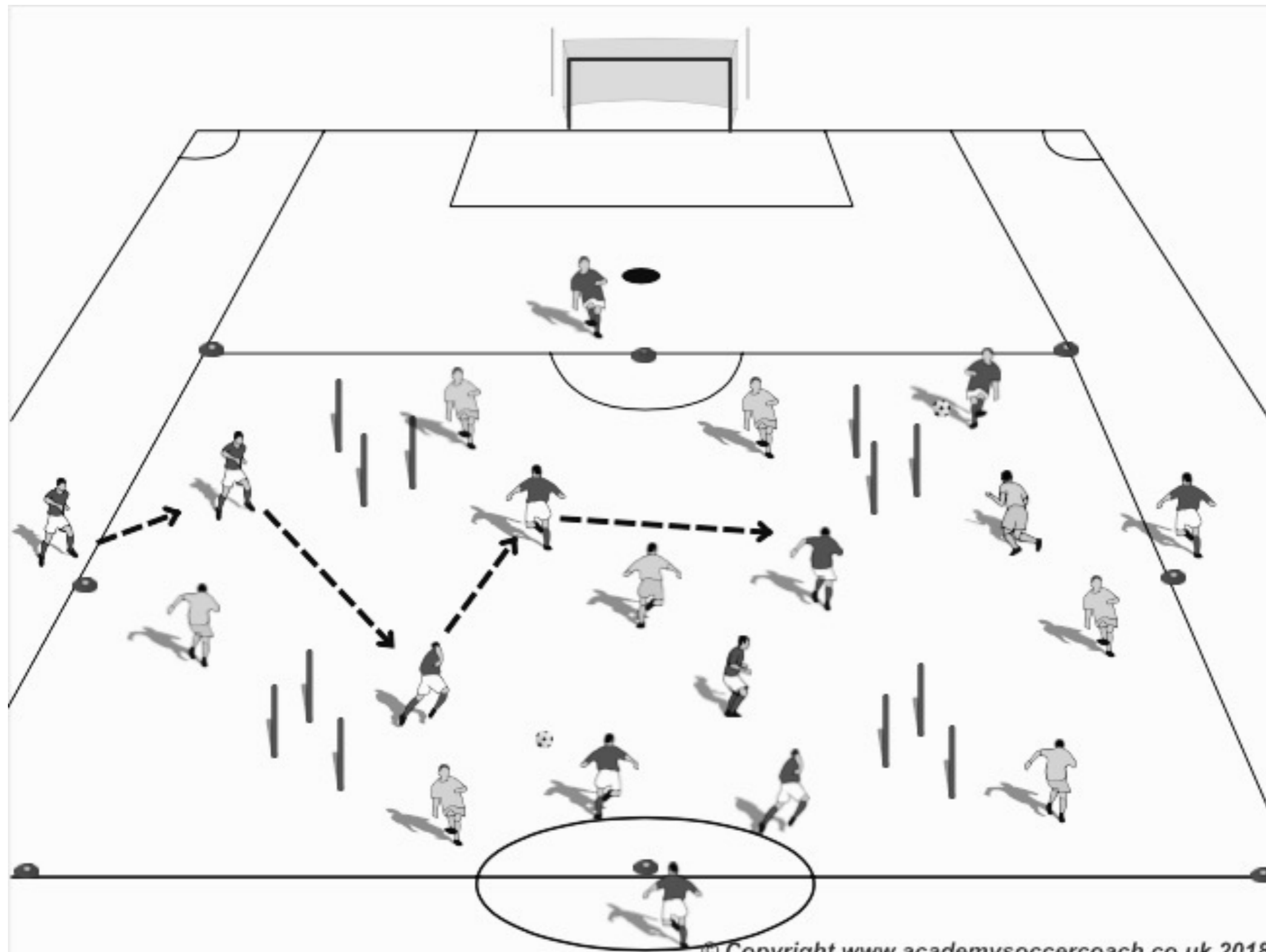
3M

3 MINUTE SETS & ROTATE ROLES



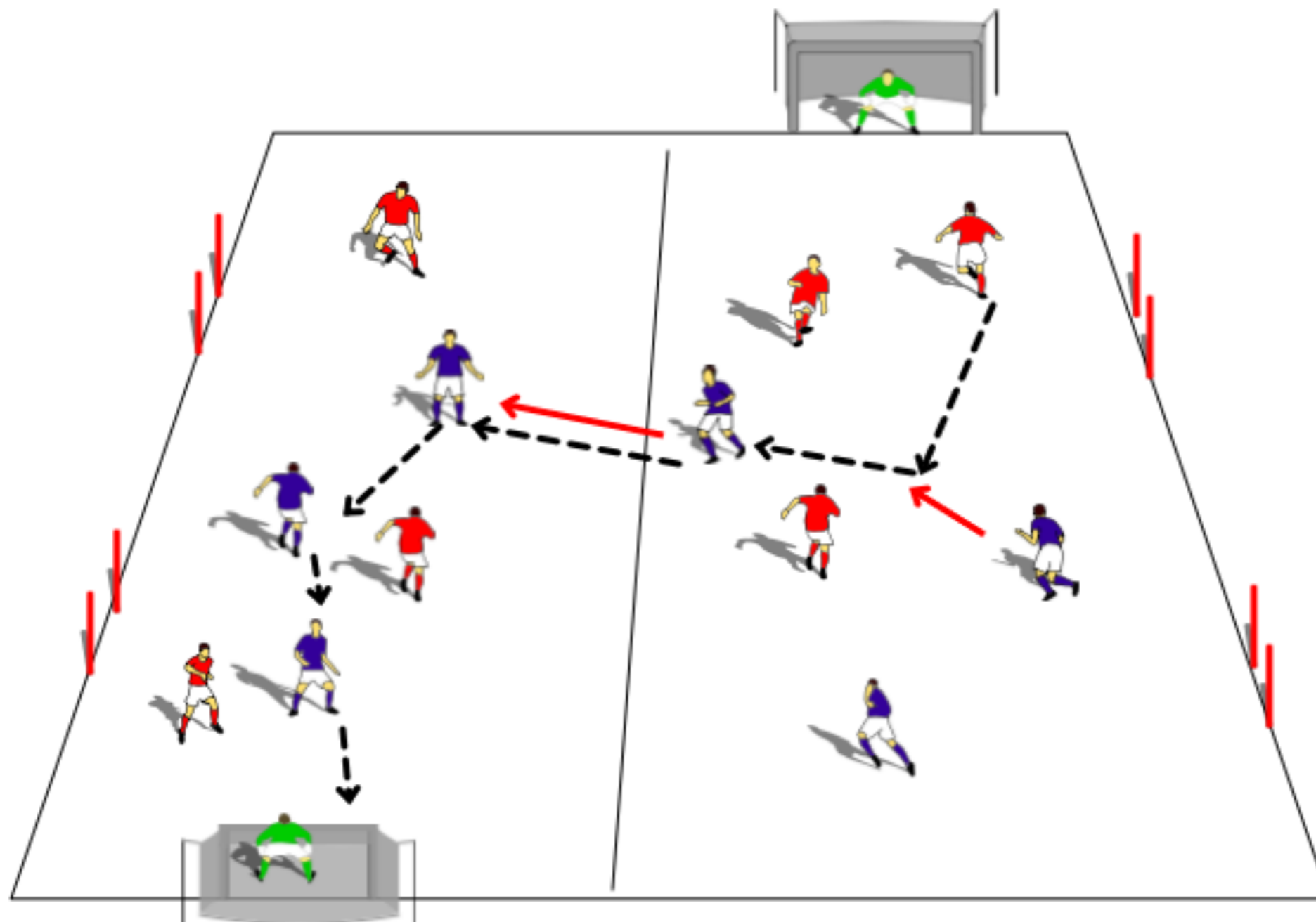
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2v2+1 in the 10x10 with 3 players from each side in the 30x30. Three passes in the small box and the ball can be opened out for a one touch finish in any goal, as the ball is opened up the game becomes 5v5 with players from the small box available to join.



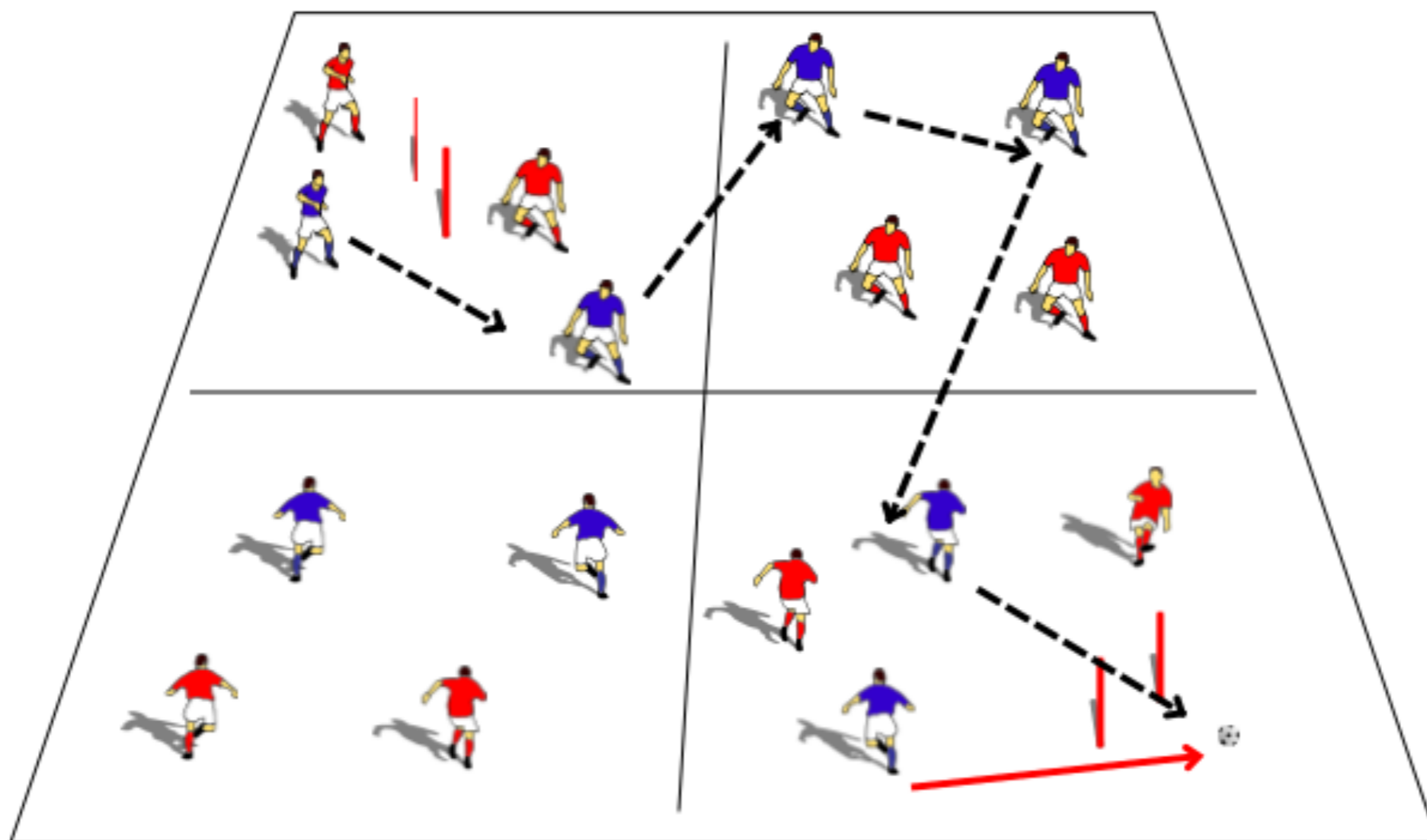
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40x40 full area. Play is 8v8 inside with four red bounce players on the edge. Reds go for five passes and yellows attack poled goals. Edge reds in one touch.



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Session moved into first progression with one player from the opposite side able to transition across to provide the overload, players can only go when their side are in possession and both teams must ensure they've only three on one side when out of possession. Ball nicked by blues, switched and attacker travels to make the overload 4v3, quick combinations and goal.

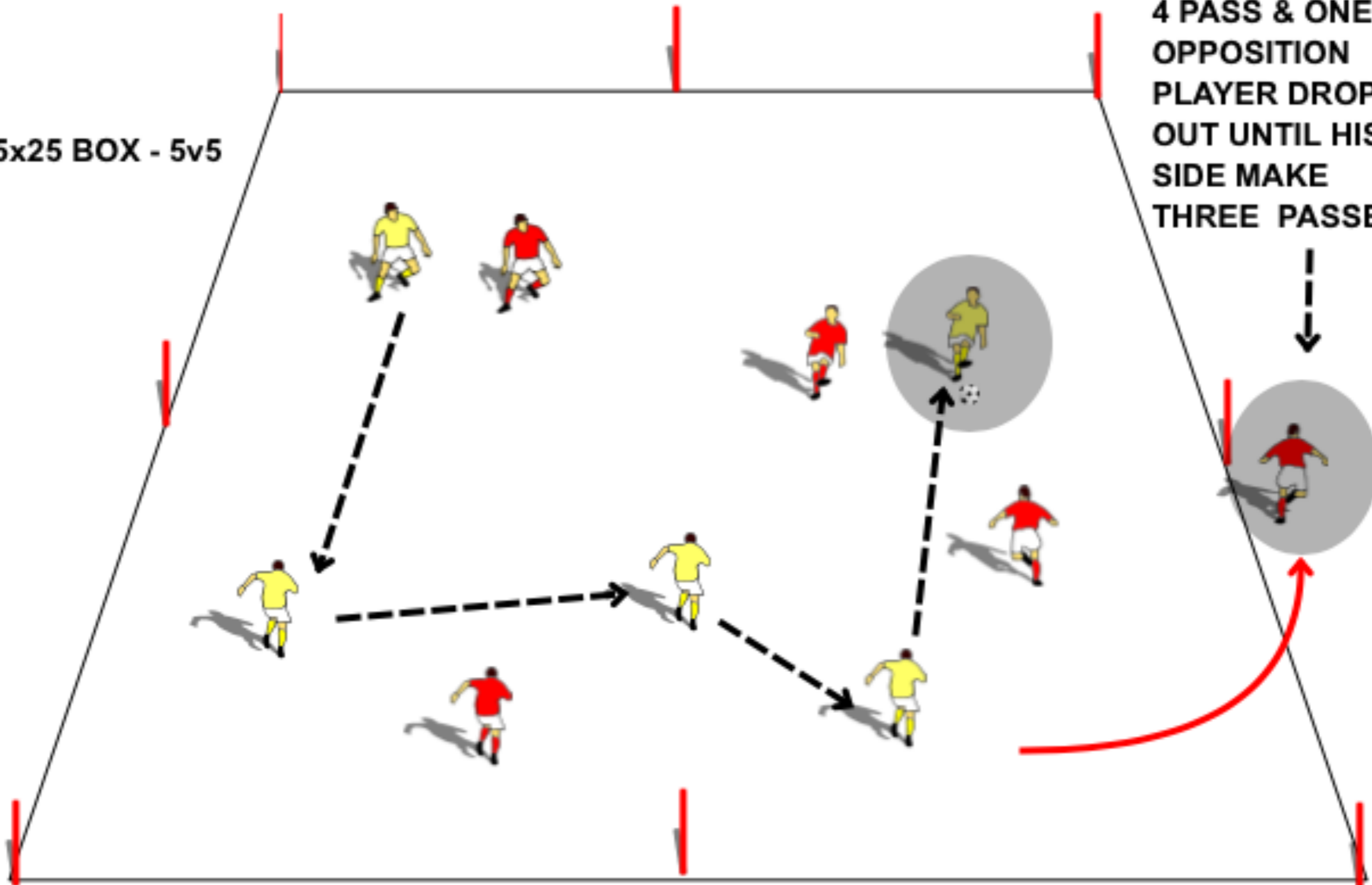


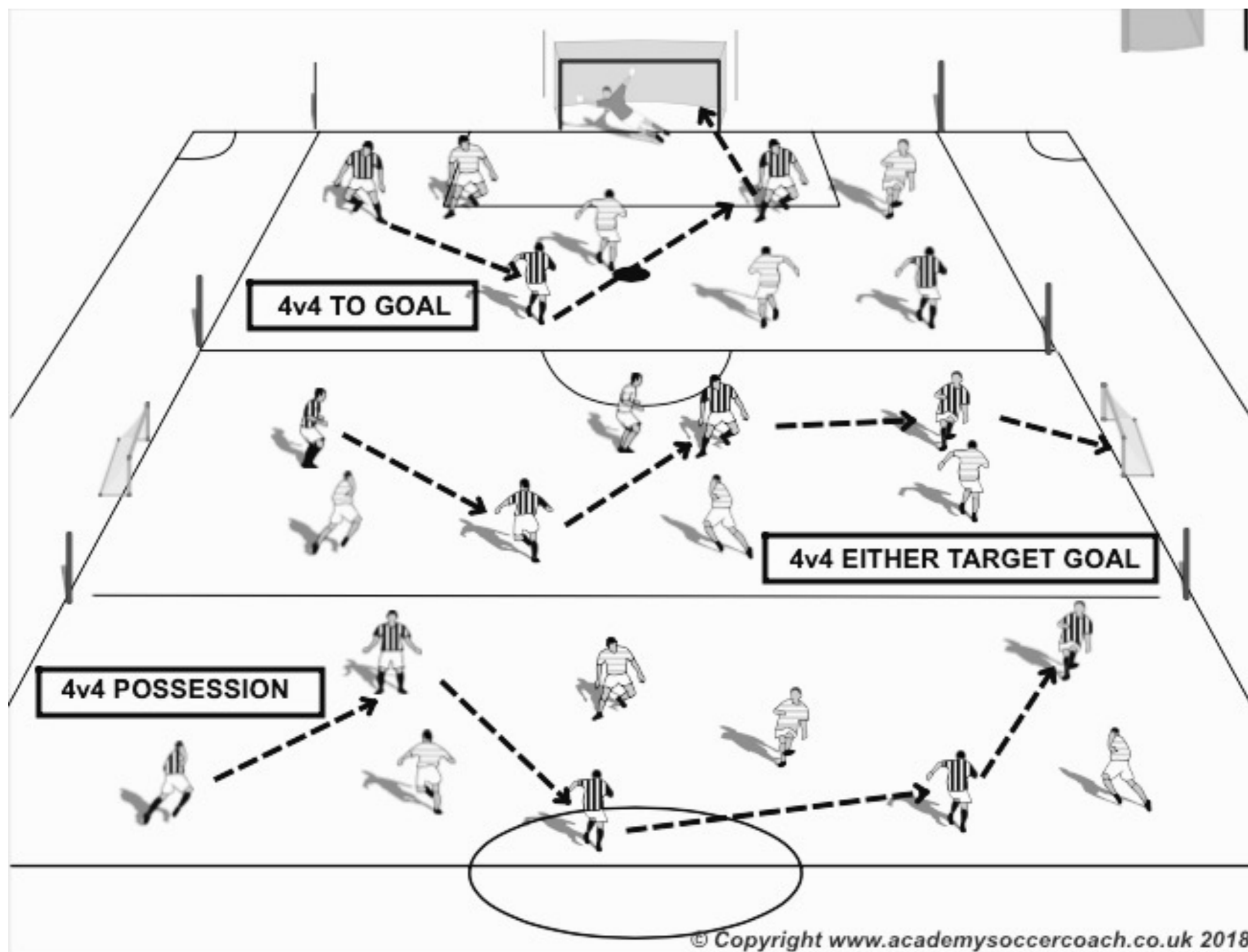
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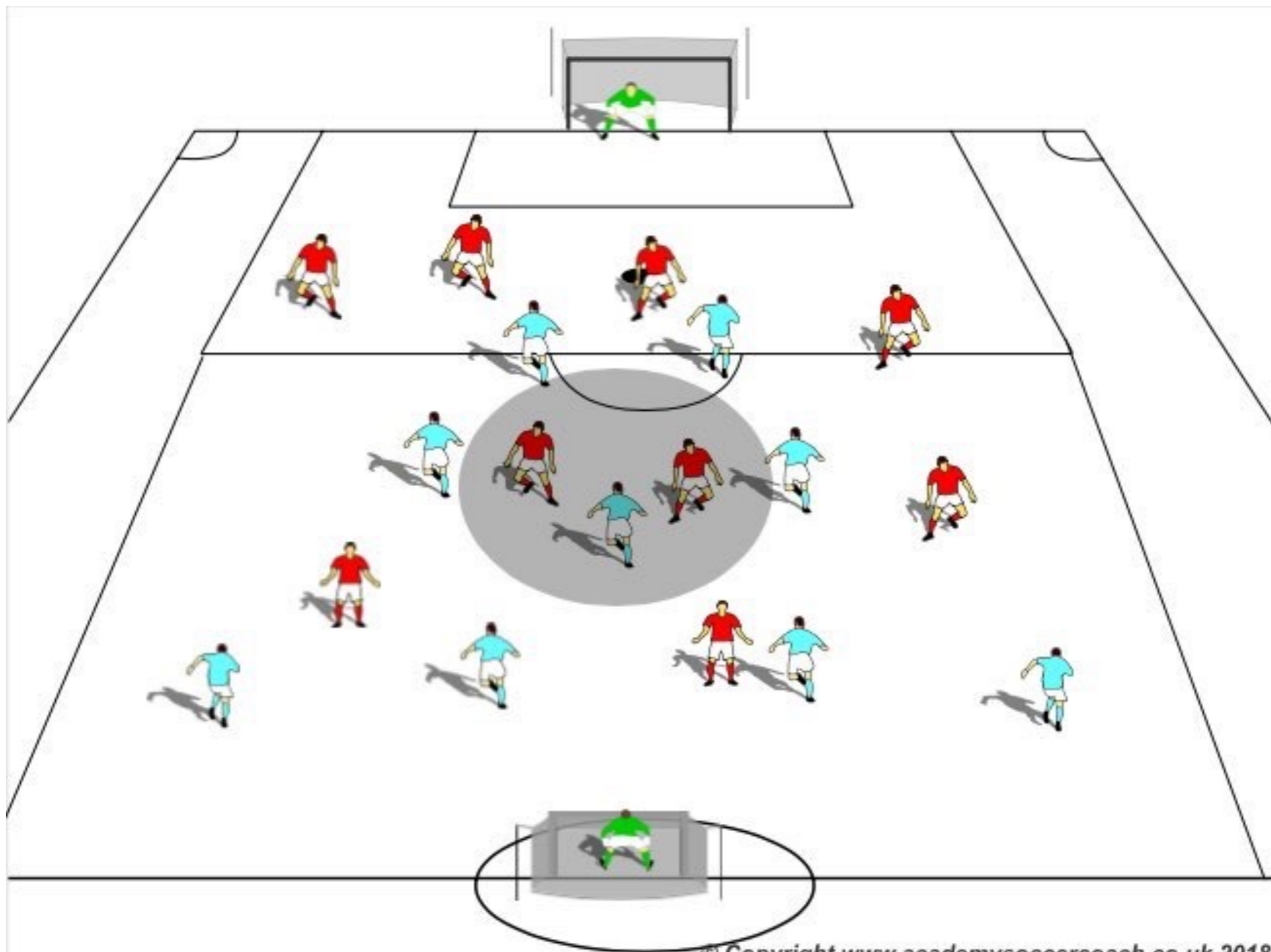
Two goals removed and game now has only two sets of poled targets as shown, teams can score in either goal and can still make the 3v2 in possession.

25x25 BOX - 5v5

4 PASS & ONE
OPPOSITION
PLAYER DROPS
OUT UNTIL HIS
SIDE MAKE
THREE PASSES

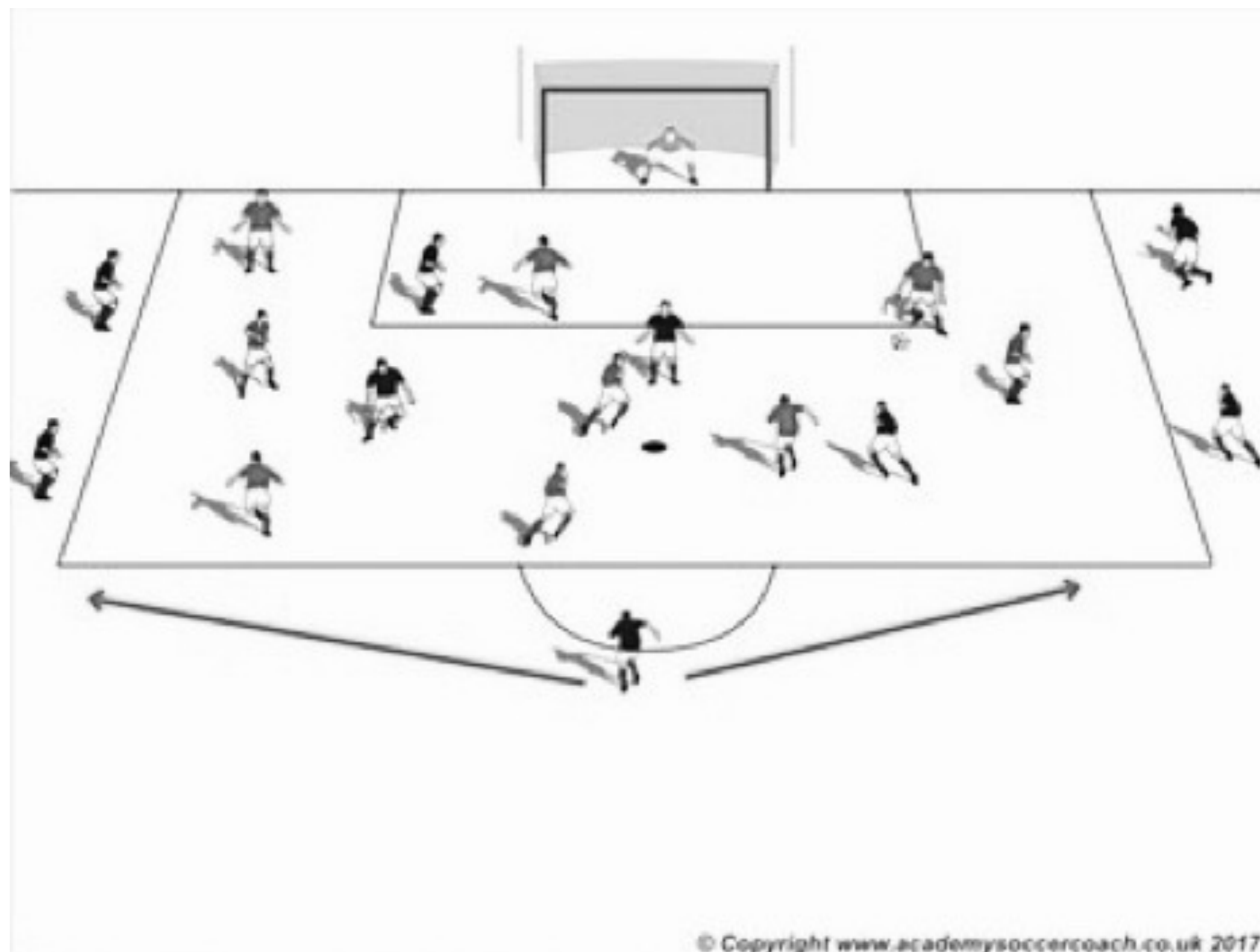






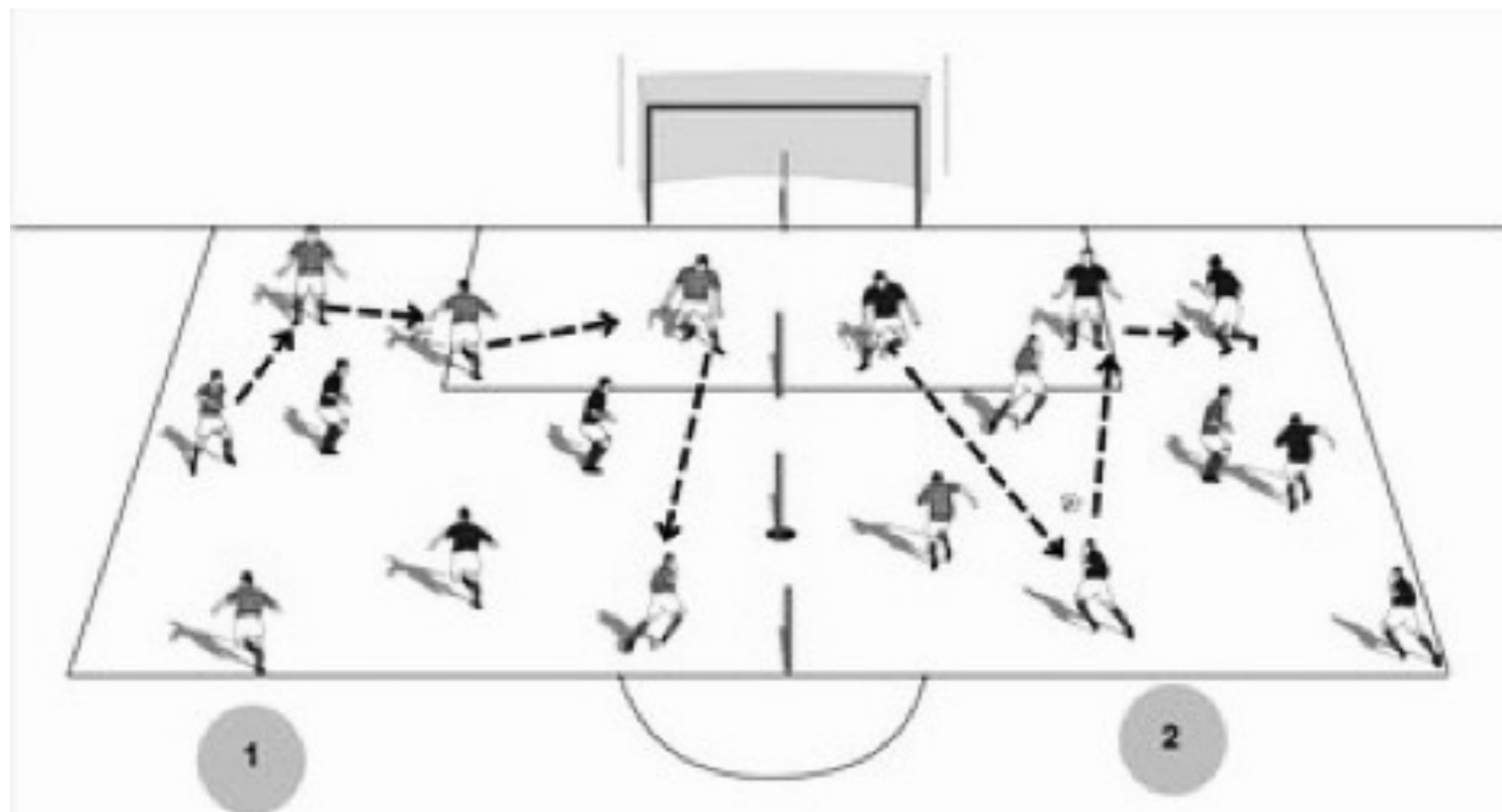
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8v8/9v9, numbers dependant. Free play session with focus on width and shape of the two CM.



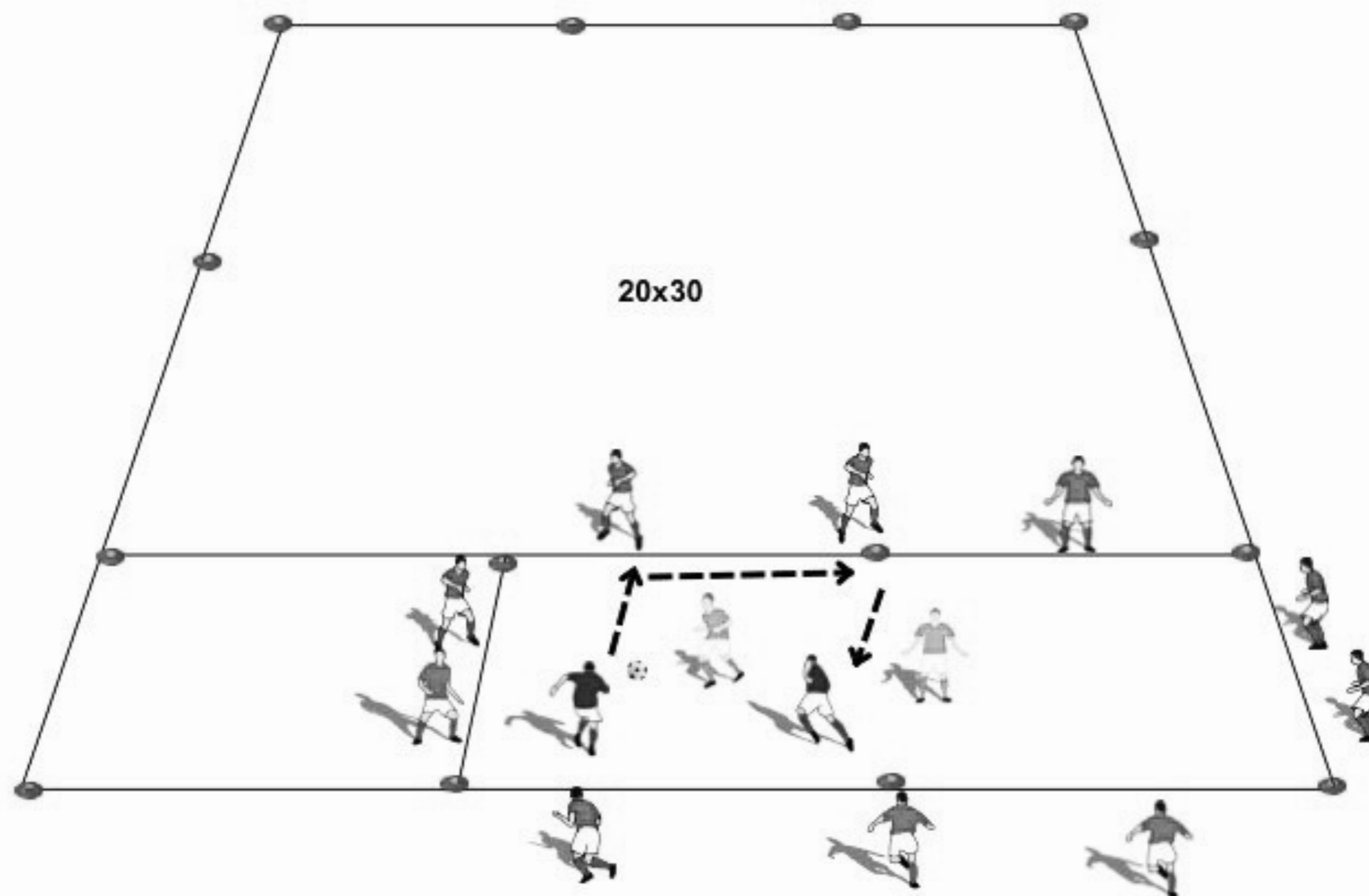
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Keeper added, play is now 9v4 inside the area with 5 blue bounce players on the edges, reds have the heavy overload and attempt to make five passes for a point, blues attempt to win possession and counter attack on goal, blue players on the edge have one touch. Played 4x4 minute sets and teams are rotated each set. Progressed session by conditioning the overload side into two touch and also going from five passes per point to four and finally to three.



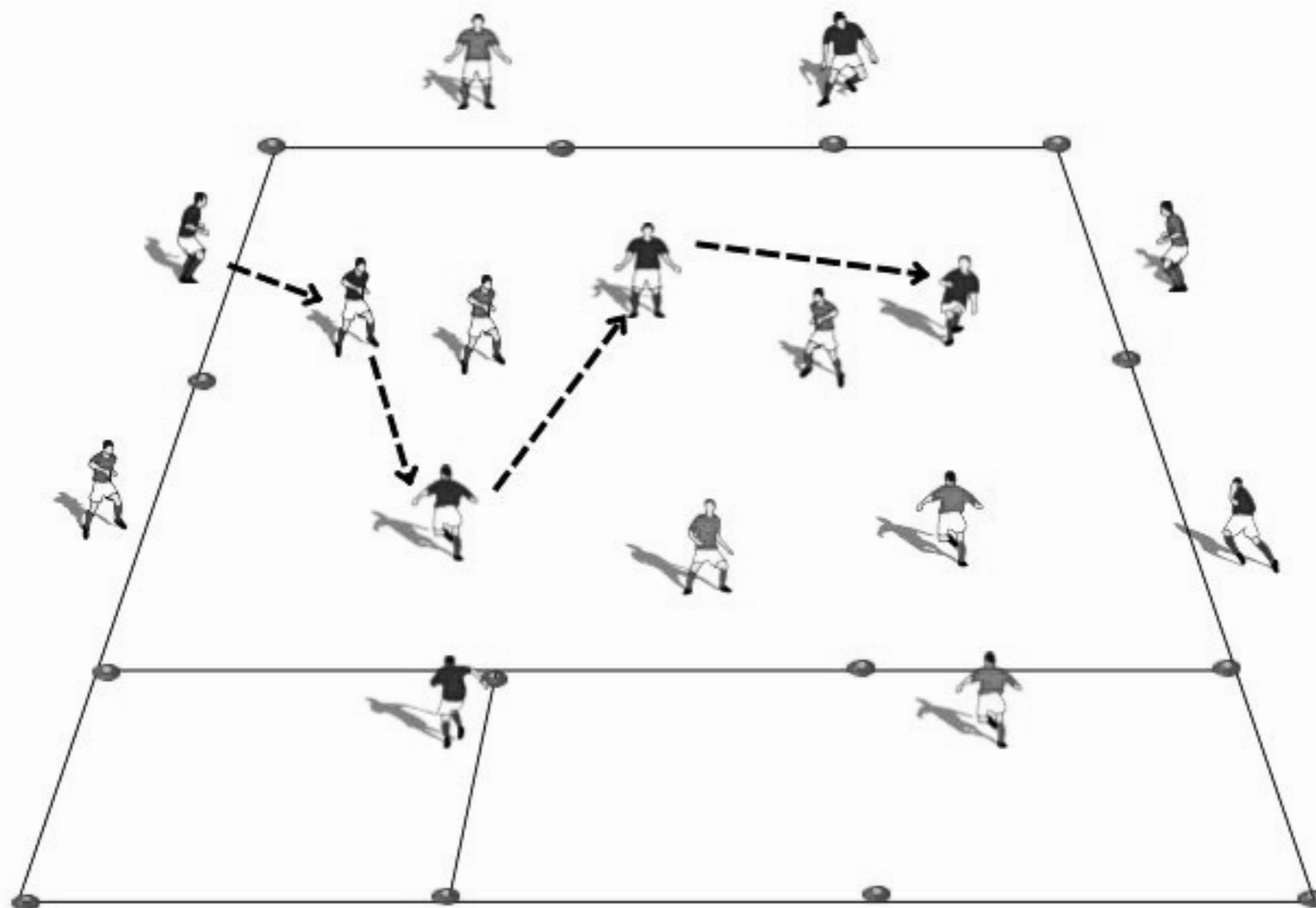
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Penalty area split into two 6v3s as shown. Played 4x3 minute sets. Progressed from overloaded side going two touch into free play.



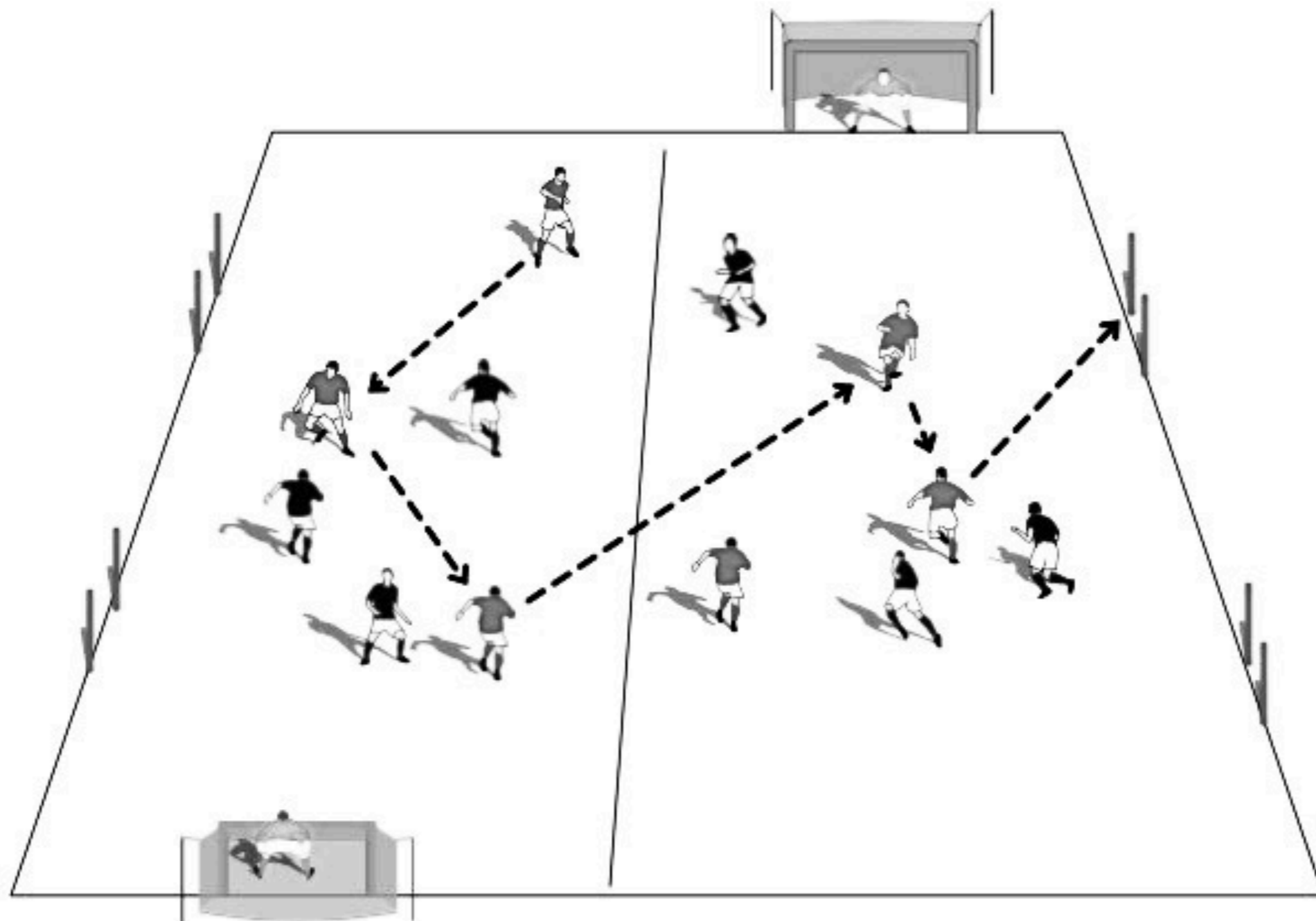
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2v2 plus bounce players in the 10x20. Session build to 3v2 and 3v3 in the middle.



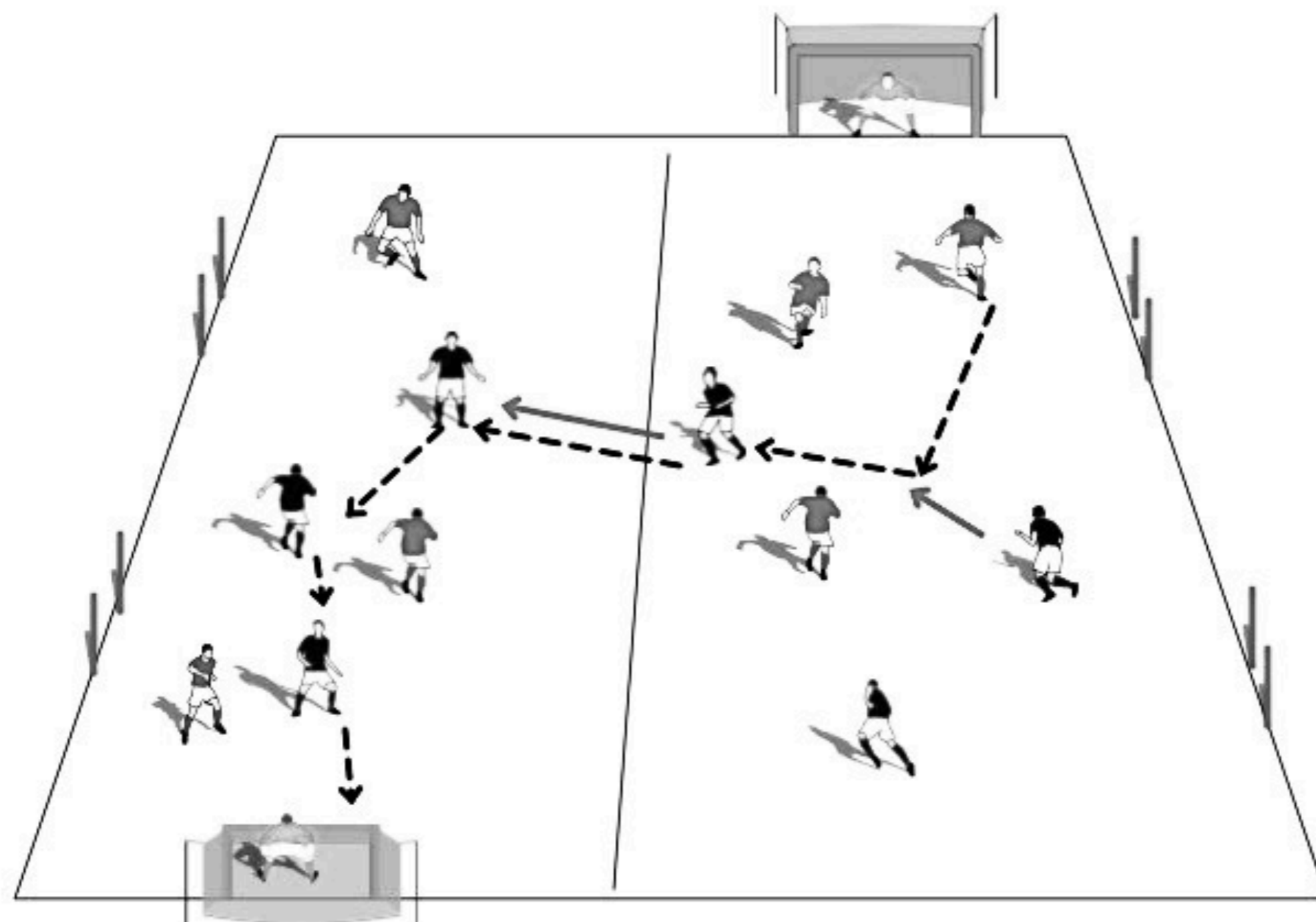
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4v4 plus alternate bounce players in the 20x30. Bounce players in one touch. Session built to changing position with outside player on the pass and final progression goes to full size of 30x30 with 2 bounce players from each side on the edge.



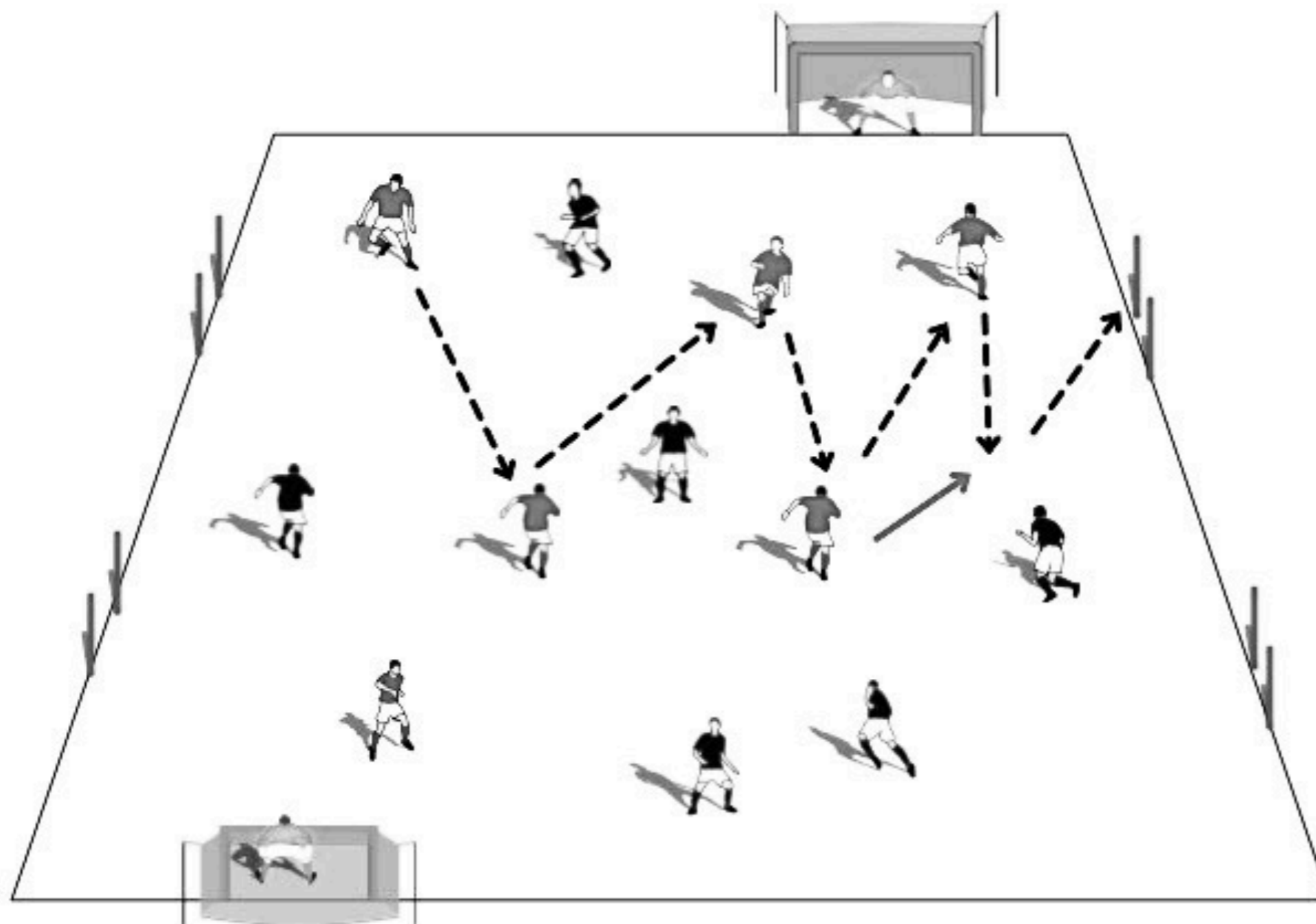
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30x30 box as shown, split in two 15x30 areas. Full size goal with keepers at either end. Play is 6v6 with 3v3 in each half. Players are limited initially to their own half. Reds attack any poled goal after four passes, finishes are one touch, blues attack any large goal, goals can be scored from players in either half to either goal.



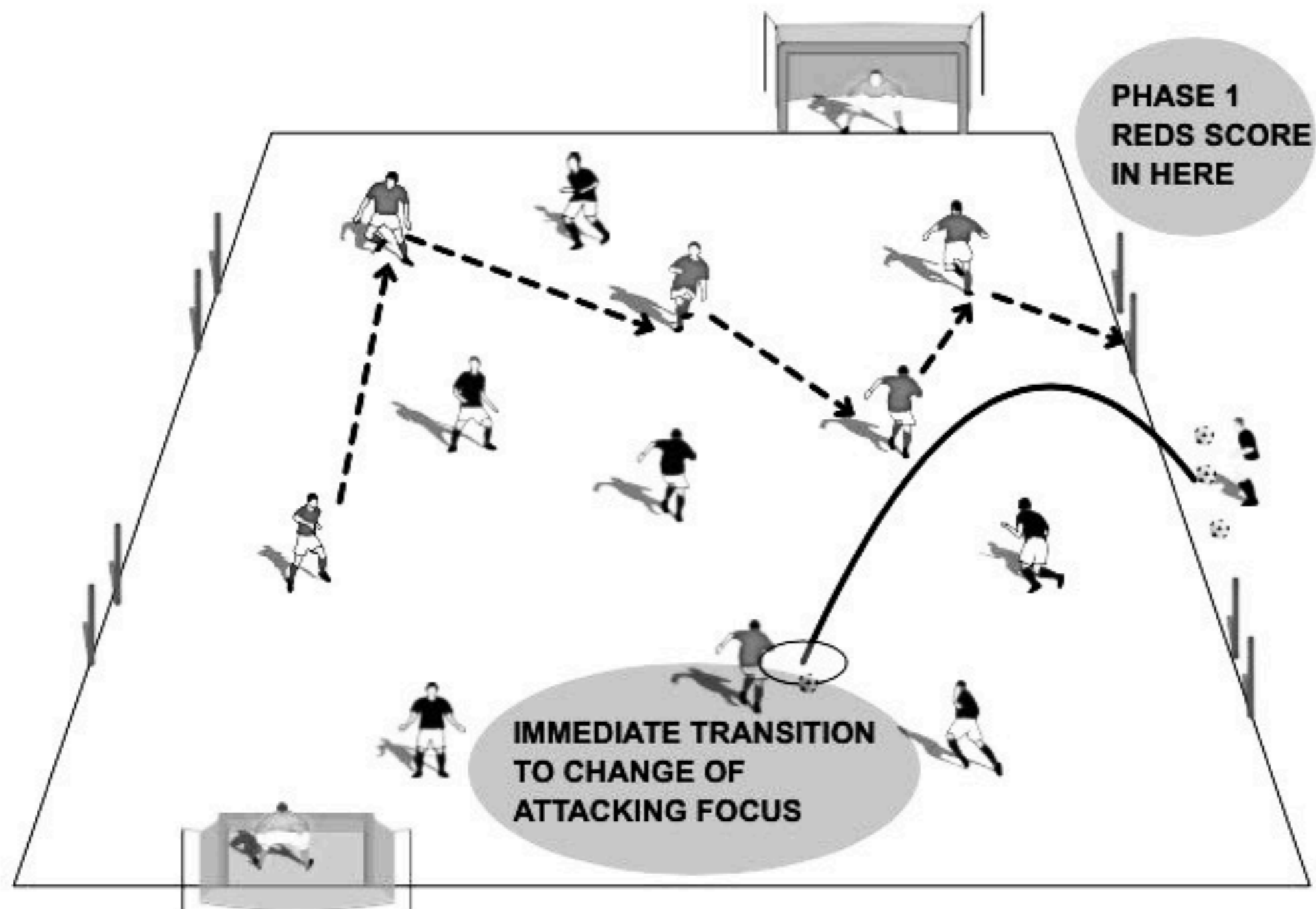
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Session moved into first progression with one player from the opposite side able to transition across to provide the overload, players can only go when their side are in possession and both teams must ensure they've only three on one side when out of possession. Ball nicked by blues, switched and attacker travels to make the overload 4v3, quick combinations and goal.



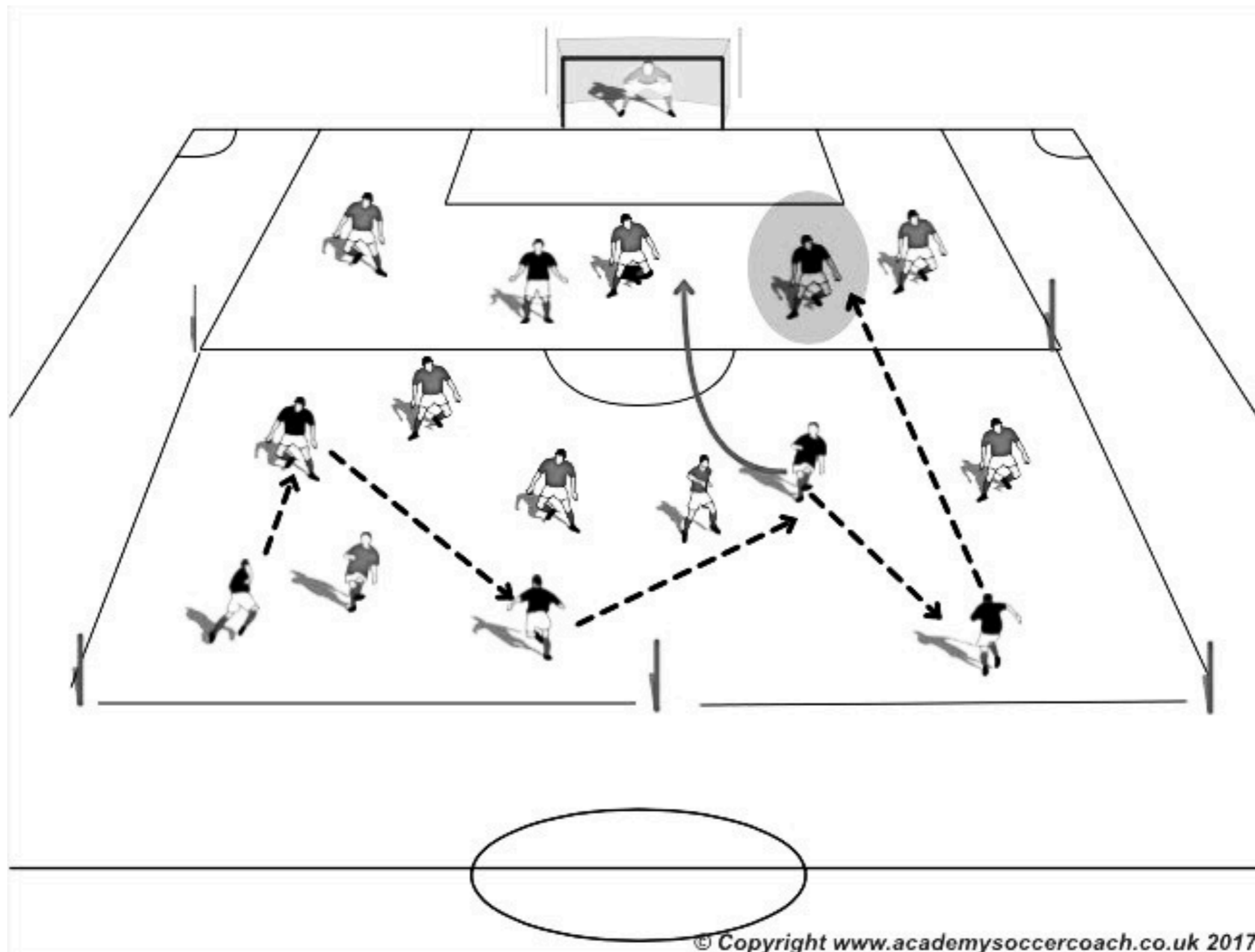
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Second progression sees middle line removed, players now in free movement with scoring still in poled goals and large goals as previous.

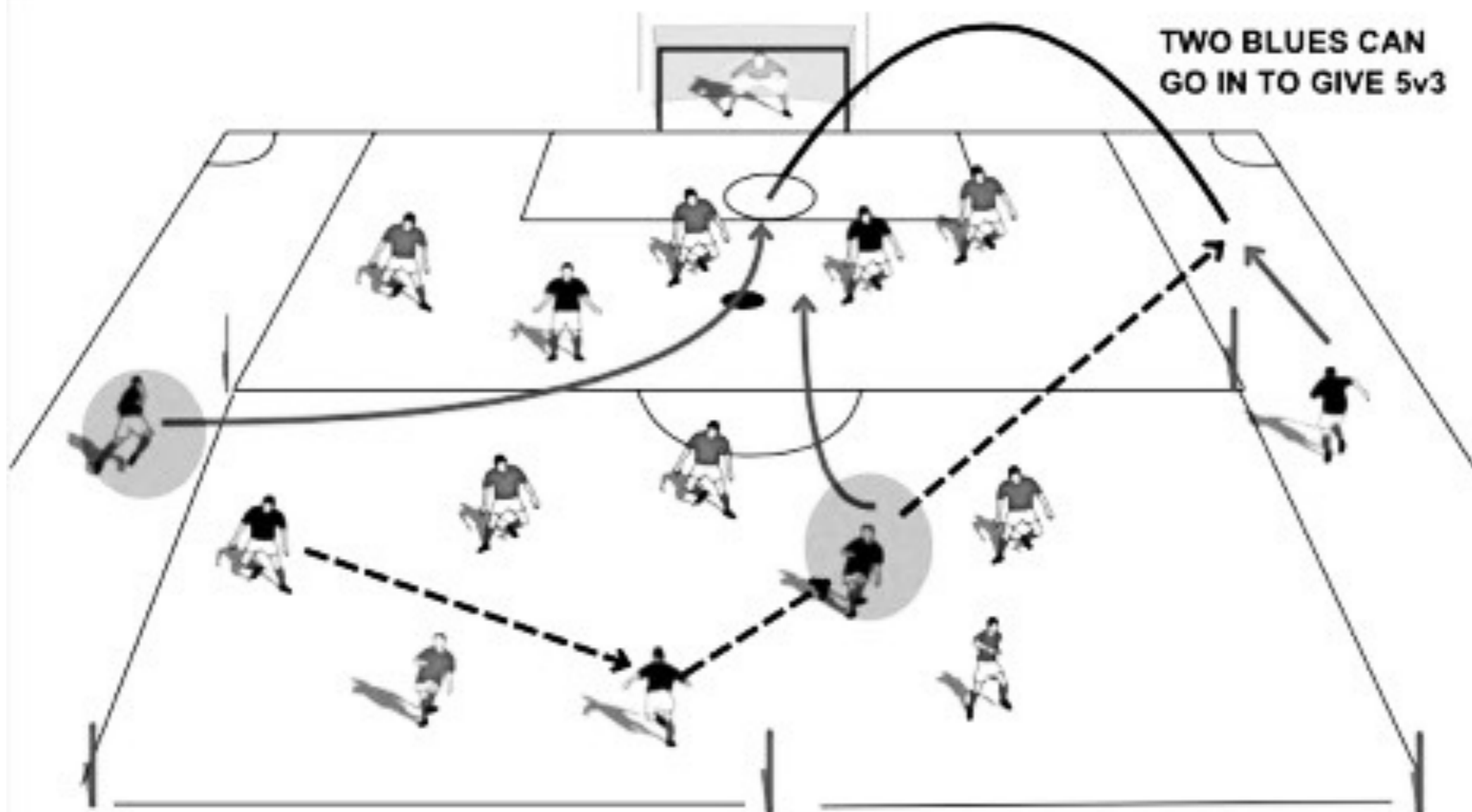


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Final progression is a complete transition of scoring focus. After scoring in the poled goals the Reds immediately attack the large goals and vice versa for the blues.



Area size of two penalty boxes as shown. Play is 8v7 with a red overload, play 5v5 in the first box with 3v2 red overload in the penalty area. Blues play four passes before they can play into the box and get something on goal, as the ball transfers one blue can go into the area making a 3v3, once the ball is in the penalty area he blues have five seconds to get a shot off. Reds aim to keep possession and or prevent the pass into the penalty area.



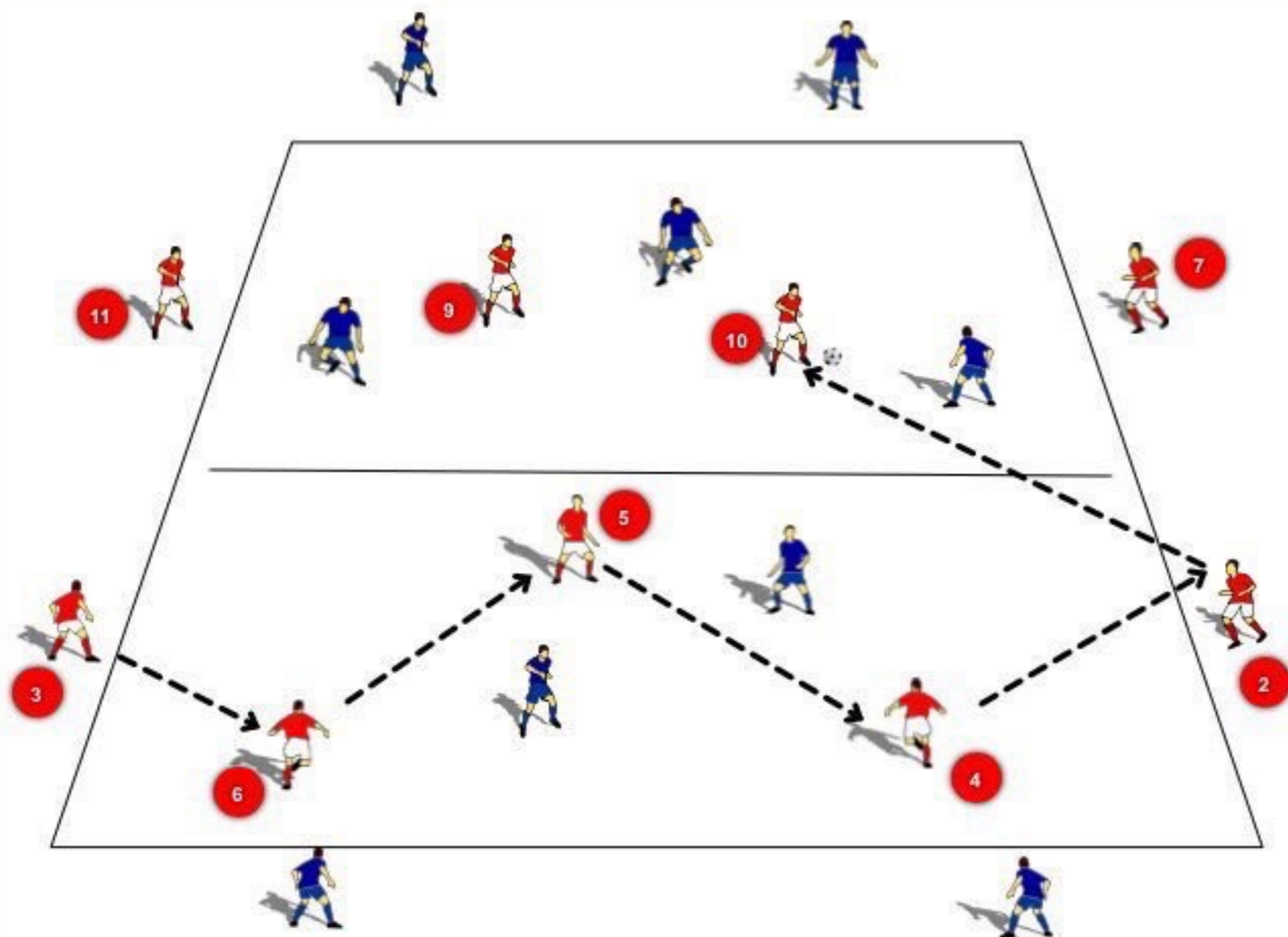
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Two blue players now operate down either side, leaving the 5v3 in the box, as the ball enters the penalty area the blue wide player on the opposite side can go in and make the 5v3 with another blue player. No pass restriction on blues.



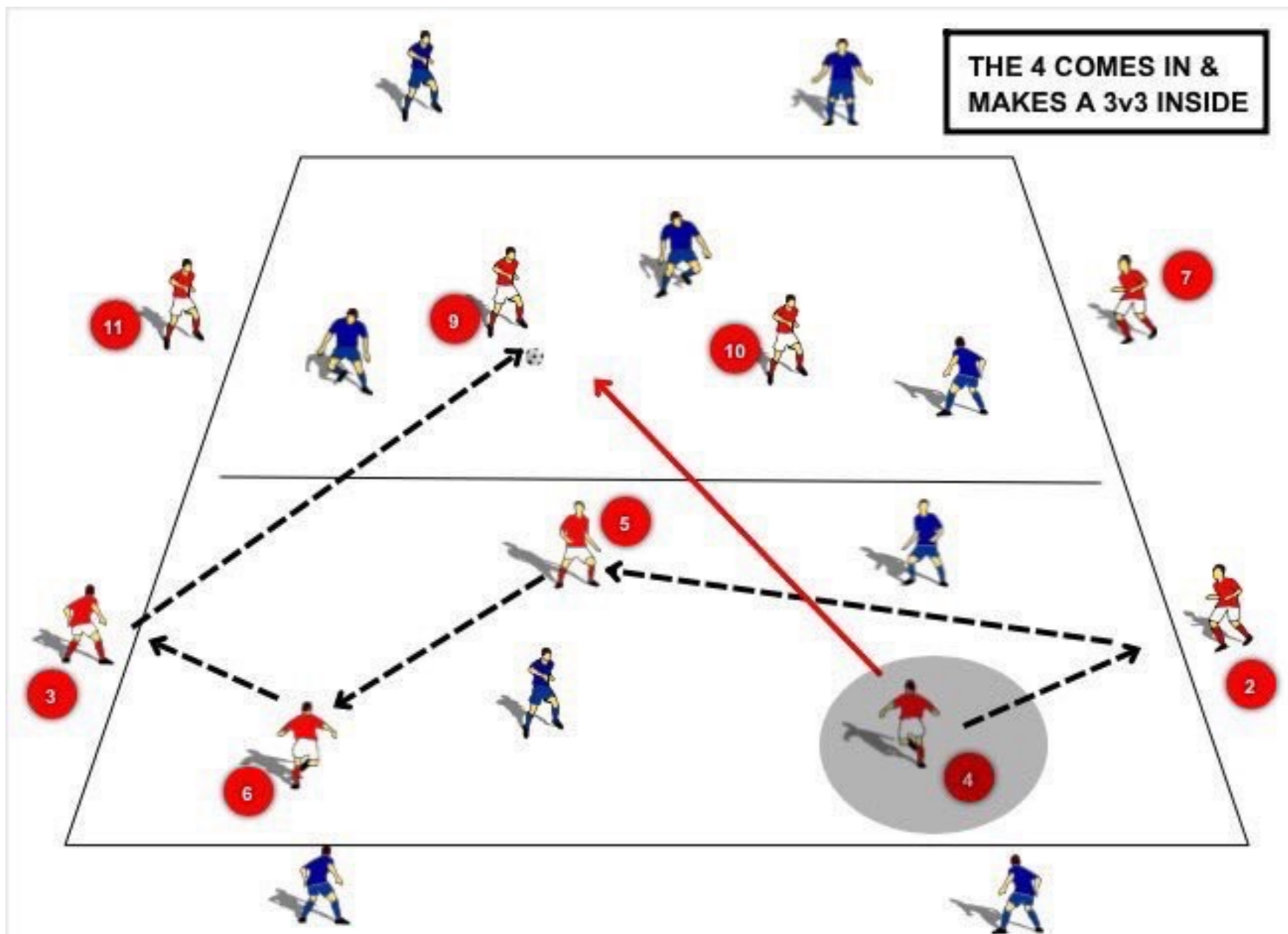
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Play is now 3v3 in the first box with floaters as shown and 2v2+1 in the top end. Either team now can go to goal with no pass restriction. Yellow neutrals are in one touch and can't score.



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20x30 split into two 15x20 boxes as shown. Play is 9v9 with a 3v2 in each half and 4 from each team as bounce players on the edge. Each team attempts 4 passes before ball can be switched as shown. Each switch of play is a point. Bounce players are in one touch, inside the area is free play. Players initially are limited to their half.

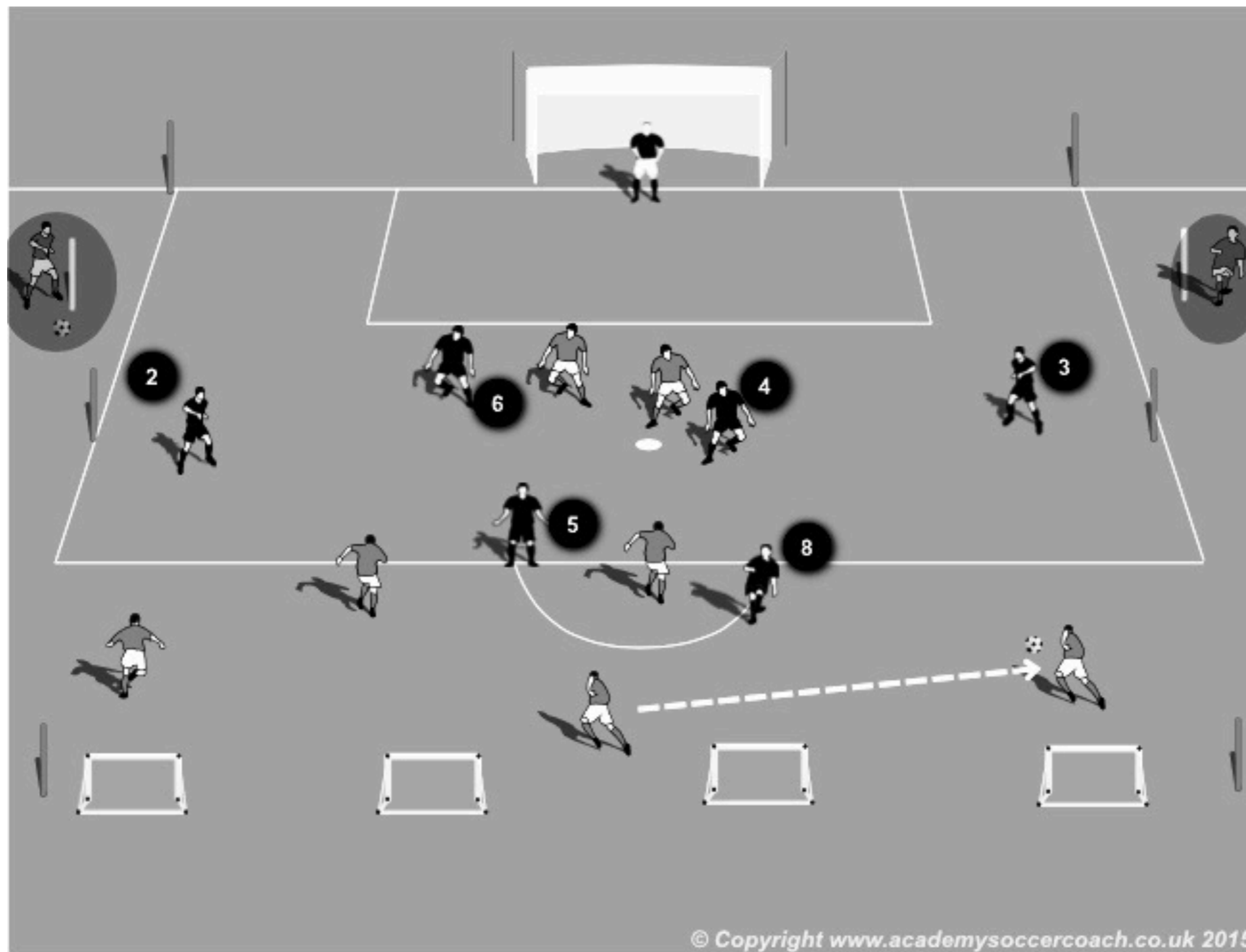


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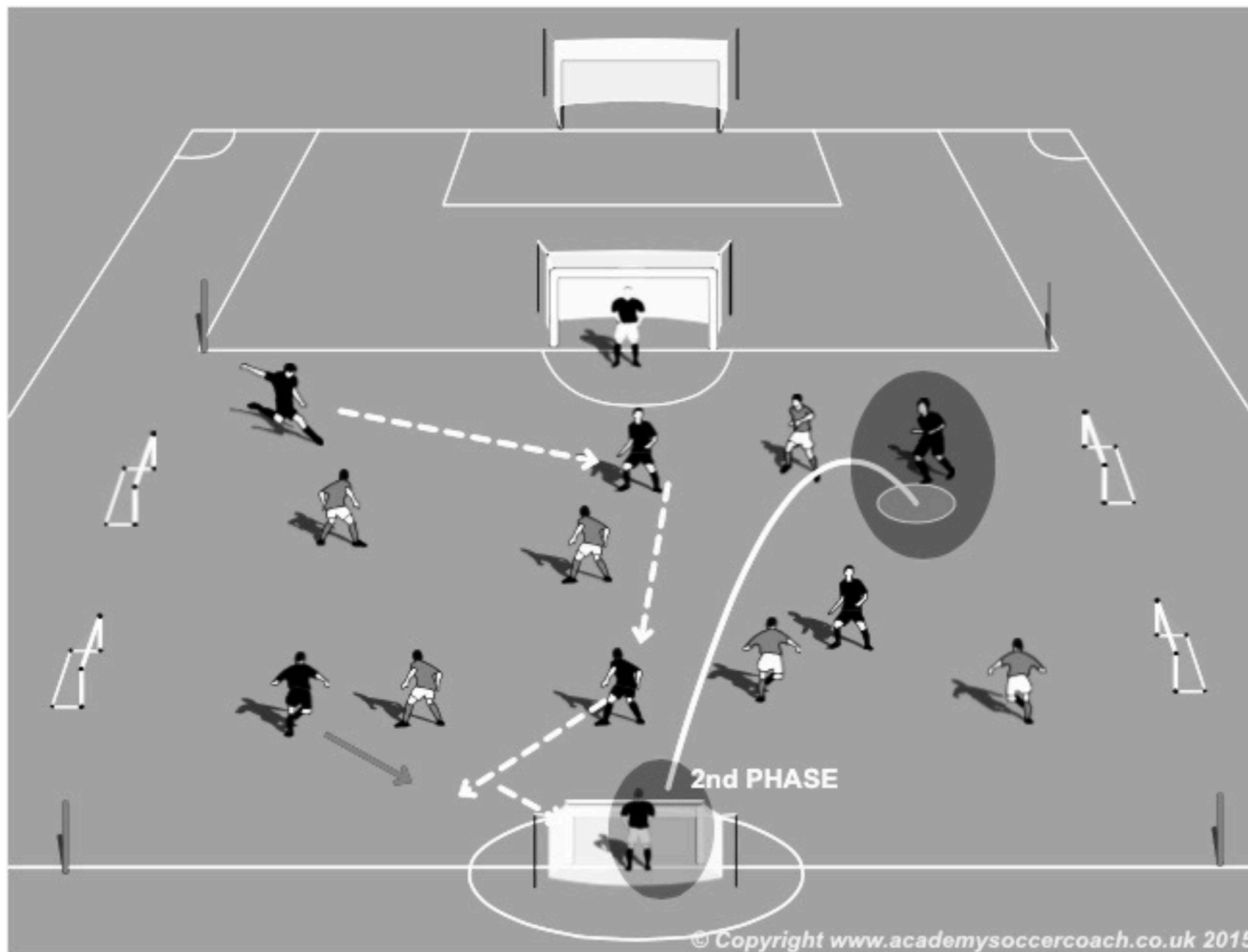
Progression 1 - as the ball is switched one player can transition into the opposite half to negate the overload on the switch.



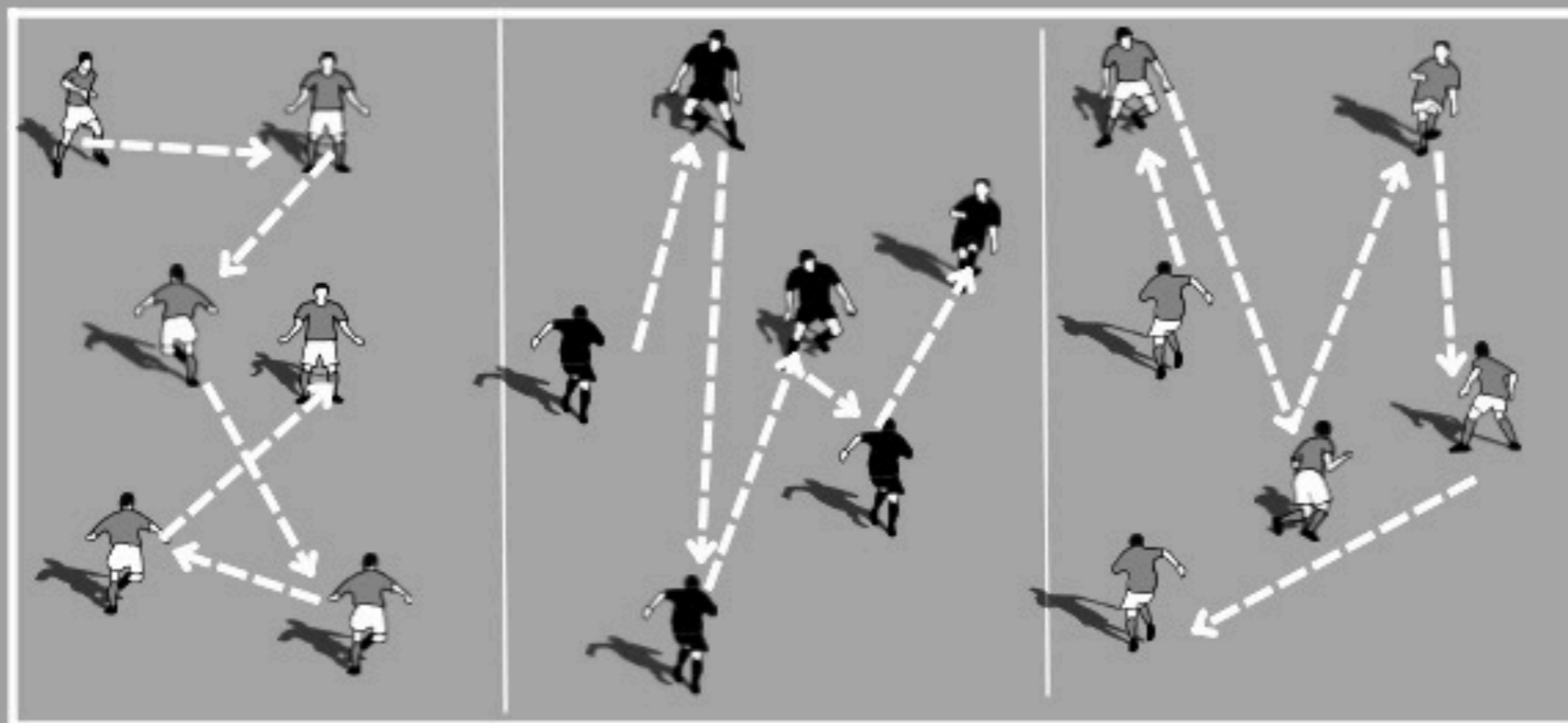
Play is 6v2 within area shown, red back four plus two defensive screeners versus two blue attackers and eight blues outside, two full backs, two wide midfielders and two centre mids. Session setup to work on the defensive screen as shown. Blues attempt to play to feet of forward players and build the attack from there. Full backs and wide players must stay outside the area but when ball is played to feet of attackers, centre mids can enter area and join the attack. Reds win possession the attack any of the target goals.



Area as shown, penalty area plus 15 yards. Blues set as defensive end of 4321 playing against reds in a 142 giving a 7v4 attacking overload. 2 red servers either side of the area as shown, not involved in the penalty area. Blues attempt to defend red attacks and following an effort on goal, reds attack a cross ball from either server. Play 4 sets of 4 minutes working on this instance on the defensive shape and role of 2 screeners.

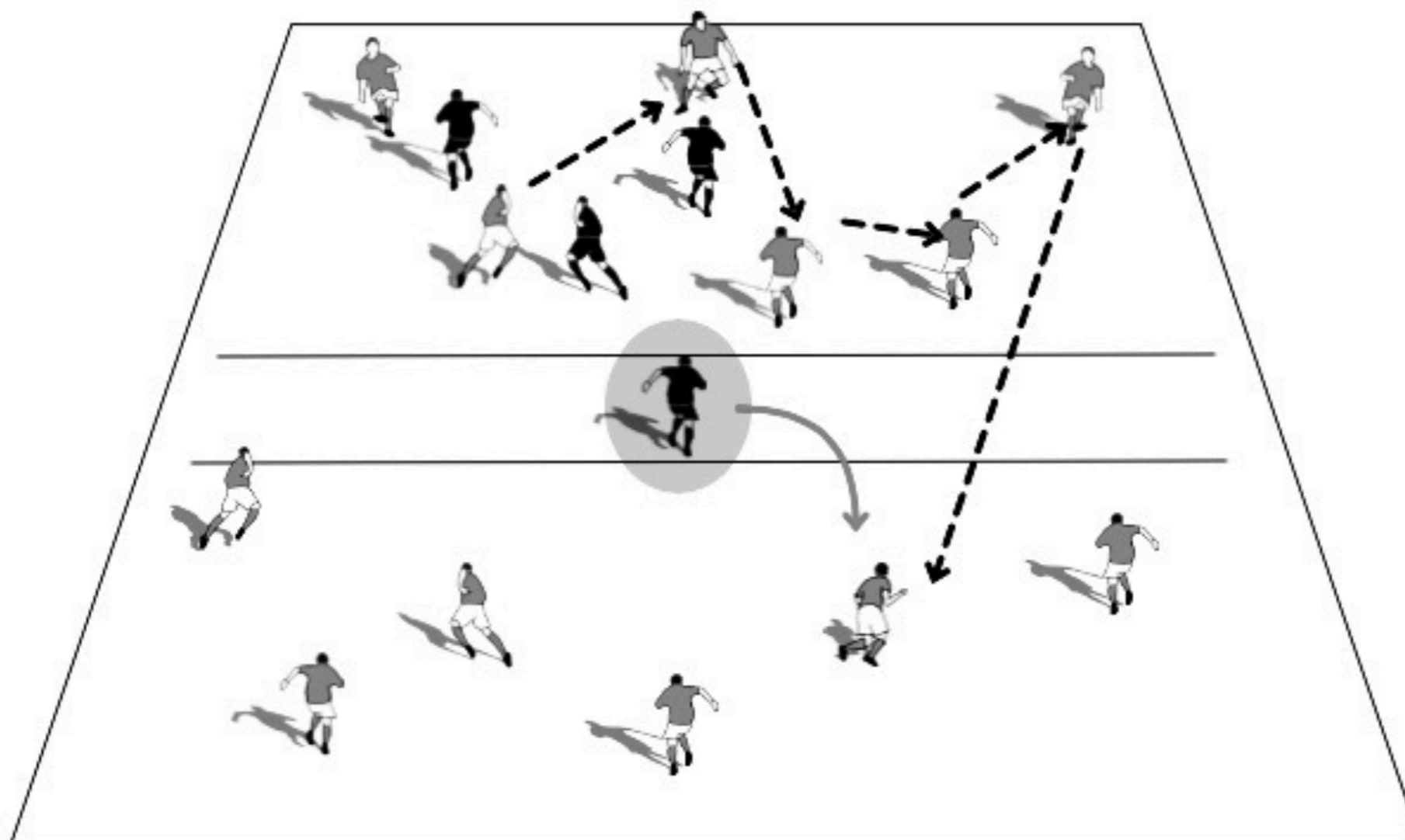


7v7 in area as shown. 4 target goals. Teams attempt to score in the large goal as shown and then immediately switch focus to attacking any of the small target goals, 2nd phase begins with the GK who has just conceded as shown.



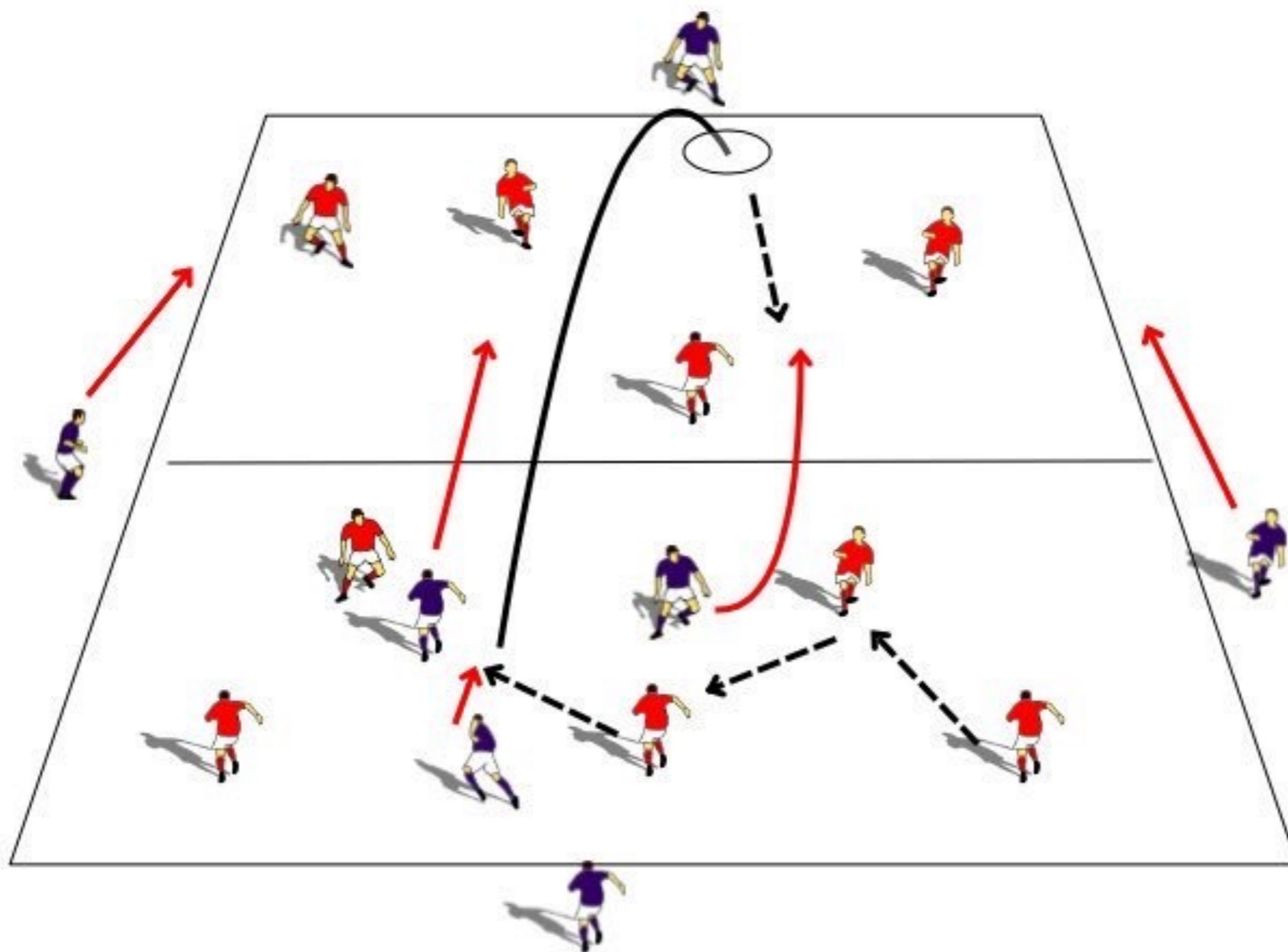
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Three 10x15s together. Players numbered in each group. Sequenced passing setup. Series of progressions - corner sprint on pass, press up after pass, sprint one length after pass, any red pole after the pass, change groups on return. Lengthen distance of poles after every set. Session time 20 minutes.



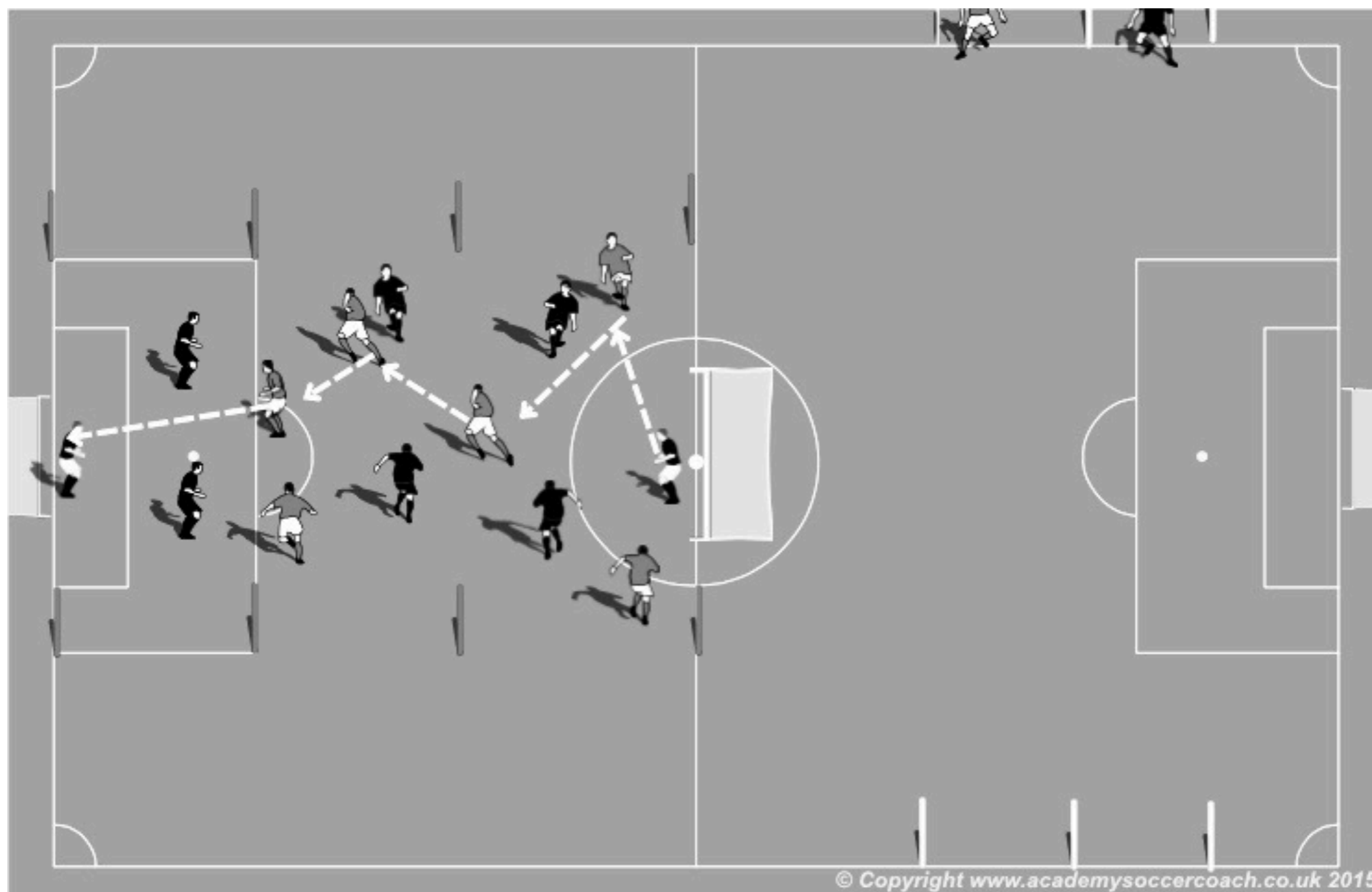
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20x30 box with 3 yard channel. 6 reds each end with 4 blue defenders. Play is from coaches pass and reds attempt 4 passes against 3 blues before ball is transferred to opposite area, 1 blue defender acts as a screener and is the first defender in pressing when the ball is switched. Session progressed by taking blue screener out of the middle zone and putting him in the opposite box as immediate pressure when the balls switched, pass restriction taken from 4 to 3. Reds are always 2 touch.

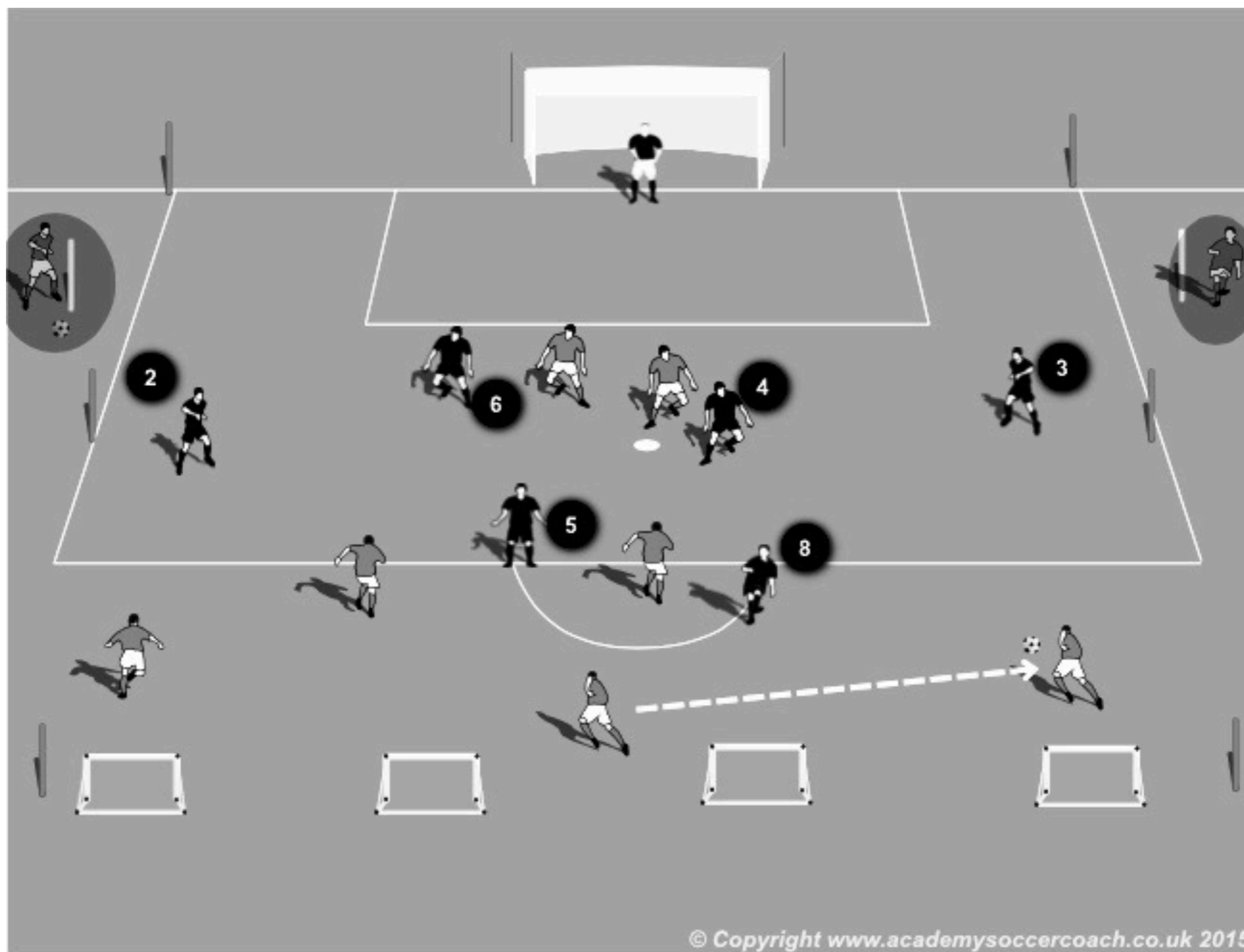


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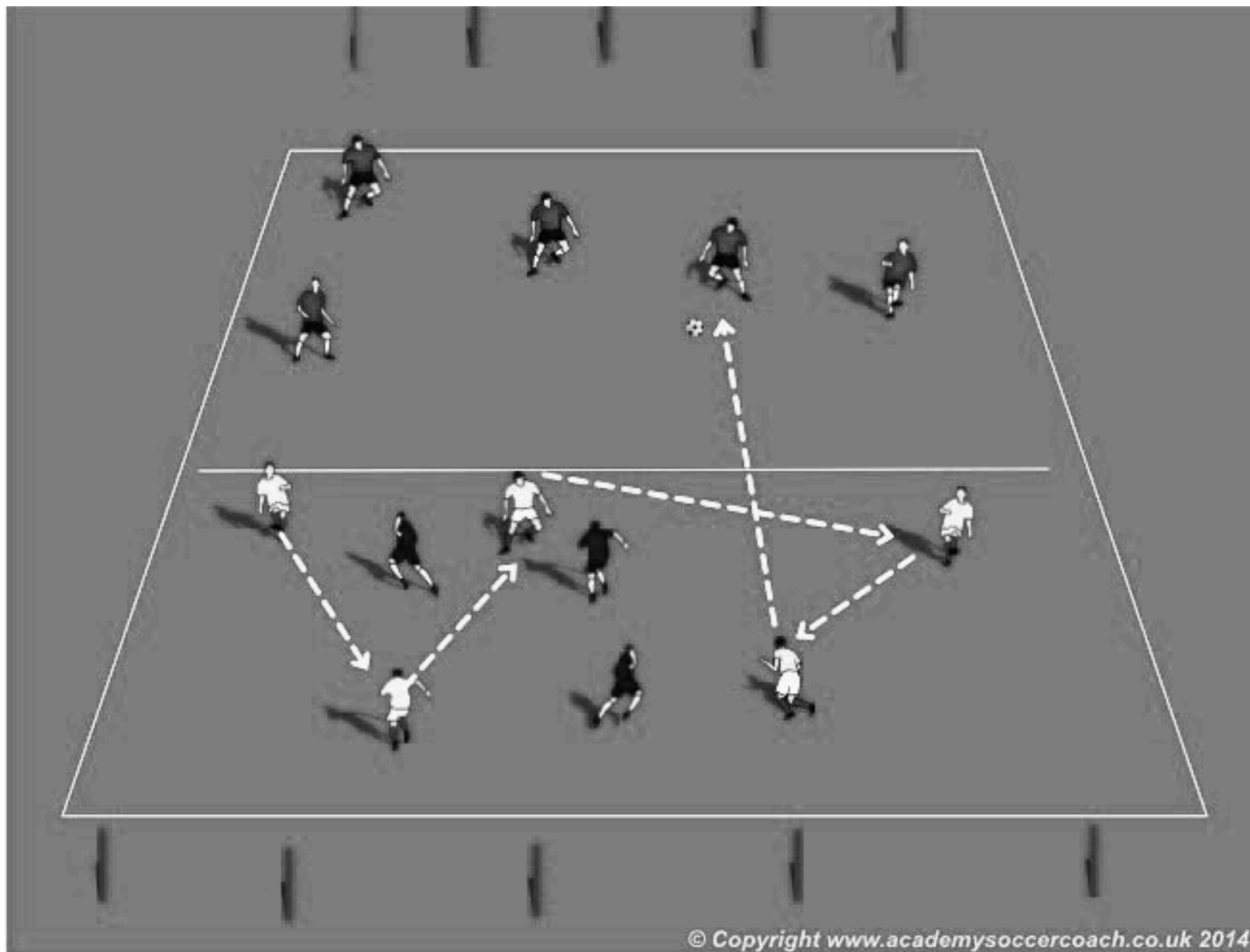
40x40 box into two 20x20s. Play is 5 reds in each half with 3 blues and a further 4 blue on the edges. Reds attempt five passes and a switch, blues try and win possession, as shown and they are free to move between zones and a 10v7 begins, blue edge players are in one touch, reds are limited to their zone.



Setup as shown. Play is 7v7+GKs. Basic 6v6 session inside the area with 1 from each side working 1 minute conditioning on the yellow poles. Various progressions to follow, finishing on 2 from the same side going unopposed in the conditioning half giving a greater overload in the game setup.

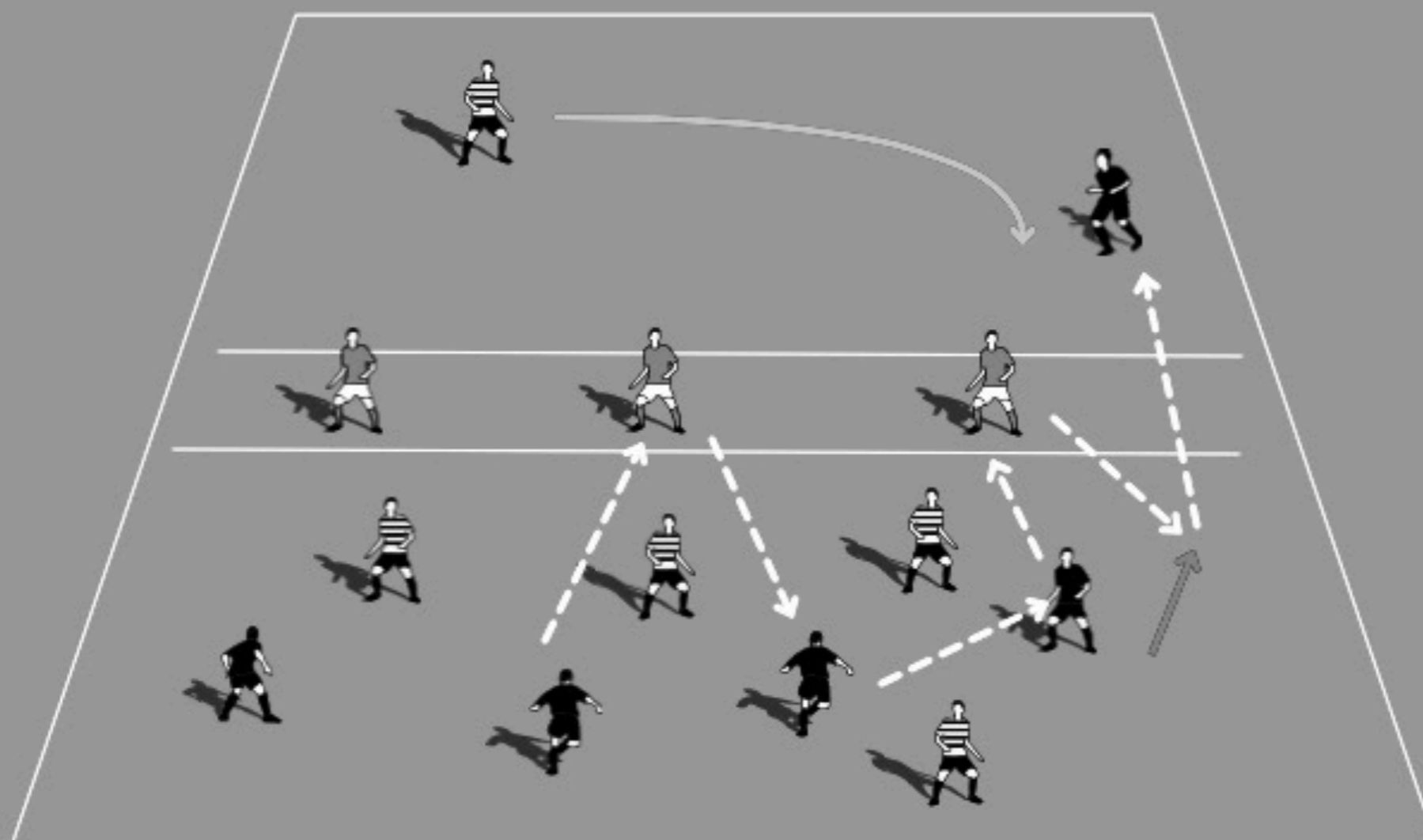


Area as shown, penalty area plus 15 yards. Blues set as defensive end of 4321 playing against reds in a 142 giving a 7v4 attacking overload. 2 red servers either side of the area as shown, not involved in the penalty area. Blues attempt to defend red attacks and following an effort on goal, reds attack a cross ball from either server. Play 4 sets of 4 minutes working on this instance on the defensive shape and role of 2 screeners.



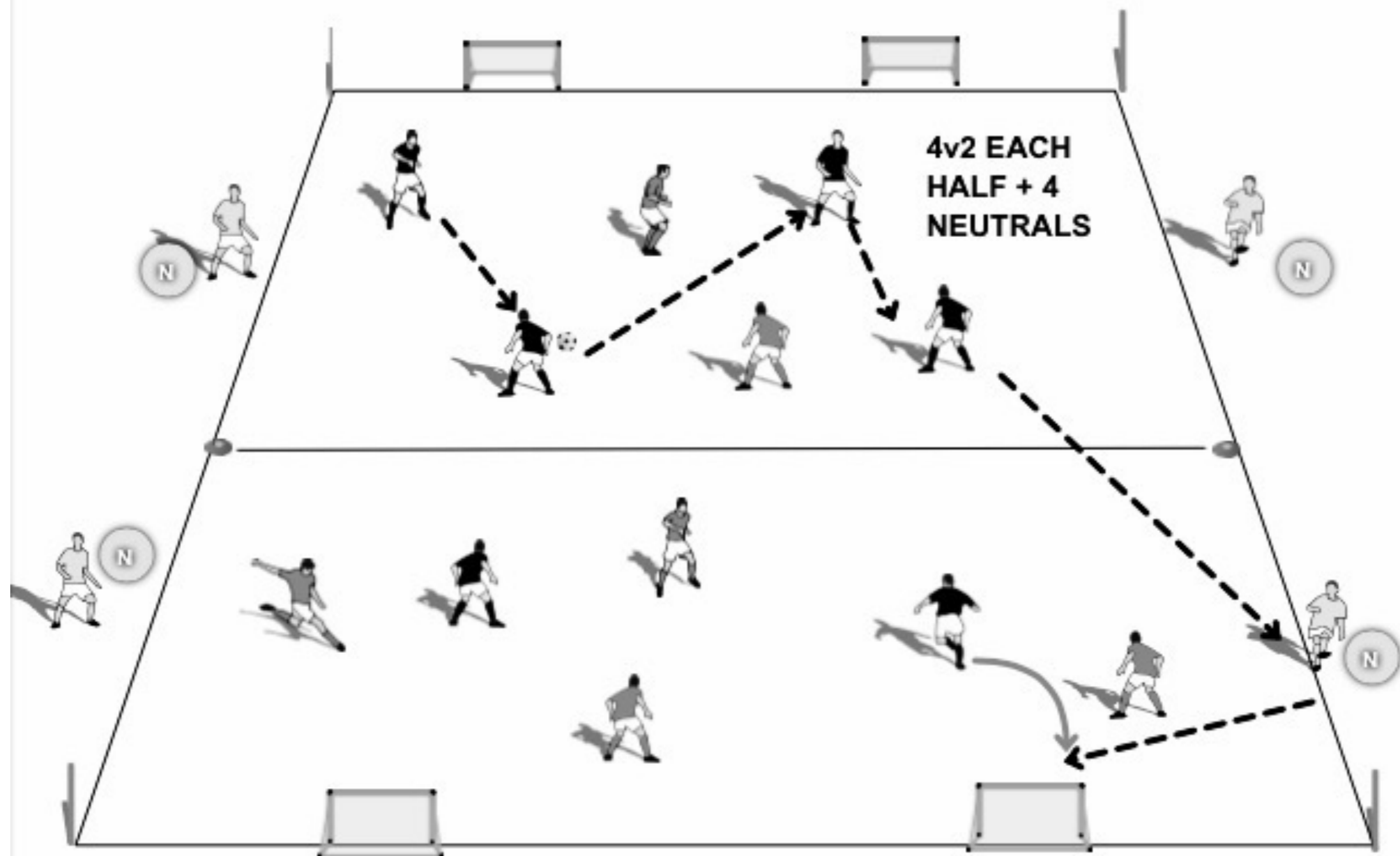
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20x40 into two 20x20s. 5 attackers each end with 3 blue defenders, attackers attempt 4 passes and a switch of play, if they don't manage a switch and the blues can win it then the attacking team must sprint round their poles 20 yards behind their box as shown.



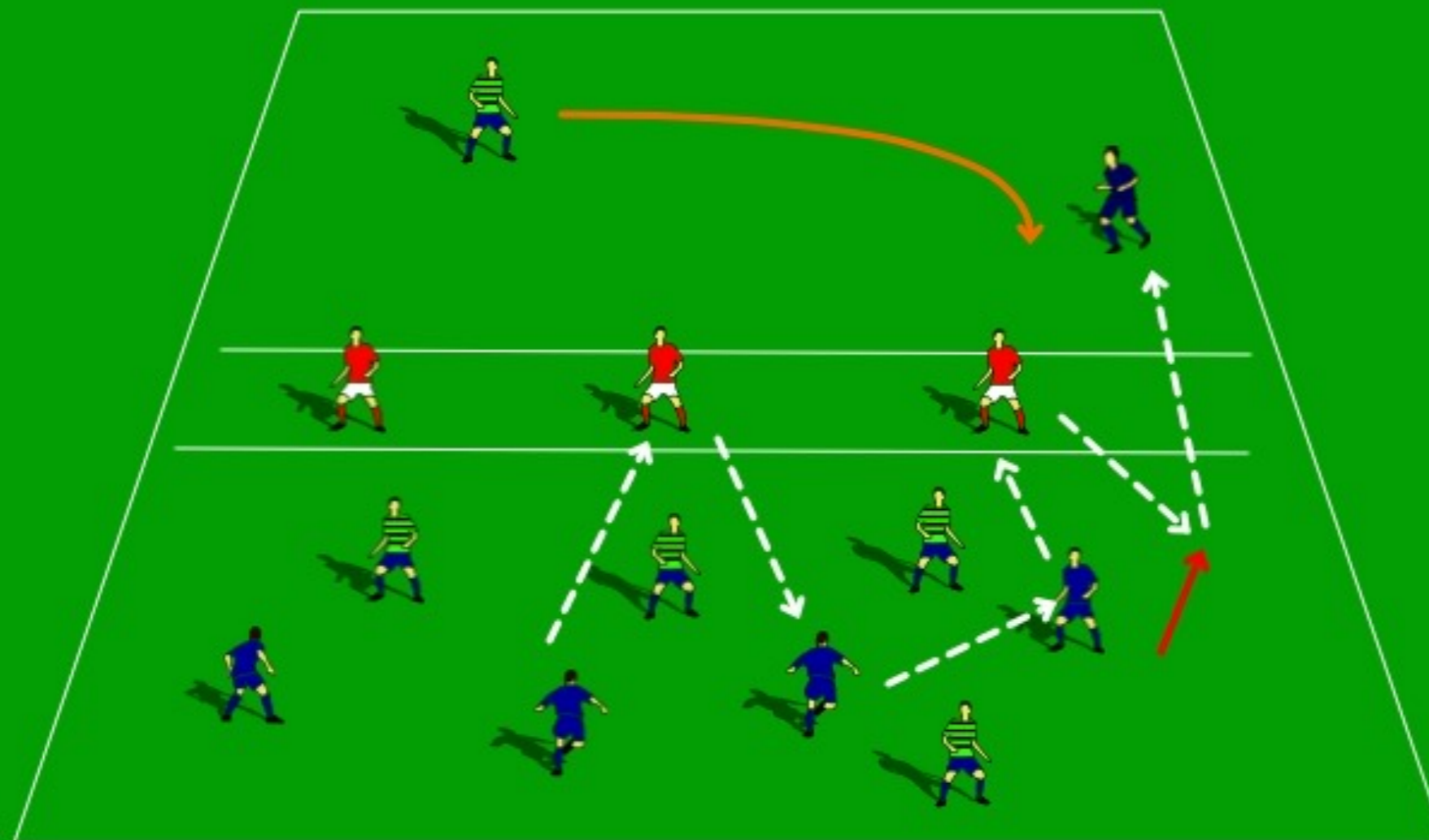
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30x30 box, 3 yard channel as shown. Play is 5v5 with 3 reds as bounce players in channel. 1 player from each side must always be on opposite side to the ball as shown. Players try and work the ball to their target player but ball can only be passed after a set from a red bounce player and the reds are in 1 touch. When play is switched the 4v4 begins again and 1 player from each team remains in the opposite side as a target. To progress the session ask for a set number of passes to be made before the ball can go, put on a 2 /3 touch limit on the players. Session was used to work briefly with the central strikers and their layoffs and sets to the attacking midfield players. Strikers were used as the red bounce players and the final progression was to allow passive pressure on them in the middle zone.



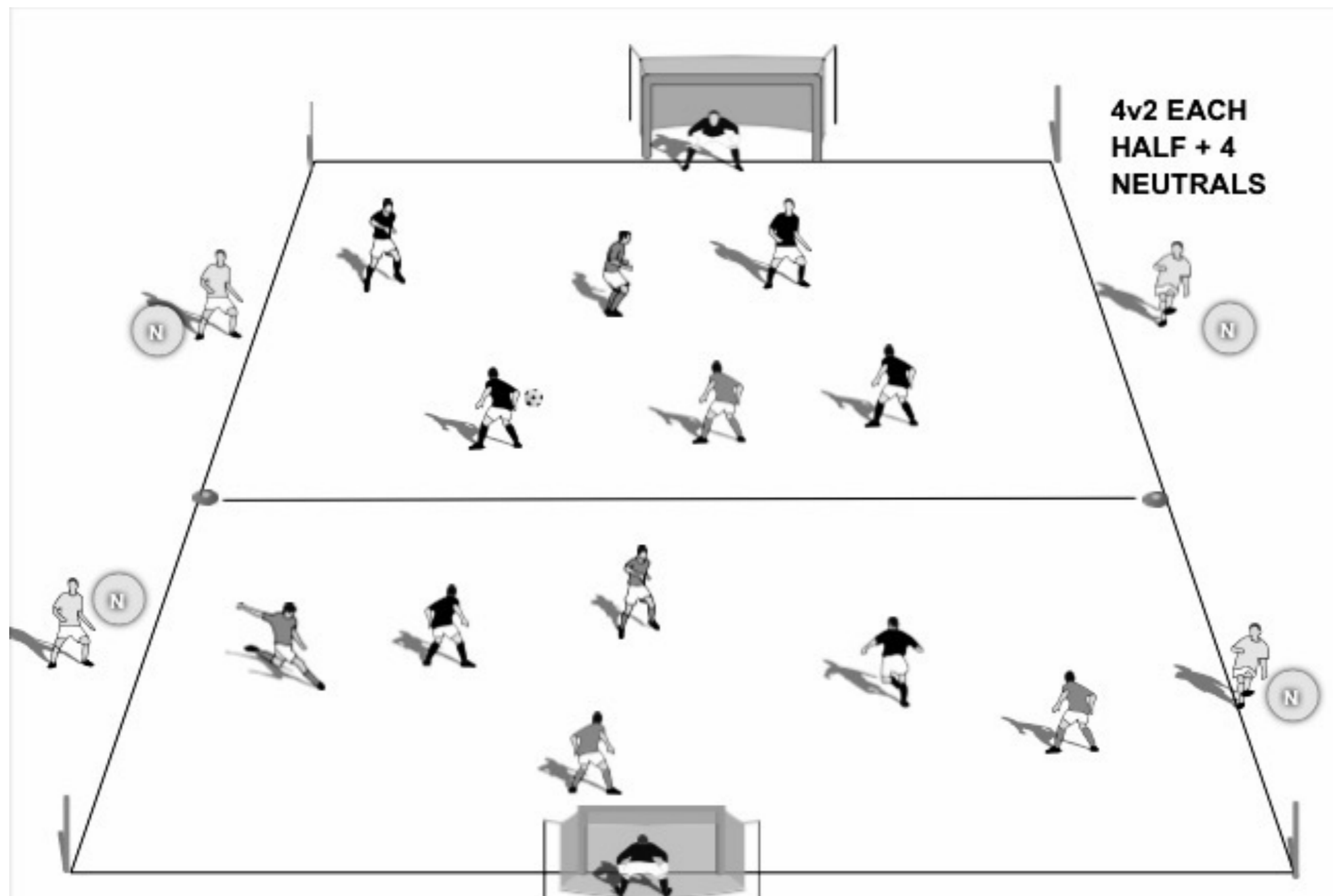
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20x40 box into two 20x20s, four target goals as shown. 4v2 plus 4 neutrals. Each team attacks two target goals, scoring only allowed in opposite half, neutrals in one touch and all finishes are one touch.



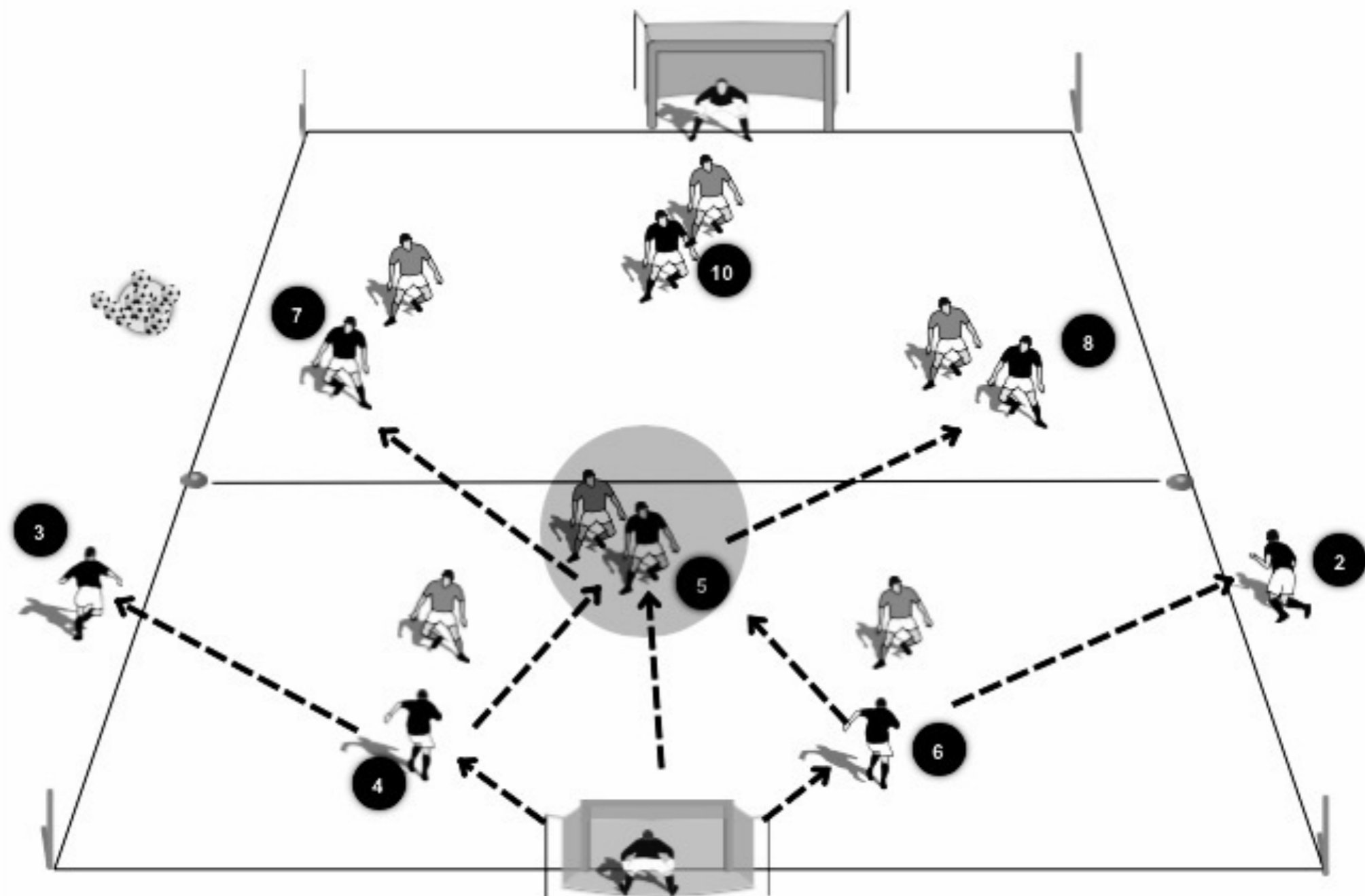
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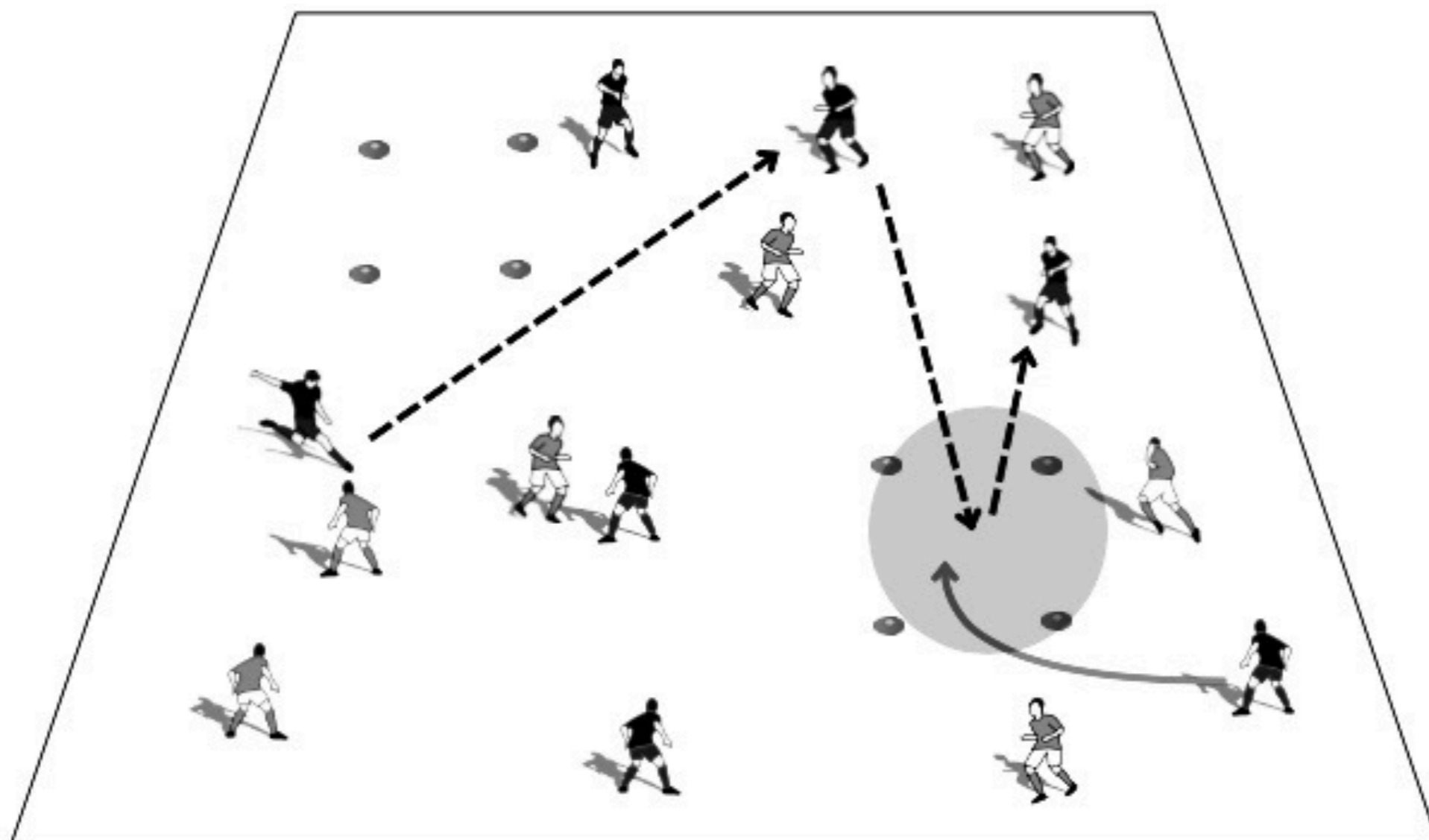
Setup as before only with 2 GK



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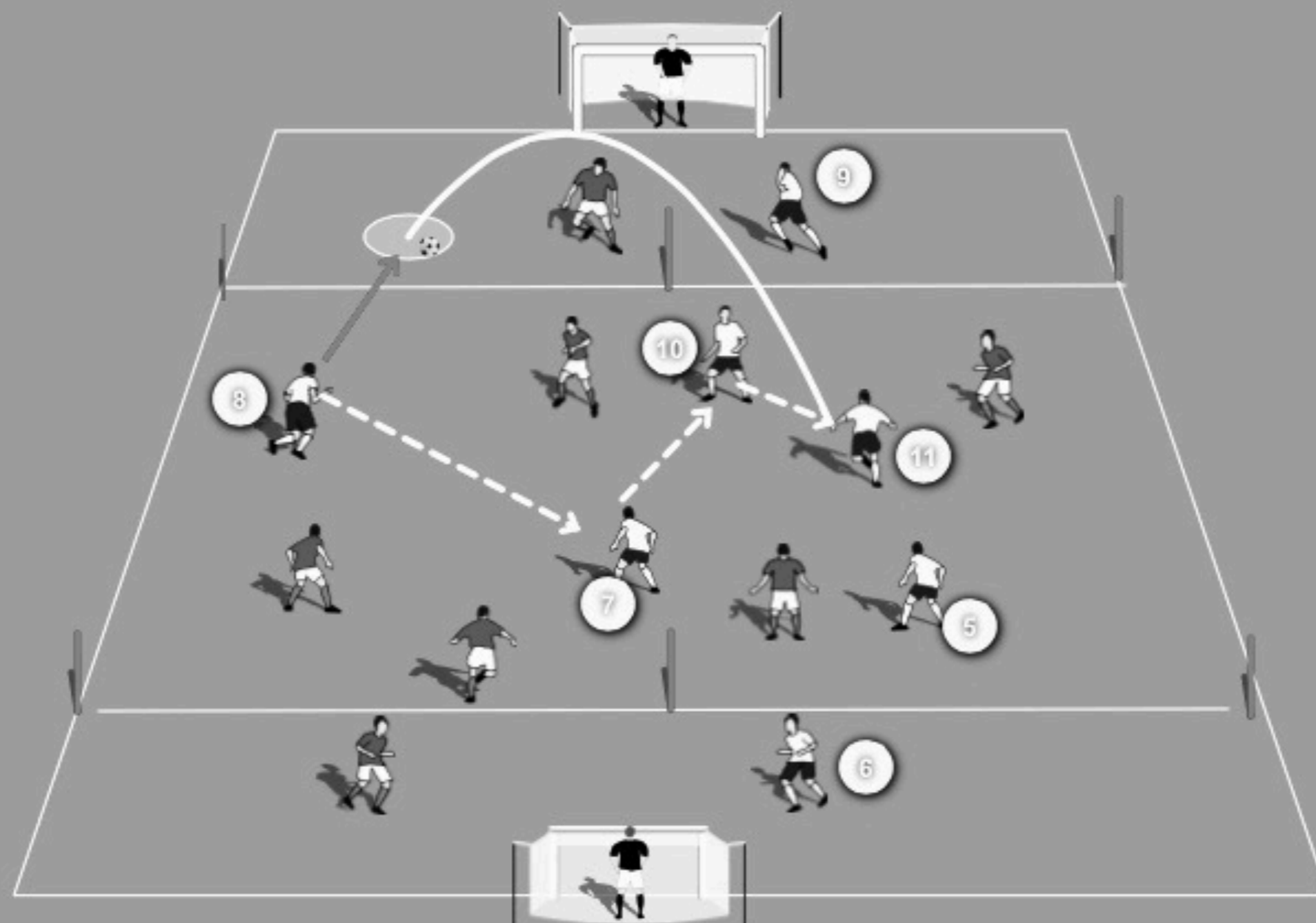
30x60 box into two 30x30s. Blues play back four with two full backs on the edge, one pivot 5, two attacking CM and a 10. Reds play a back three and three passive attackers.

Blues look to play into opposite half off the 5, various passing patterns worked.



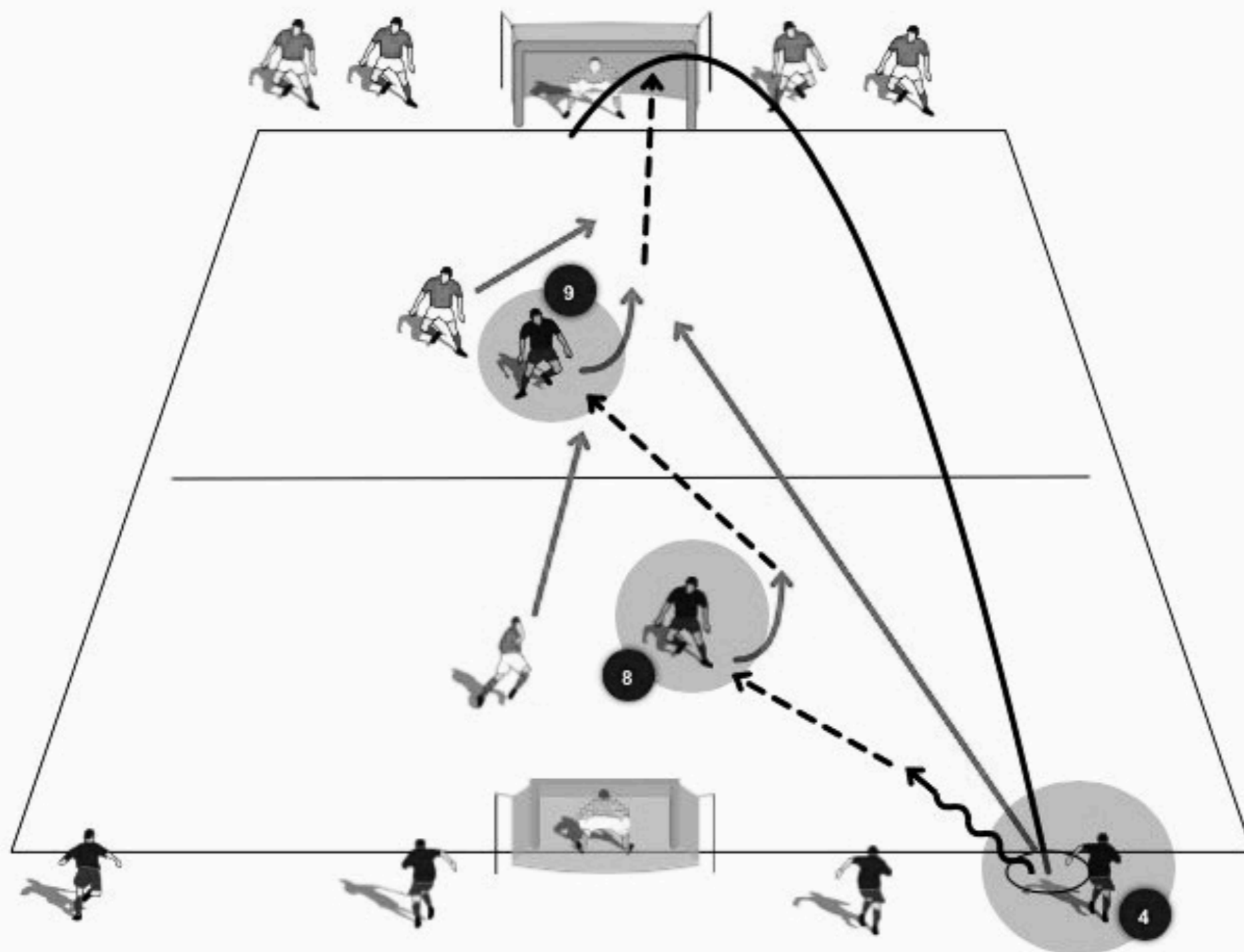
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35x35 box, play is 7v7 with two 2x2 yard scoring zones as shown. Point scored by playing to feet of a teammate inside the scoring zone and making a return pass to another teammate. Players are not allowed to enter the zone until the ball is played.



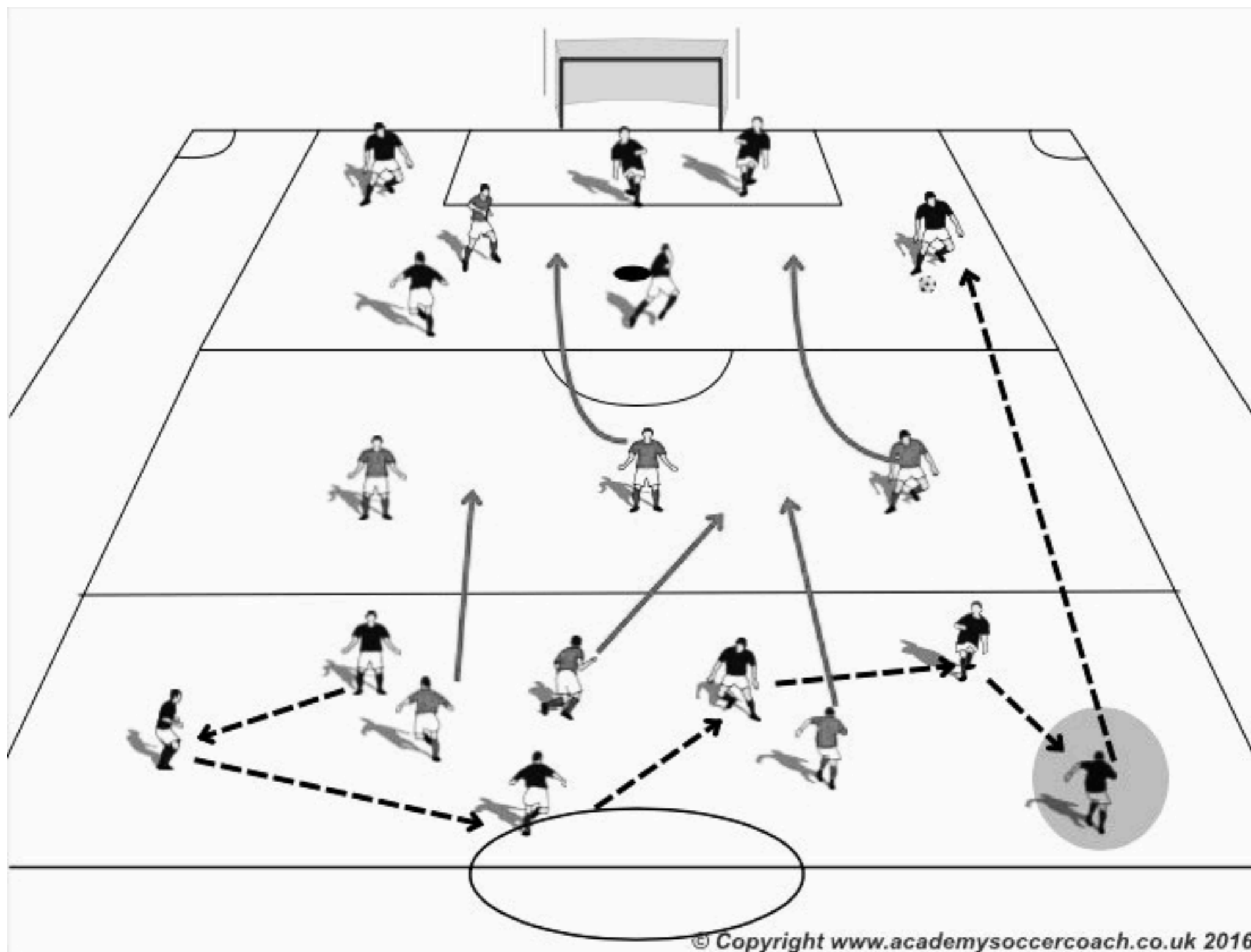
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Area is 20x40, split into a 20x20 central zone with a 10x20 each end. Play is 5v5 in the middle with an attacker and a defender in each end zone, making it a 7v7 overall. Teams in the central zone attempt to play into the scoring zone for a runner to combine with the attacking player in a 2v1 as shown. Central players cannot leave the zone until the ball has been delivered. Session progressed by allowing a defensive midfielder to track the runner and give a 2v2, final progression is 2 runners going to attack making a 3v2.

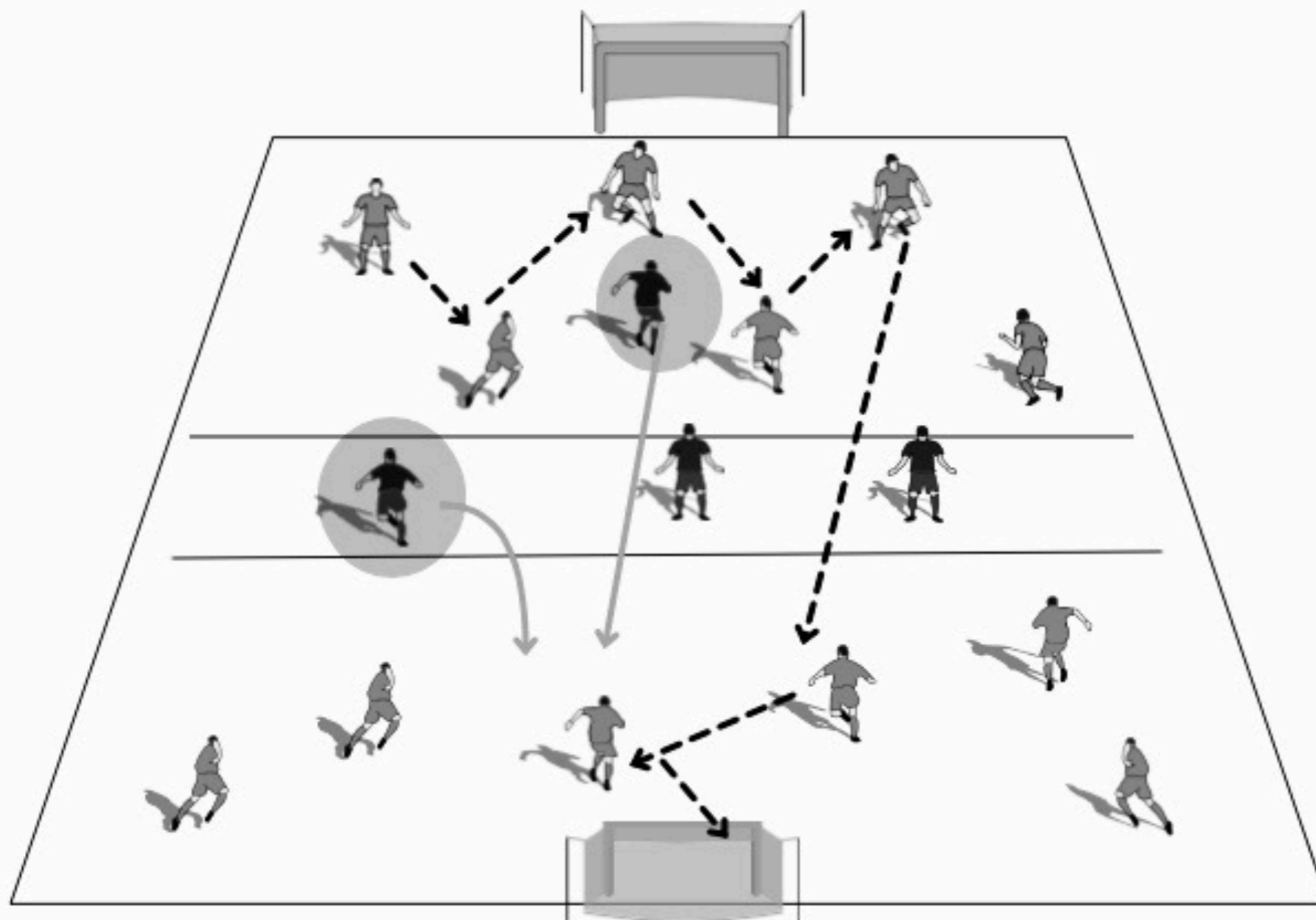


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20x20 box split in two. 1v1 each half, 2 keepers. Setup begins with keeper delivering long to any blue player, he controls and immediately begins a 3v2 blue overload to goal. The blue 9 isn't in play until the ball is in the attacking half and until both the blue players in the defending area have touched the ball as shown. As soon as the attack is dead, 1 blue immediately drops out and the setup begins again with a 3v2 red overload.

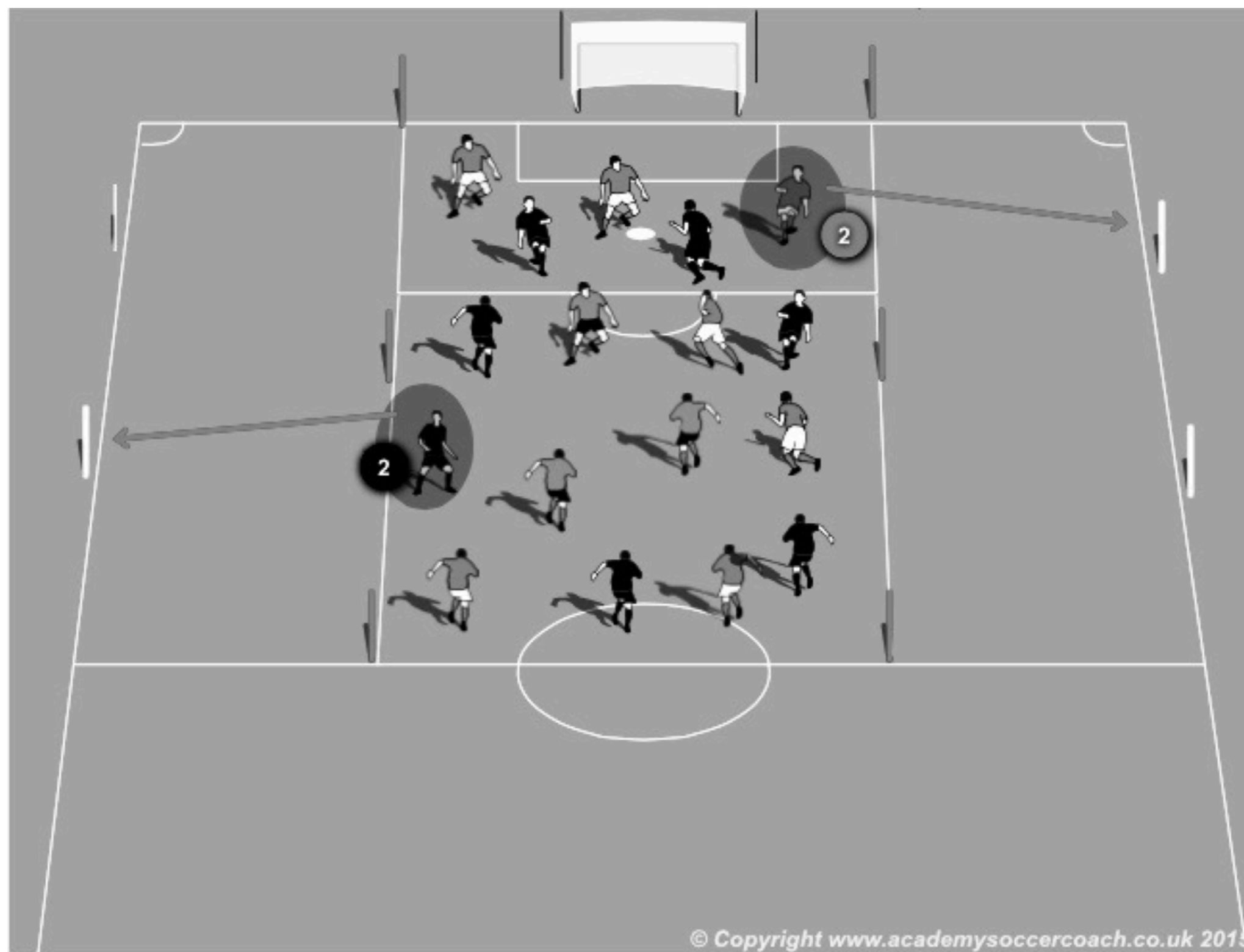


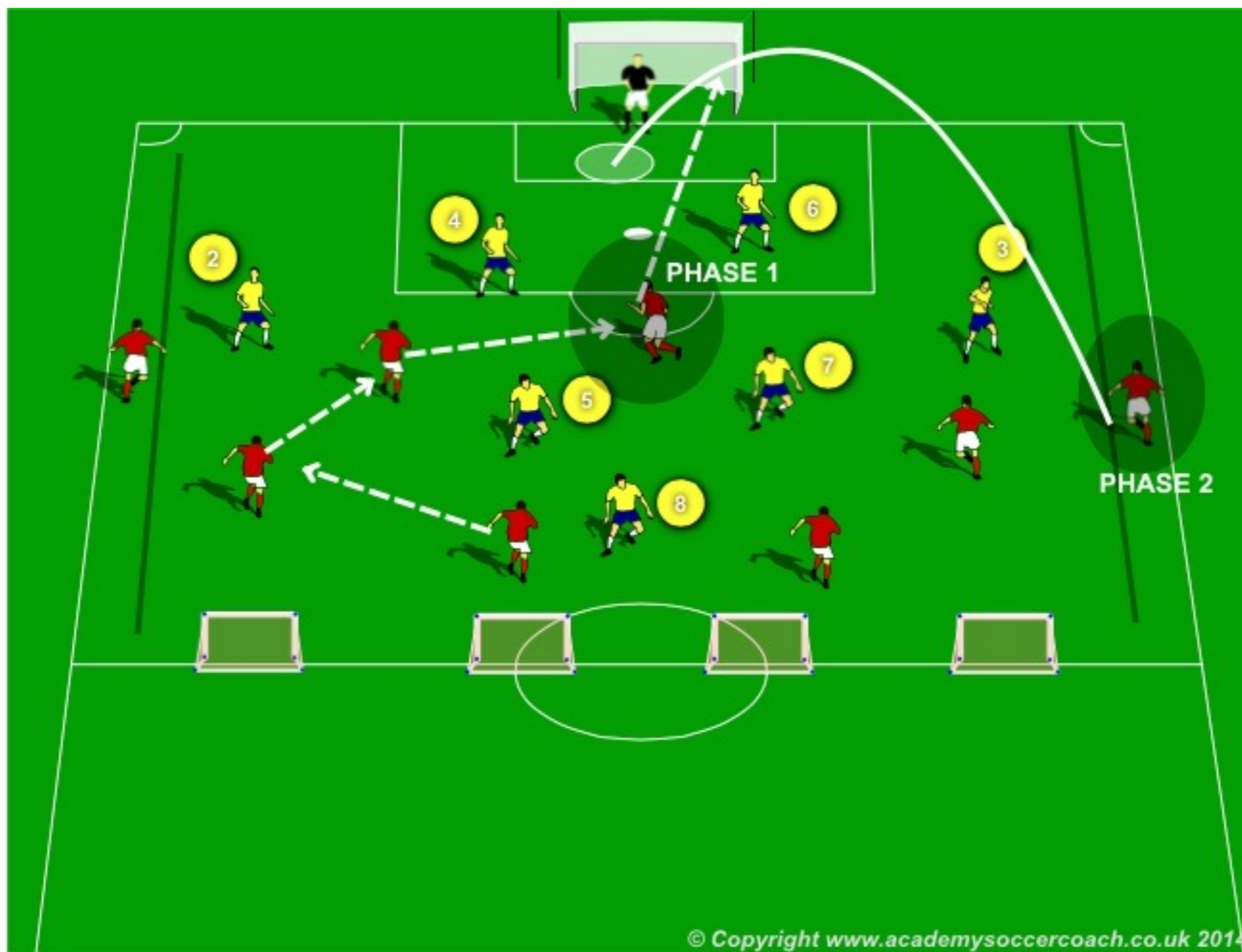
Three equal zones as shown, 6 blues either end with 3 red screeners in the central zone. 3 red defenders make a 6v3 against the blues, while 1 red defender always stays in the opposite zone. Blues are in one touch and must complete 5 consecutive passes before a switch of play. Red defenders transition with the play and stay in for 3 minutes per set.



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Two 10x15 boxes either end with a 2 yard zone in between. 6 reds either end zone with 4 blue defenders. Reds play 4 passes before the ball can be transferred into the opposite box where the 6 reds attempt to finish first first time in the target goal. The first blue defender plus another blue defender go into this box and make a 6v2. Session progressed by numbering each player and calling each player to sprint into their opposite box and the game continues.



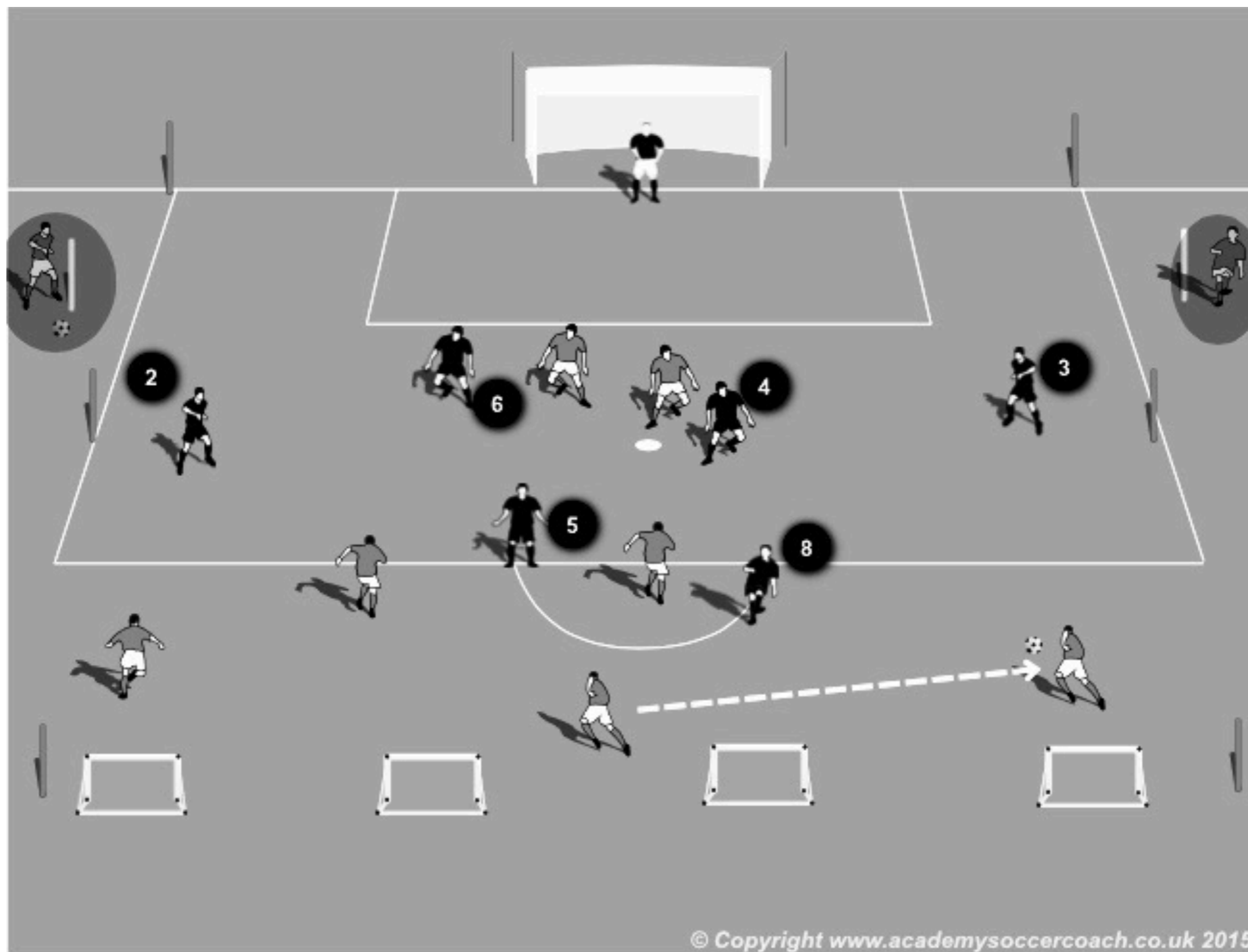


Yellows are set as back 4 + 2 defensive mids + 1 attacking mid v reds set up as midfield 4 + top 2 + 2 full backs. Reds attack large goal, yellows attack target goals. Session is used to work on defending the second phase of the attack. Sessions begins with any red attempt on goal, either a goal, save, post or bar and a cross ball comes in straight away from any wide player. Progressions - wide player plays a 1-2 before his cross, wide player plays 1-2 and drives inside and final progression was after the effort on goal, the red wide player can drive straight in and join the attack with his ball. Session used solely for yellow players in basic defensive shape and reacting to second balls.

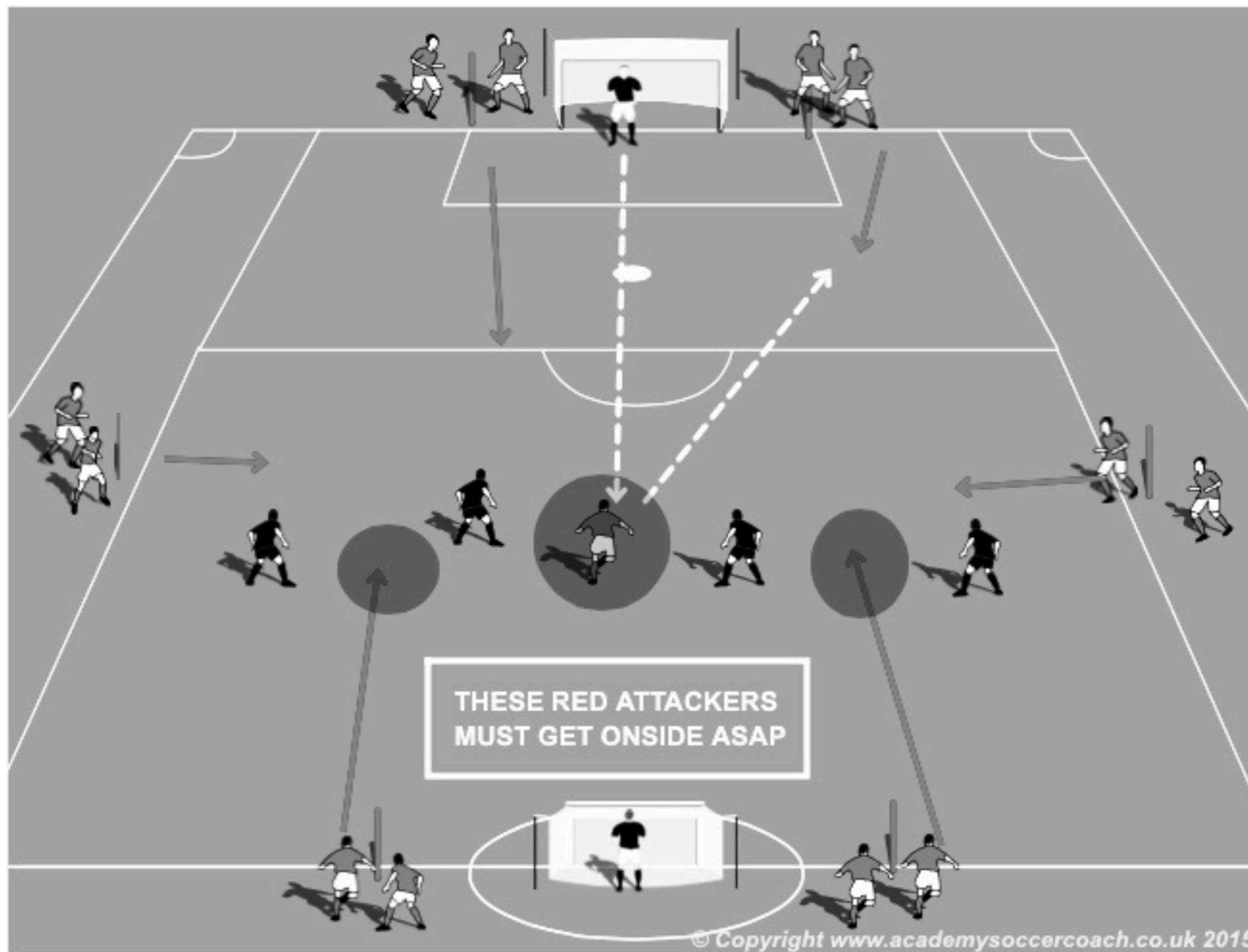


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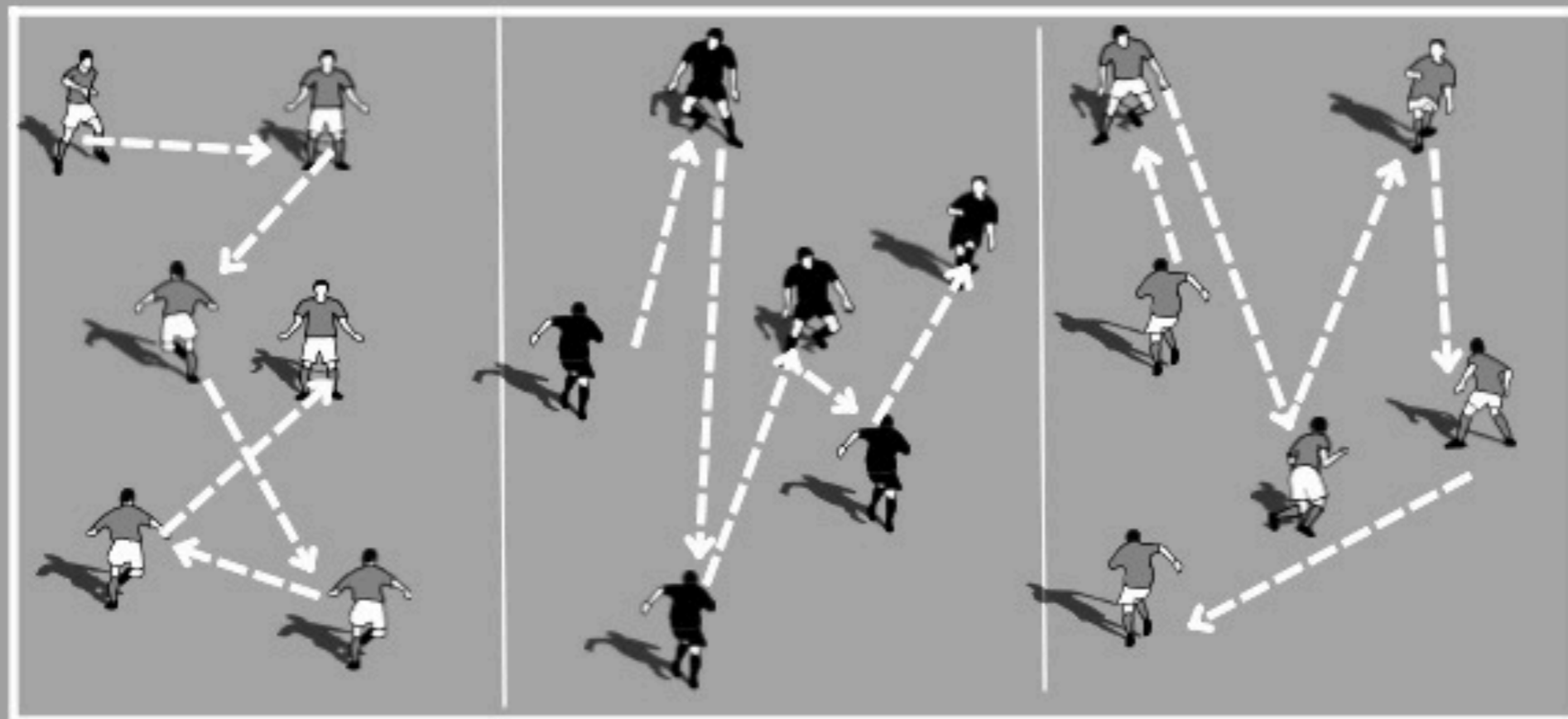
20x20 box in four 10x10s. Play is 8v4 inside with 6 blues on the edge. Reds are limited to their own square, blues inside are in free movement. Outside blues are 2 touch. Reds attempt to use their overload and keep possession in the 8v4, Reds attempt to win possession and open up to their outside players making it 10v8 in their favour.



Area as shown, penalty area plus 15 yards. Blues set as defensive end of 4321 playing against reds in a 142 giving a 7v4 attacking overload. 2 red servers either side of the area as shown, not involved in the penalty area. Blues attempt to defend red attacks and following an effort on goal, reds attack a cross ball from either server. Play 4 sets of 4 minutes working on this instance on the defensive shape and role of 2 screeners.

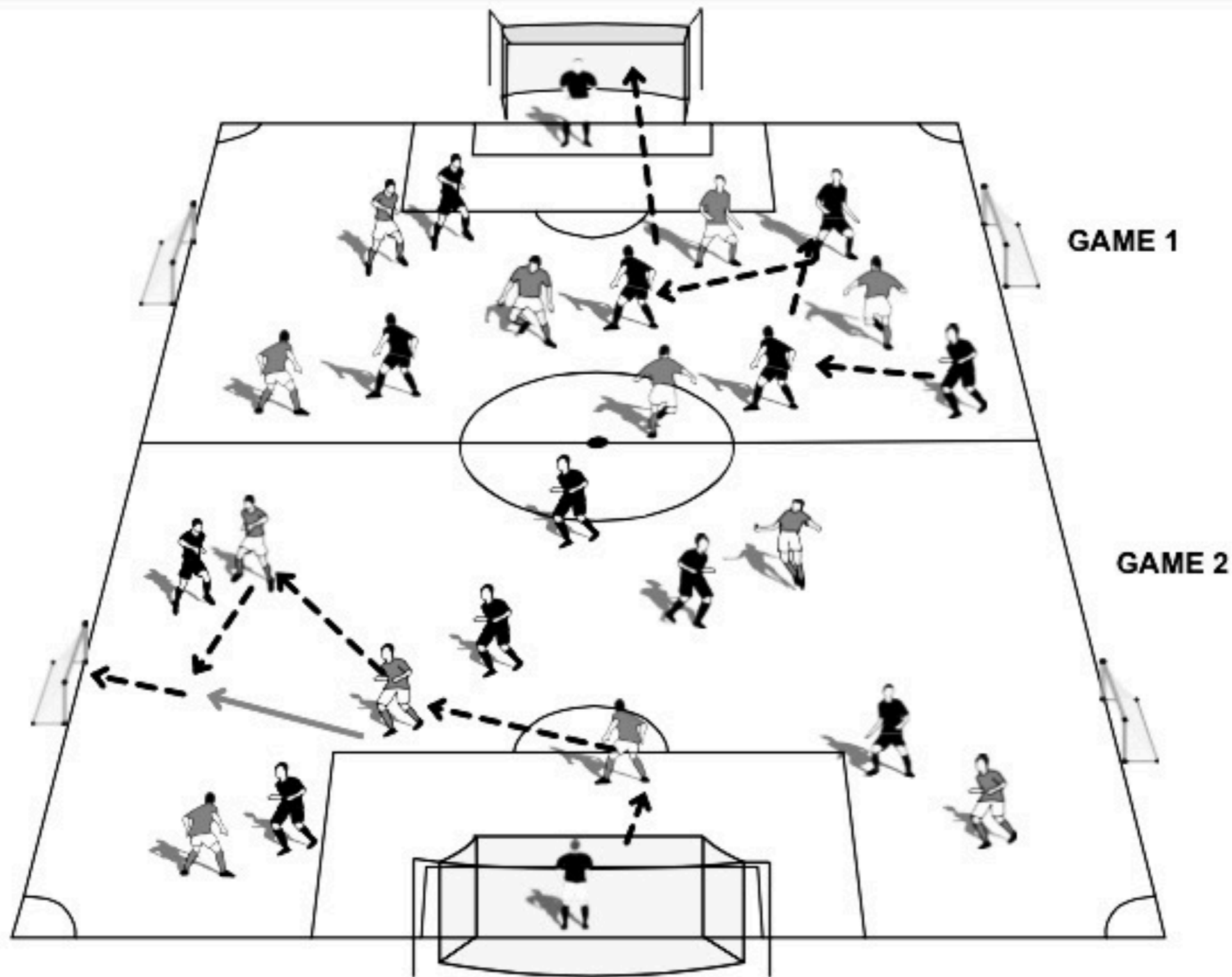


Setup as shown, width of penalty area to half way line. 4 blue defenders set as shown, 1 red midfielder player receives from GK and on his touch he's joined by 6 red attackers who must get on side quickly and make the 7v4 attacking overload. When the attack is dead, blue defenders reshape and defend opposite goal again facing the 7v4. Session used to work with back four and defensive basics against the overload.



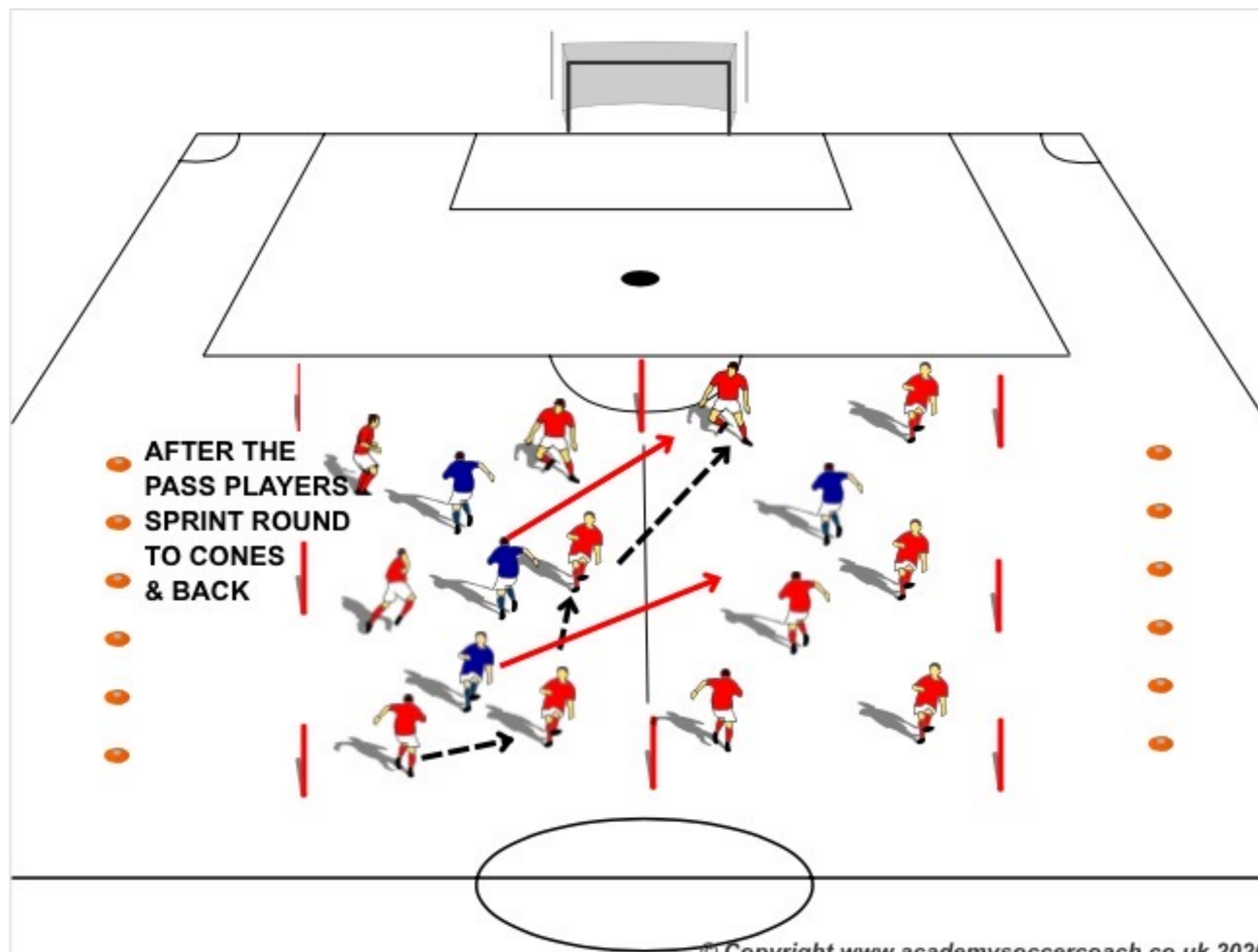
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Three 10x15s together. Players numbered in each group. Sequenced passing setup. Series of progressions - corner sprint on pass, press up after pass, sprint one length after pass, any red pole after the pass, change groups on return. Lengthen distance of poles after every set. Session time 20 minutes.



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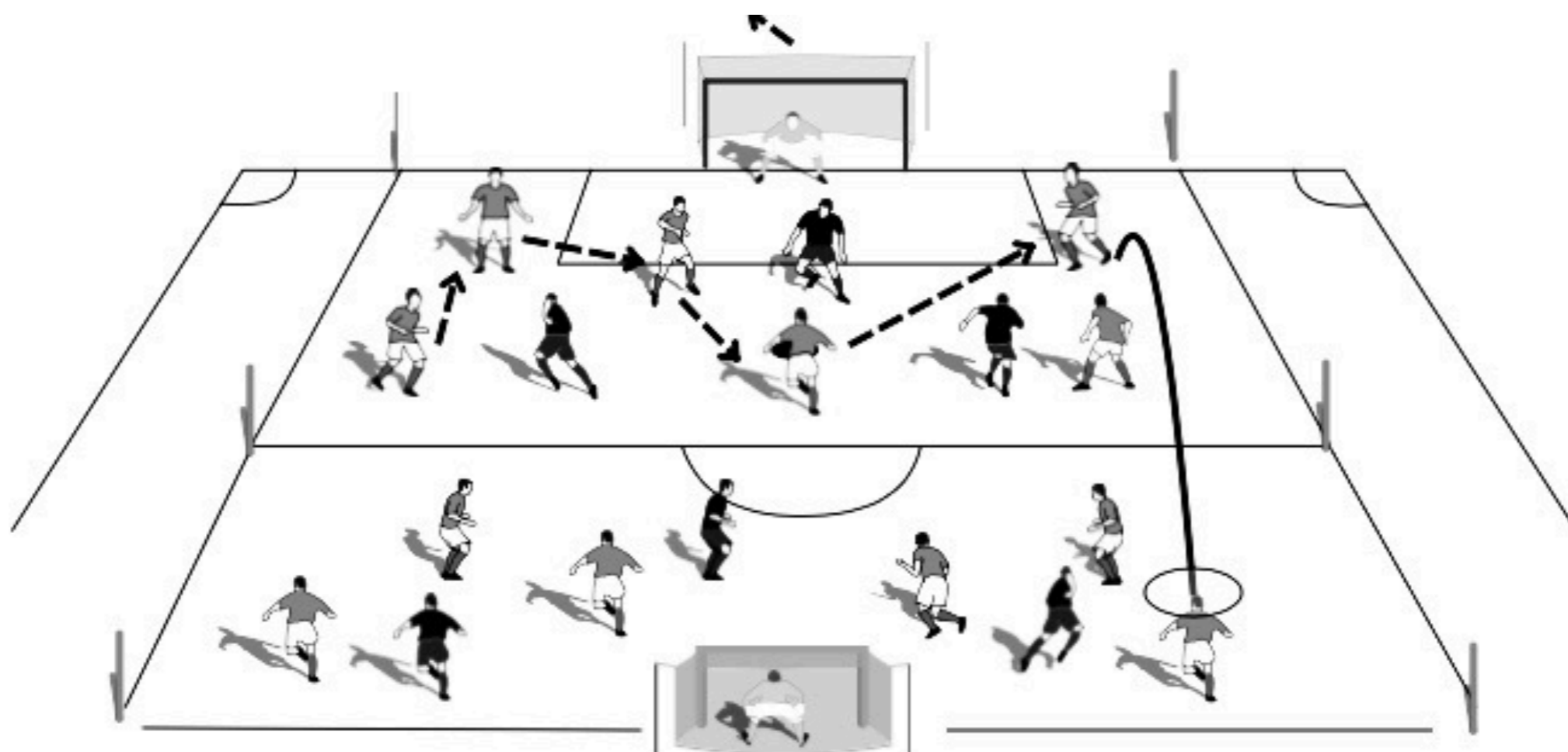
Full pitch as shown, two separate 5v5 or 6v6 games, reds attack any of their target goals in a one touch finish and defend the large goal, blues attack the large goal and defend the small target goals. Session progressed into a constant rotation of attacking focus on a goal for either team, ie reds score in target goals they immediately attack the large goal and vice versa. Played 4 sets of 5 minutes.



20x60 box into two 20x30 zones with a line of cones each end 15 yards away. Six reds and four blue defenders. Reds play four passes before switching the ball to the opposite half where the one blue defender is joined by two from the opposite half and the red passing team sprint round their line of cones and back into the zone.

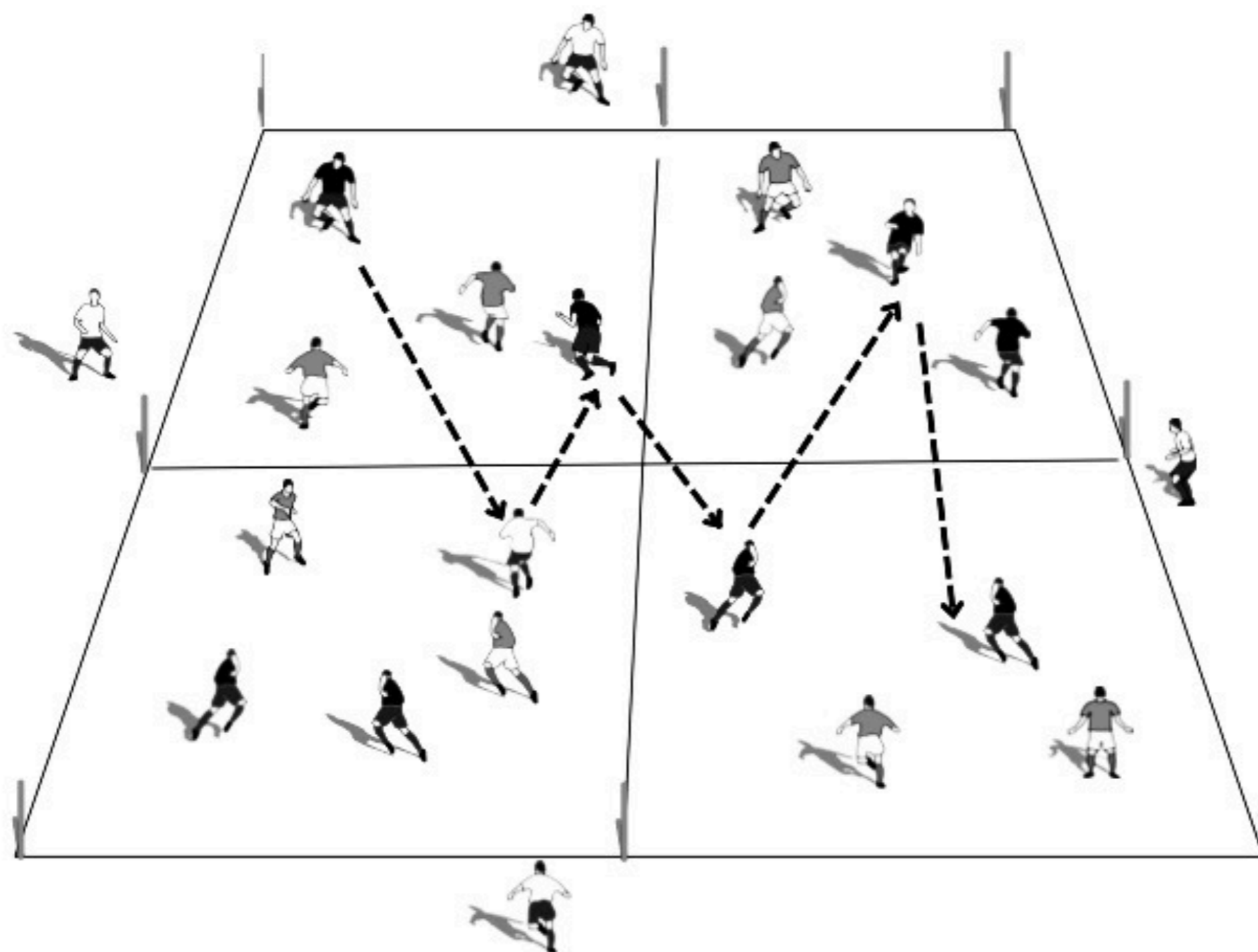
Progressions - 3 pass, no pass restriction, reds go one touch against two blue defenders.

Defenders work sets of 2 minutes or 2 wins.



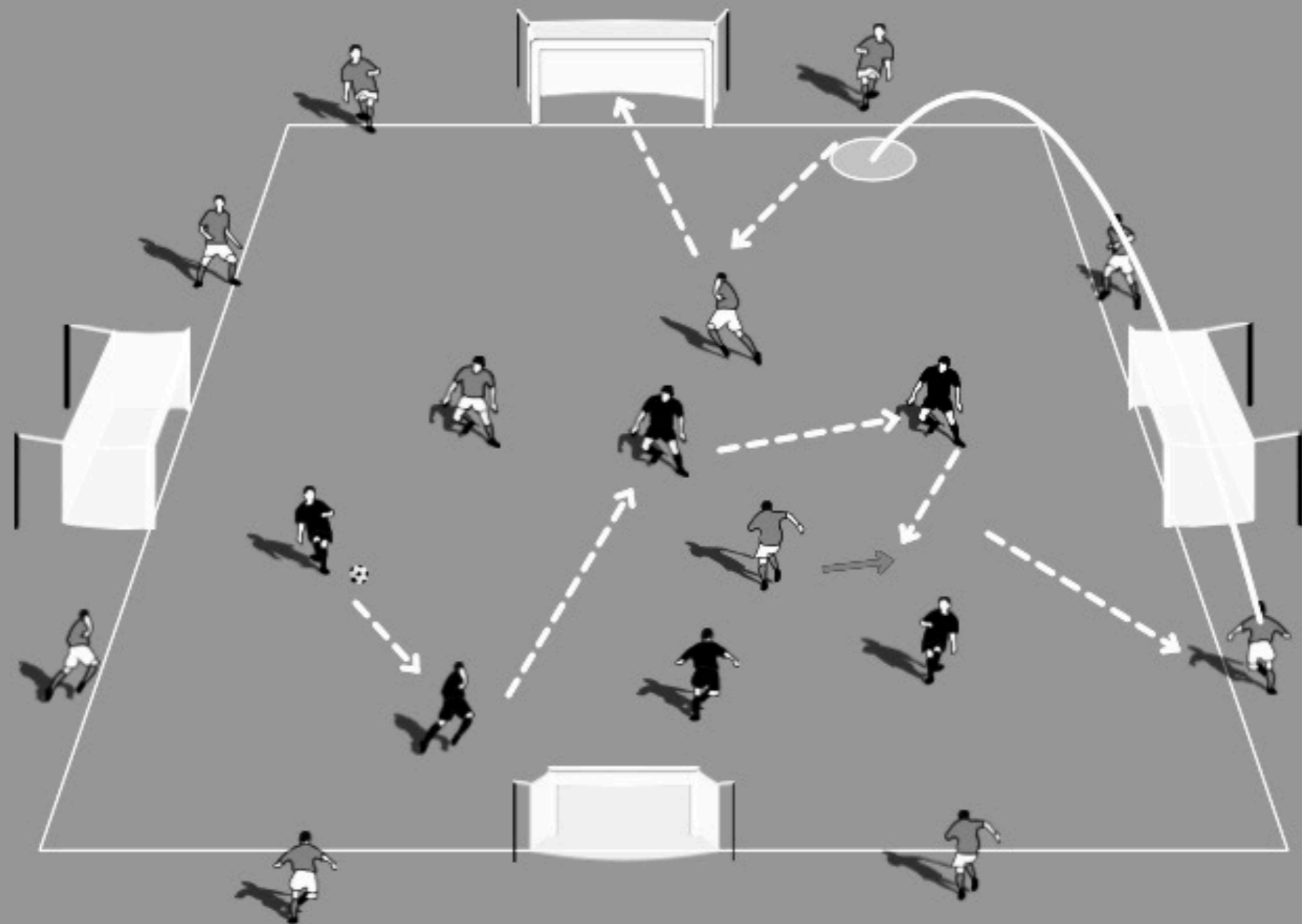
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Two penalty areas as shown, two full size goals and keepers, play is 6v3 each half, reds attempt 4 passes before the ball can be switched and an attempt made on goal. As the ball is switched then one blue defender can travel and make the 6v3 into 6v4. Free play situation and no restriction on finishing etc.



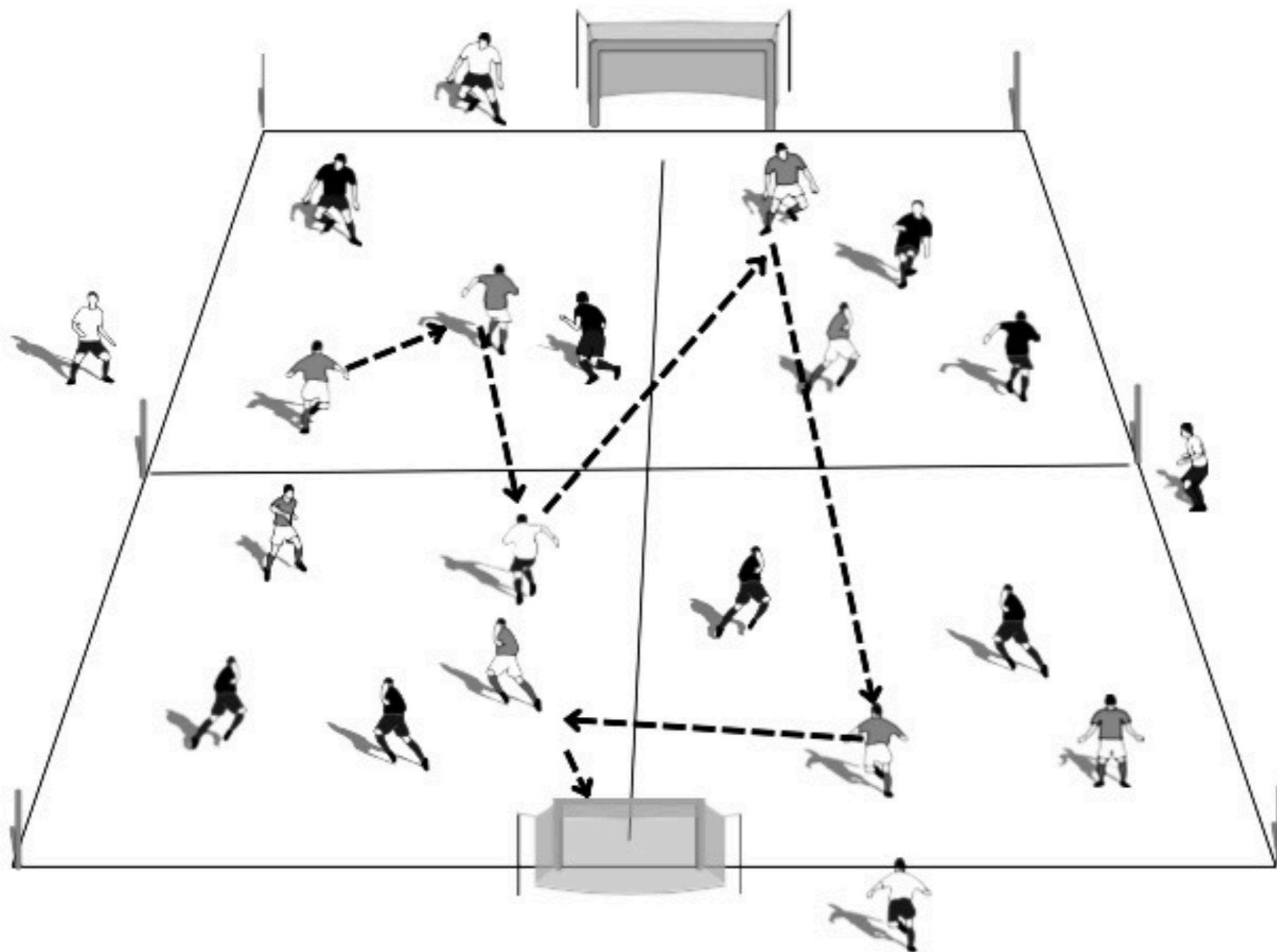
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20x20 into four boxes as shown. Play inside is 8v8+1 with 4 yellows as bounce players outside on the four edges. Inside all players are initially limited to their square with the yellow floater in free movement. Reds and blues attempt to keep possession by combining with the yellow neutrals. Neutrals are in one touch, blues and reds are two touch. Five pass = 1 point.



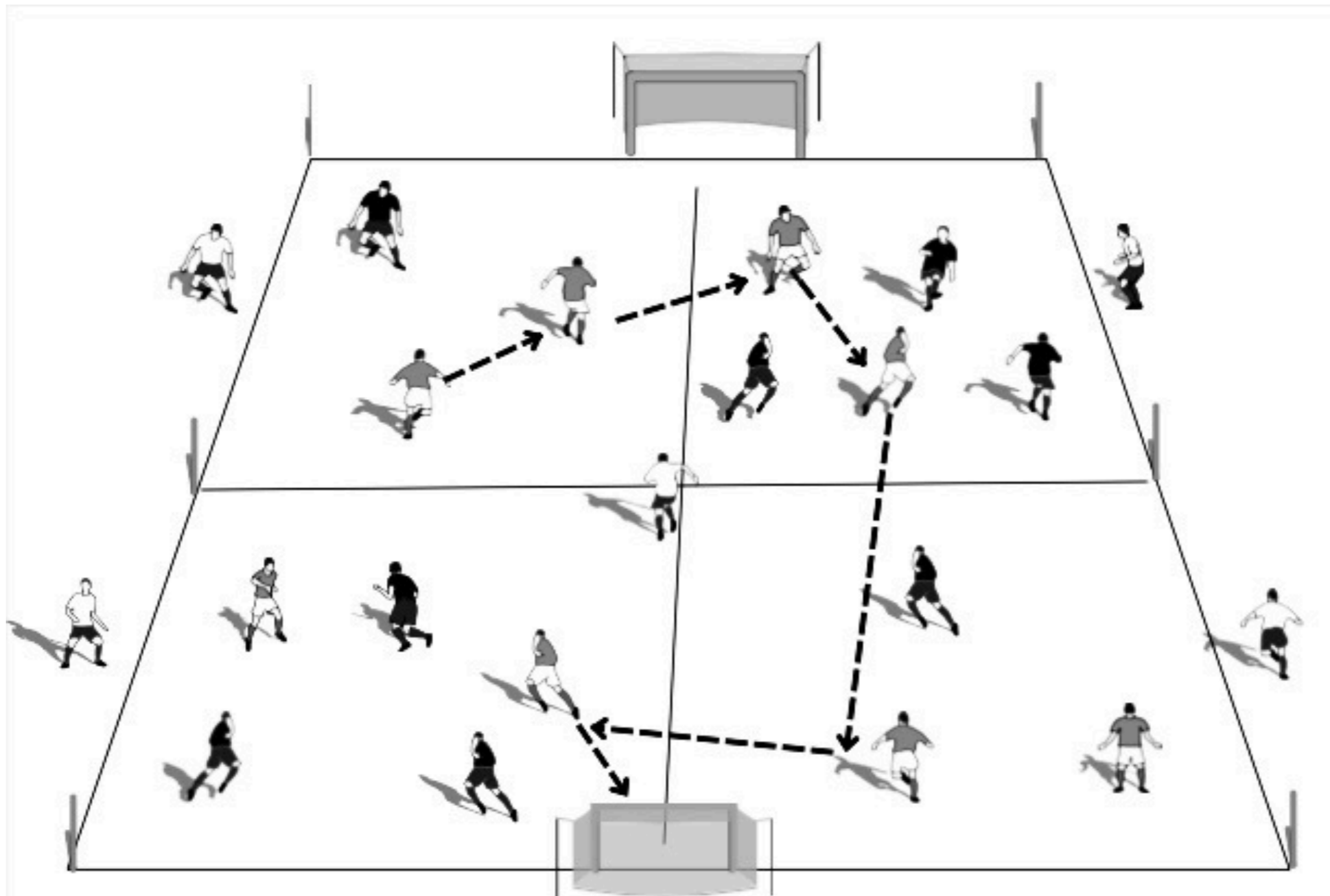
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Setup is 25x25 with 4 small goals as shown. Play 6x3 inside with 8 reds playing for the 3 on the inside, making 11x6 in possession. Blues attempt to keep possession, 6 pass = 1 goal, blues attempt to score in any of the small goals with a 1 touch finish, reds on the outside are in 1 touch. Progression - blues go 2 touch.



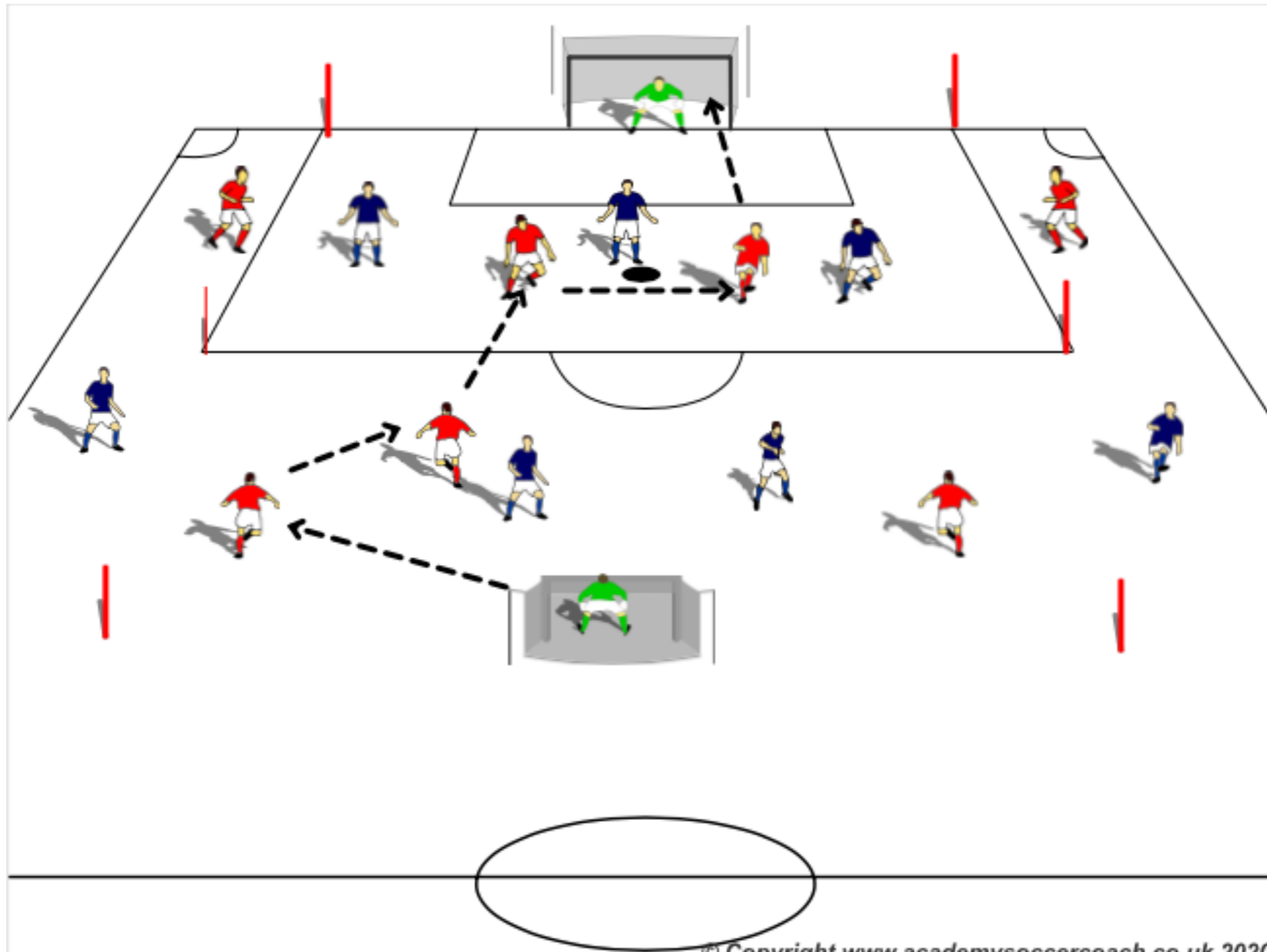
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Same setup as before only with two target goals. Either team can attack either goal after a minimum four passes, finishes are first time.



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Area remains the same. Bounce players change positions to either side of the area as shown. Players split in squares as shown with separate 2v1 and 3v2 overloads. Reds now only permitted to attack target goals with blues combining with yellows for 5 passes per point.

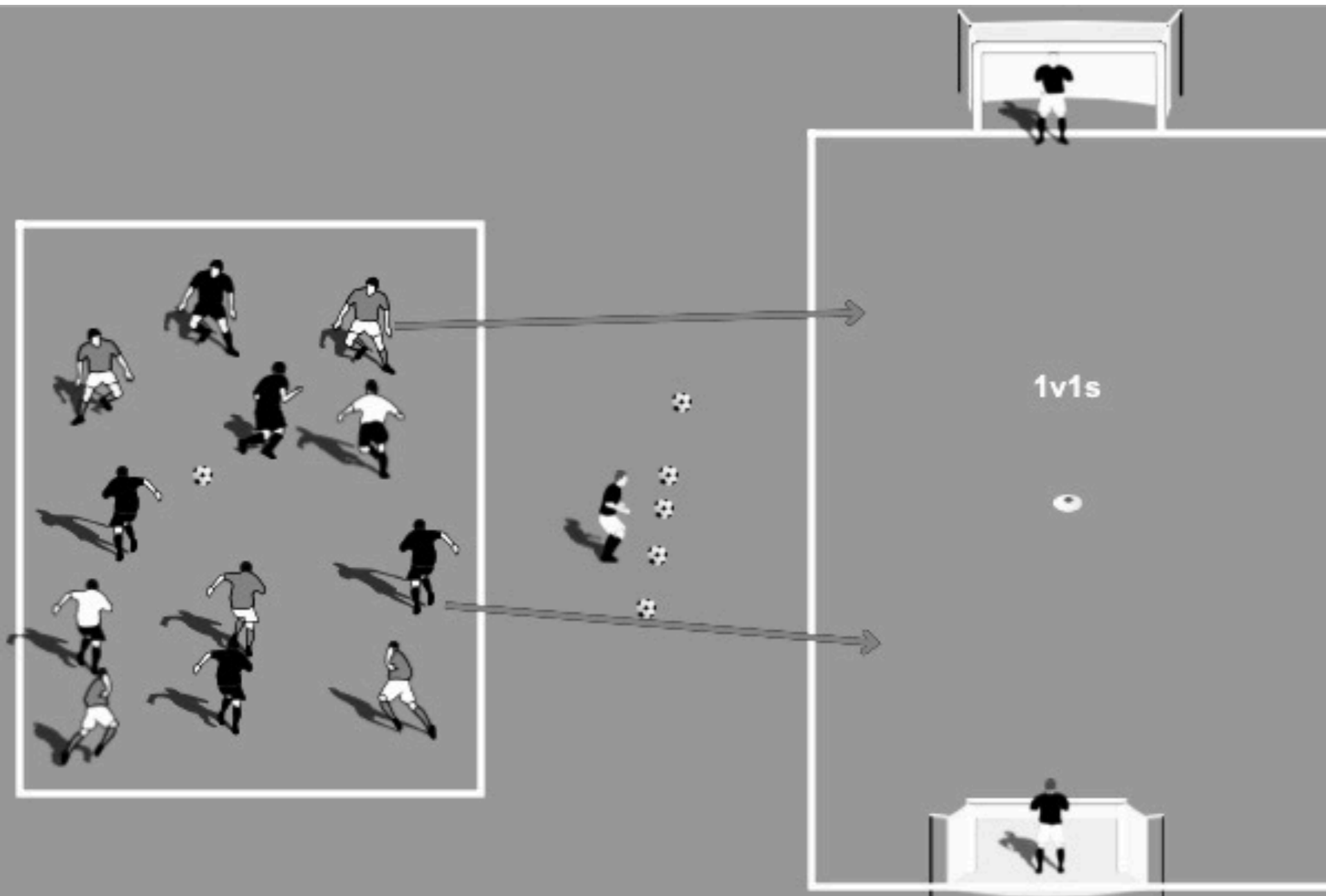


Two penalty areas. Play 3v2/4v3 each half with two wide plays off the sides. Teams attempt 3 passes before the ball is switched into the opposition half for an effort on goal.

Progression 1: No pass restriction.

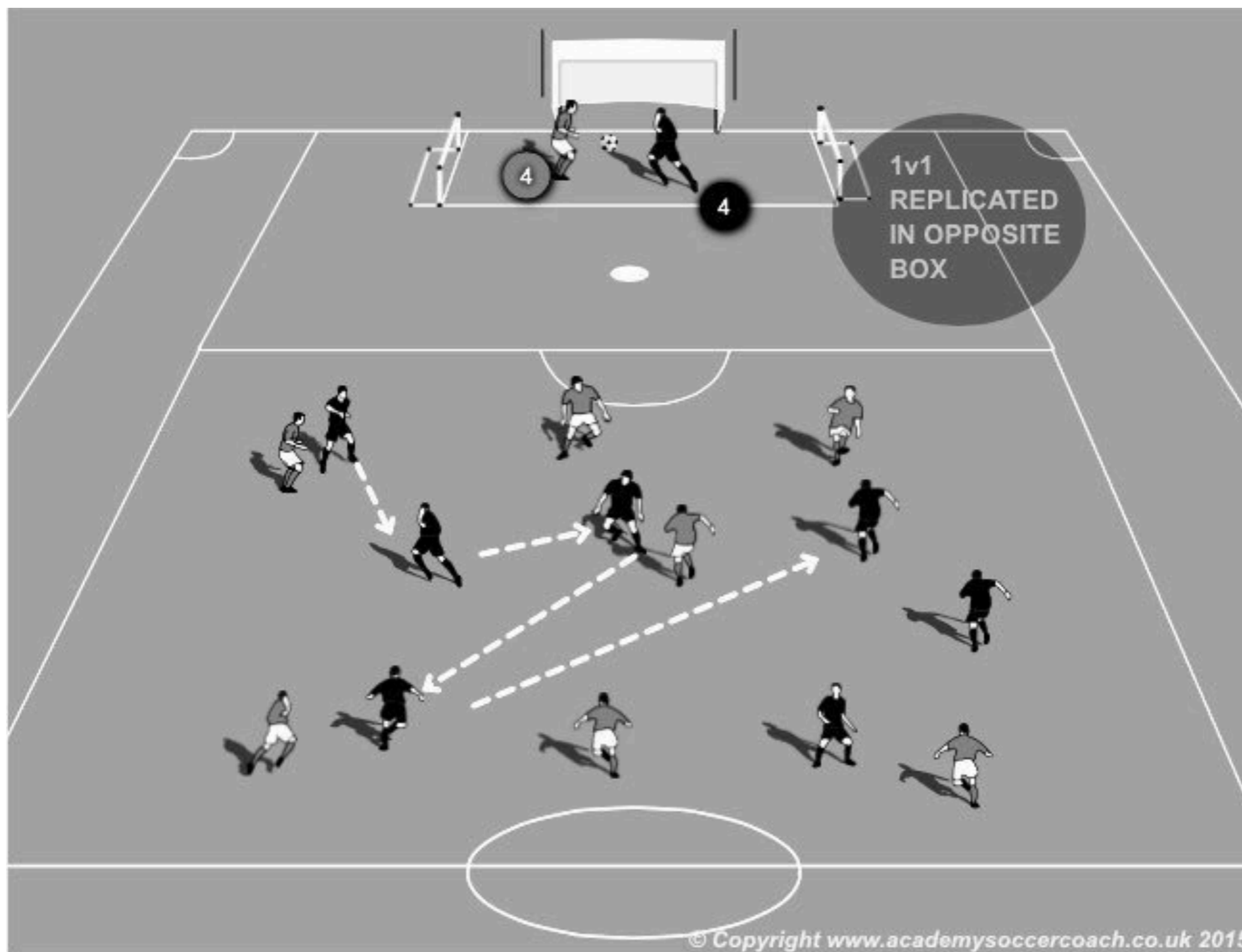
Progression 2: One defender can transfer into the attacking half to increase the overload as the ball travels.

Play 3x5 minute sets.

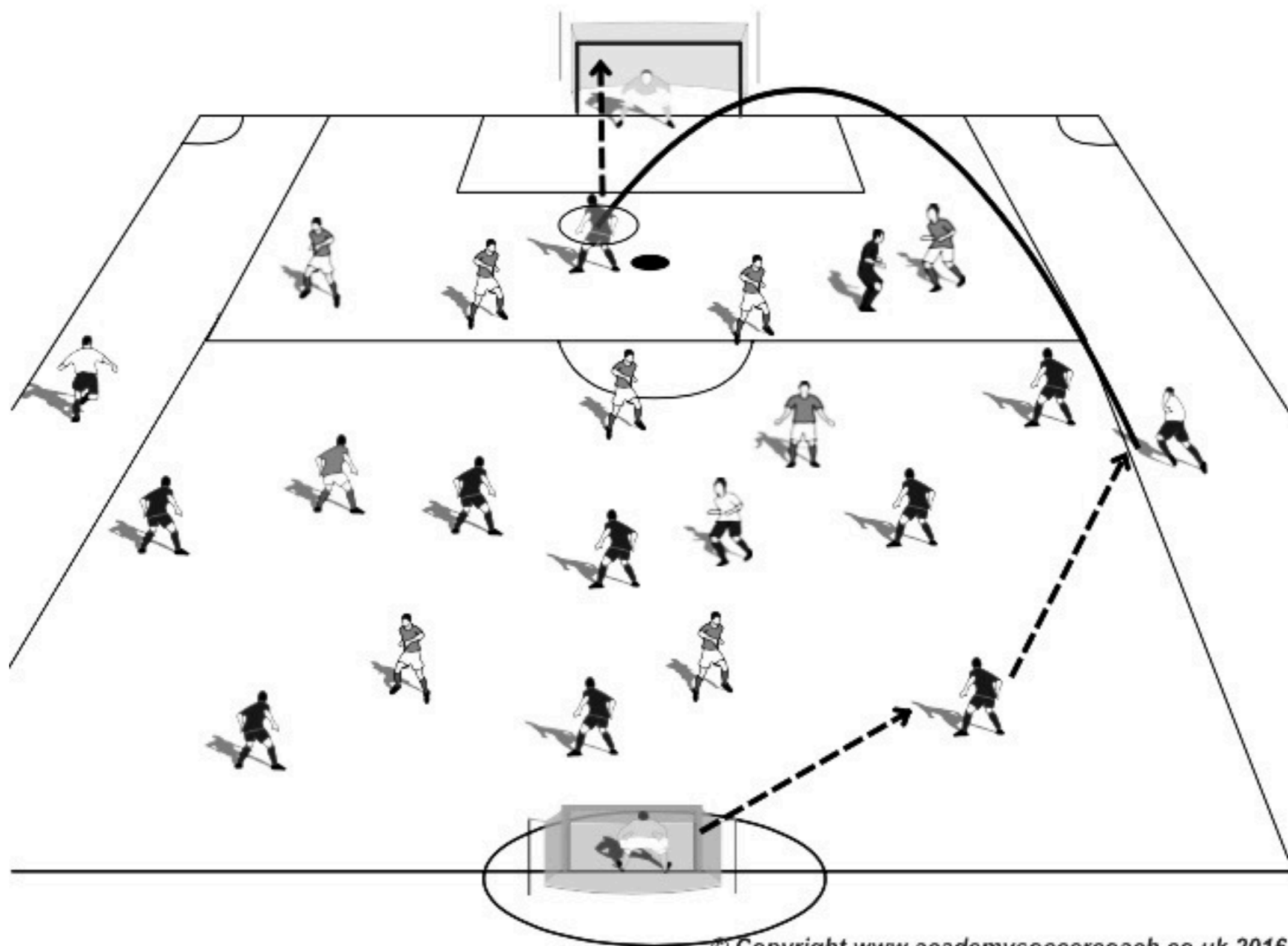


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Play is 5v5+2 in a 20x30 with a 20x15 box & 2 keepers as shown. Players numbered and on call sprint out and receive from coach and go 1v1 to any goal. Play is constant and players hit 2 press ups on yellow cone after each ball goes dead, players have 6 balls in total and loser does 1 full lap of the pitch.

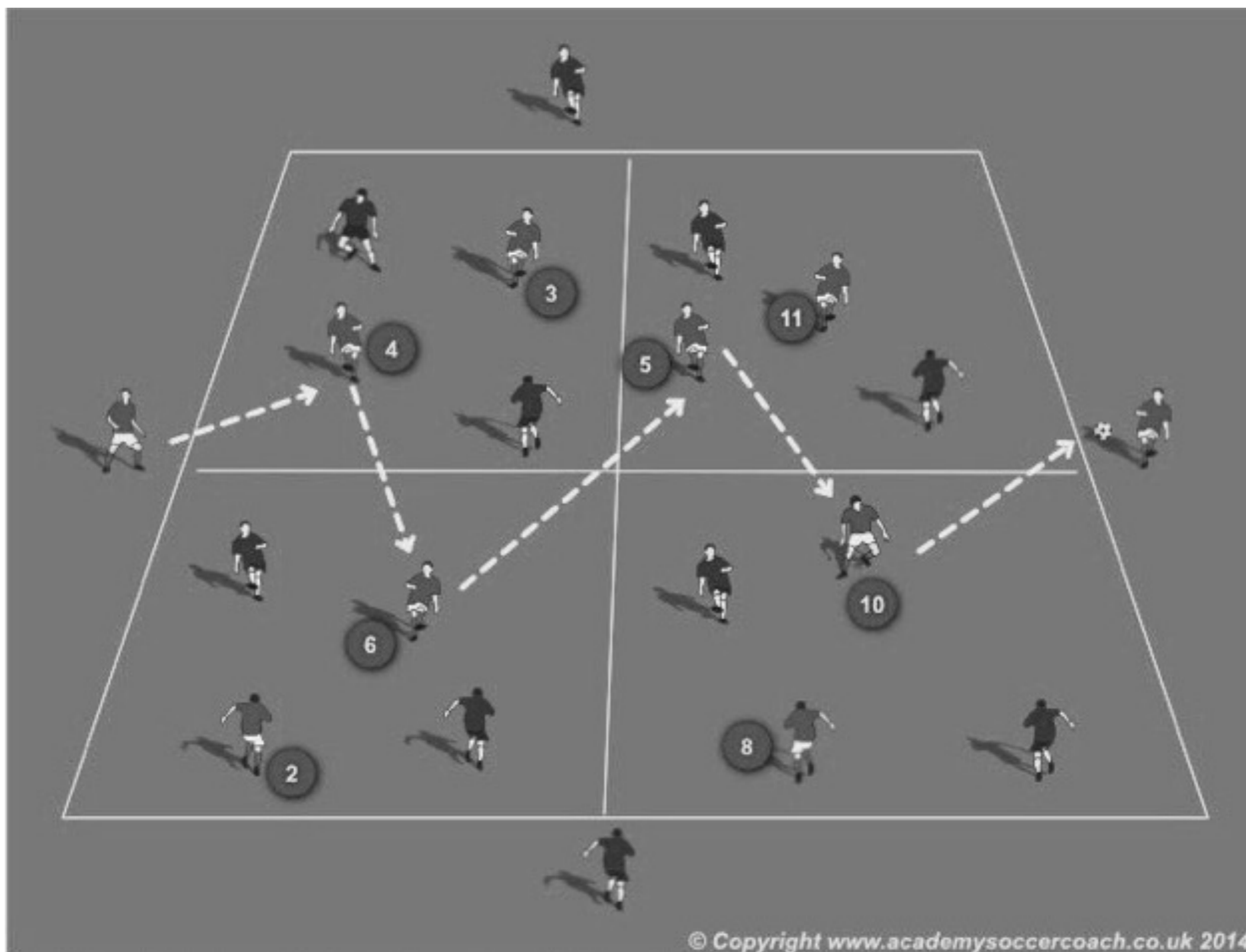


Setup as shown, area is penalty box to half way line with either 6yd box used as a 1v1 box. Players numbered and on call two sprint out and go 1v1 to target goal, players have ten seconds to score before sprinting to the opposite 6yd box and go 1v1 for ten seconds. Point for any game won, first team to 20 wins the session. Play in main grid is possession session.

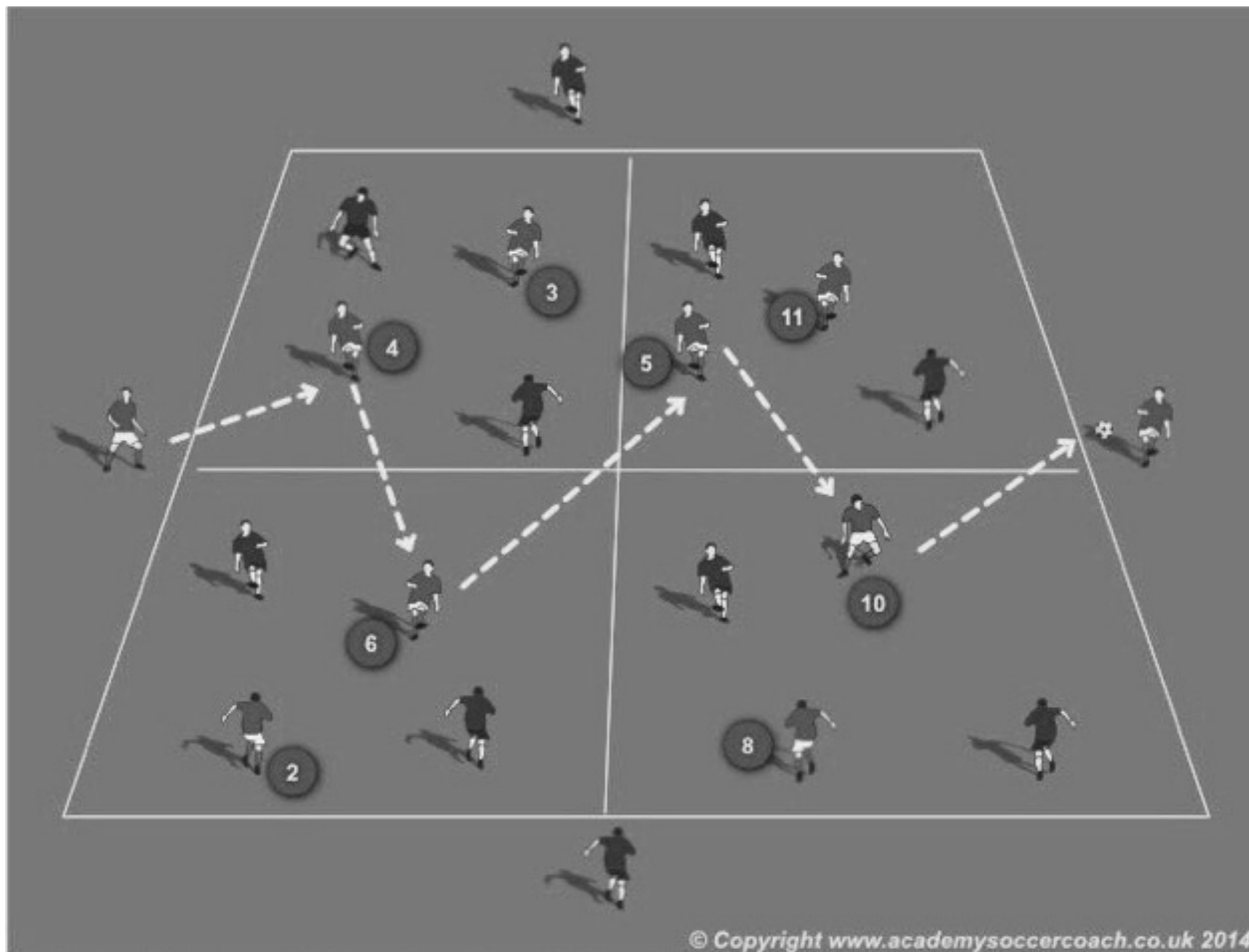


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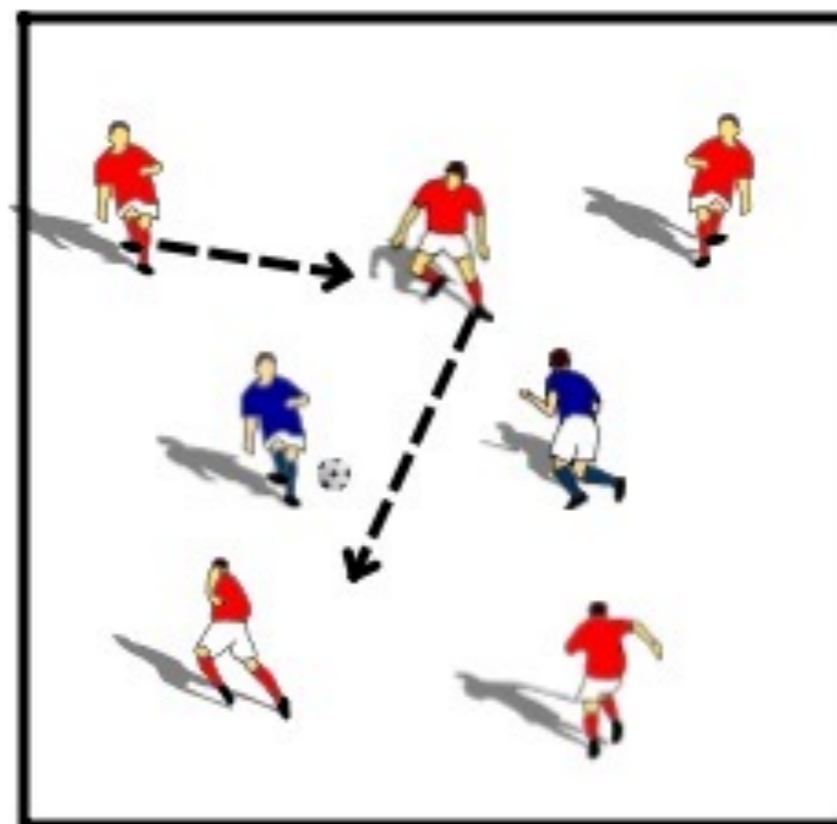
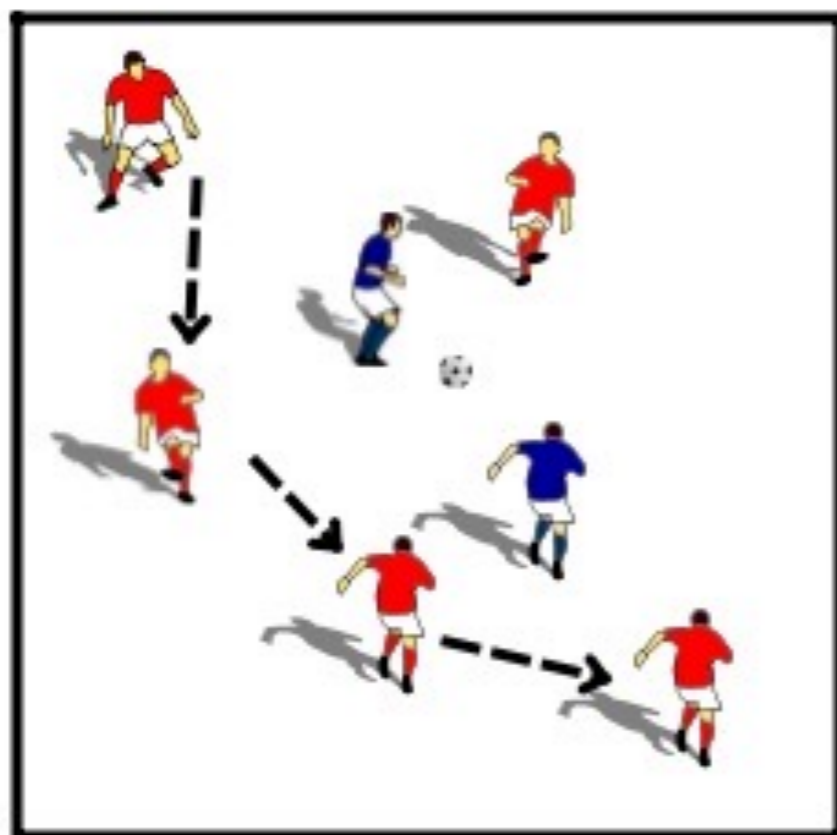
Final progression, area as shown, play is 10v10+3, formations as required, free play situation, yellows as neutrals. Session ended on a transition on being scored, ie score 1'm one goal and immediately attack the opposite goal.



20x20 into 10x10s. Play is 10v10, 2v2 in each box with a target player each side. Teams attempt to player target man to target man, players can't leave their box, reds set up as shown in relation to a back 4, a midfield 3 and a 10.

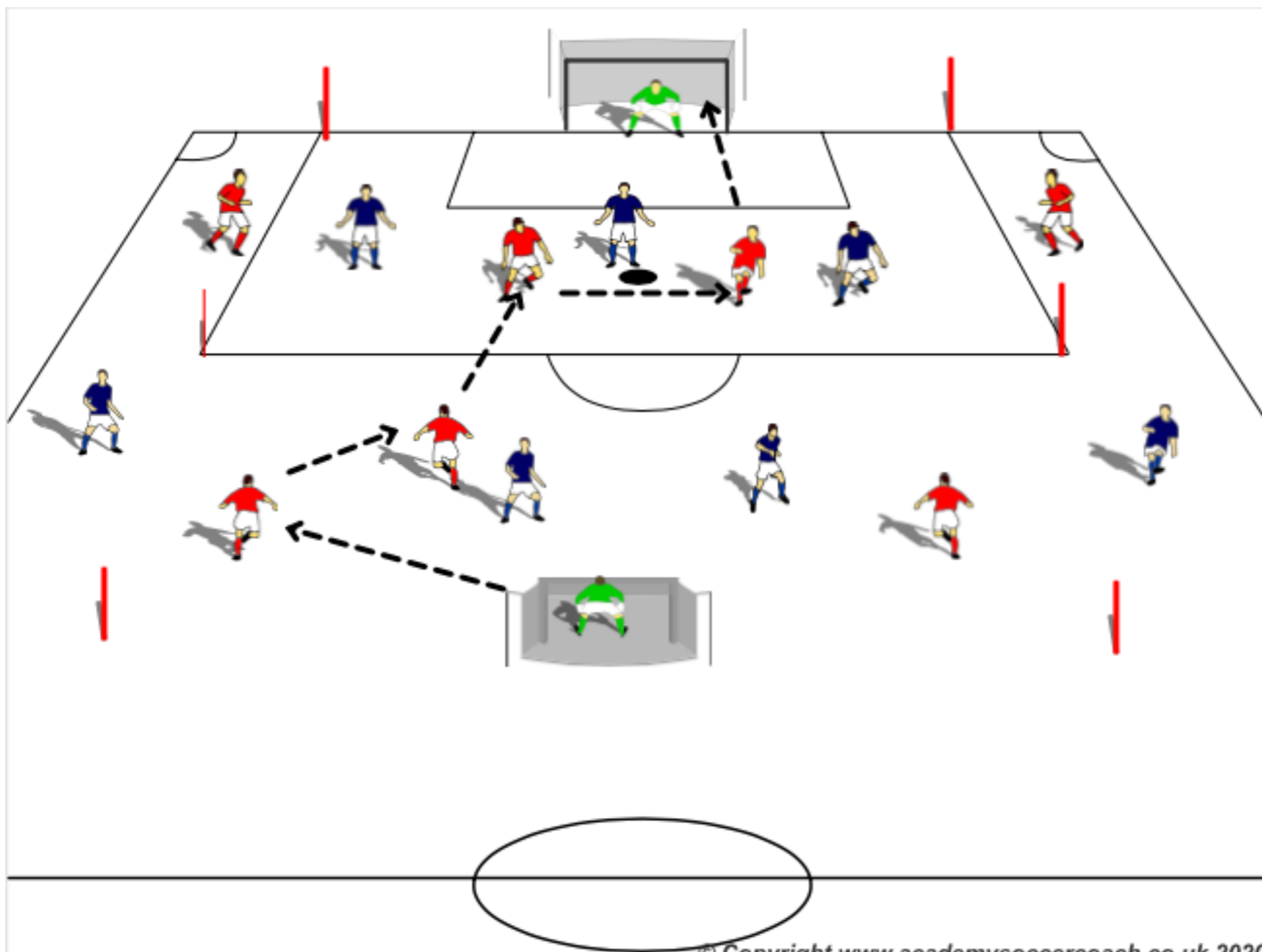


20x20 into 10x10s. Play is 10v10, 2v2 in each box with a target player each side. Teams attempt to player target man to target man, players can't leave their box, reds set up as shown in relation to a back 4, a midfield 3 and a 10.



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Two 15x15 boxes, play is 5v2 progressed into 6v1. Blues stay in until they win the ball.

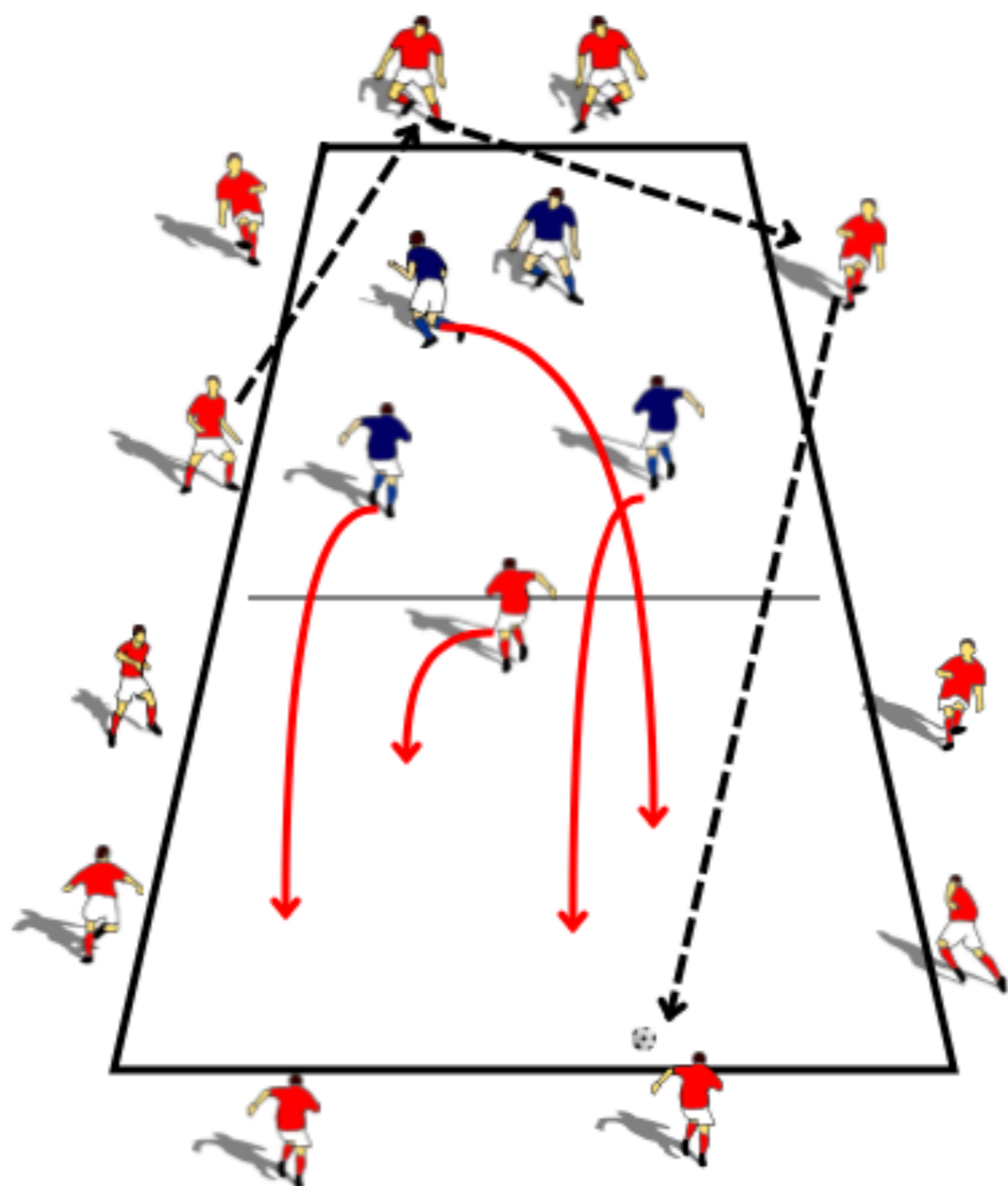


Two penalty areas. Play 3v2/4v3 each half with two wide plays off the sides. Teams attempt 3 passes before the ball is switched into the opposition half for an effort on goal.

Progression 1: No pass restriction.

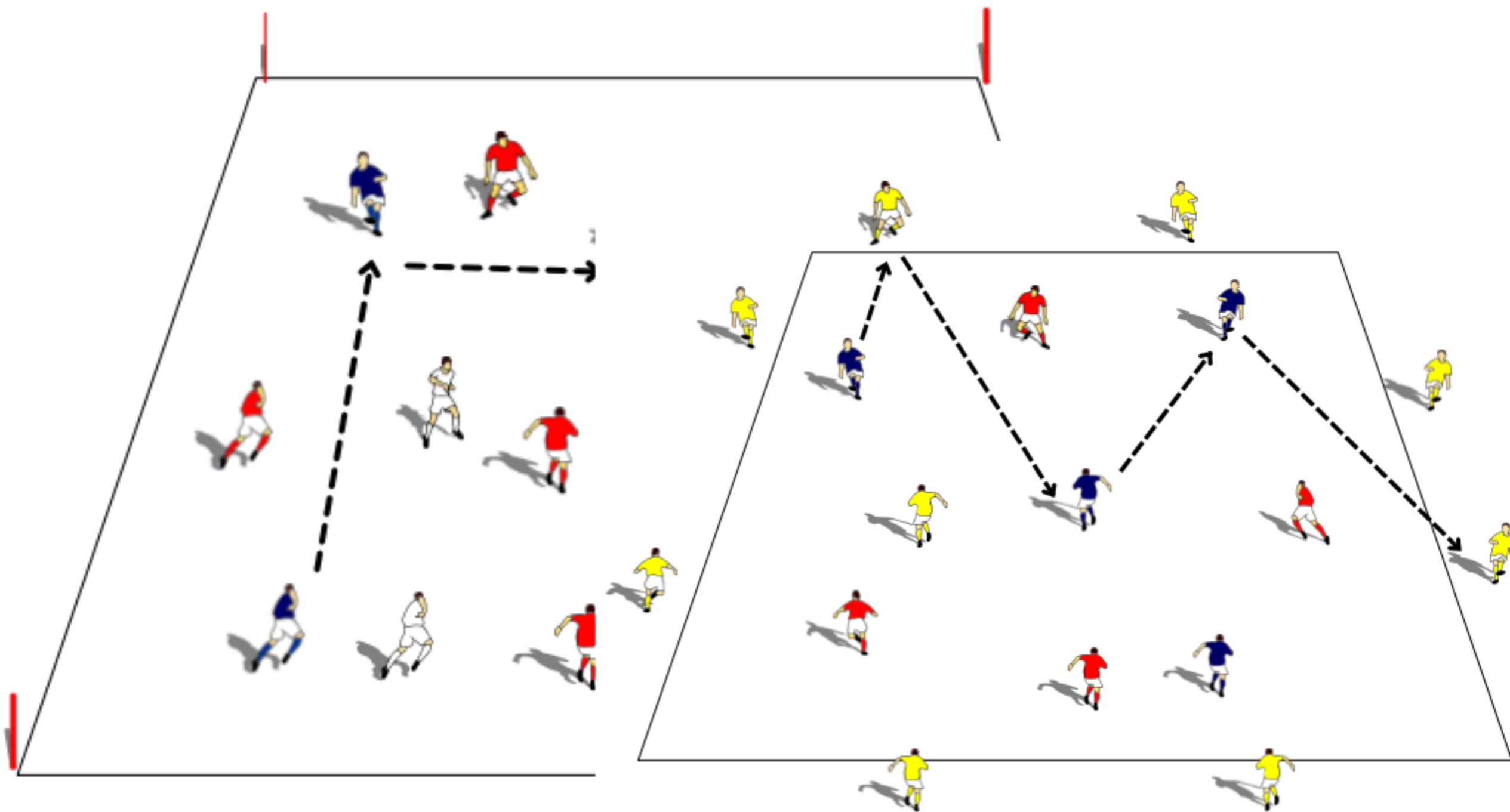
Progression 2: One defender can transfer into the attacking half to increase the overload as the ball travels.

Play 3x5 minute sets.



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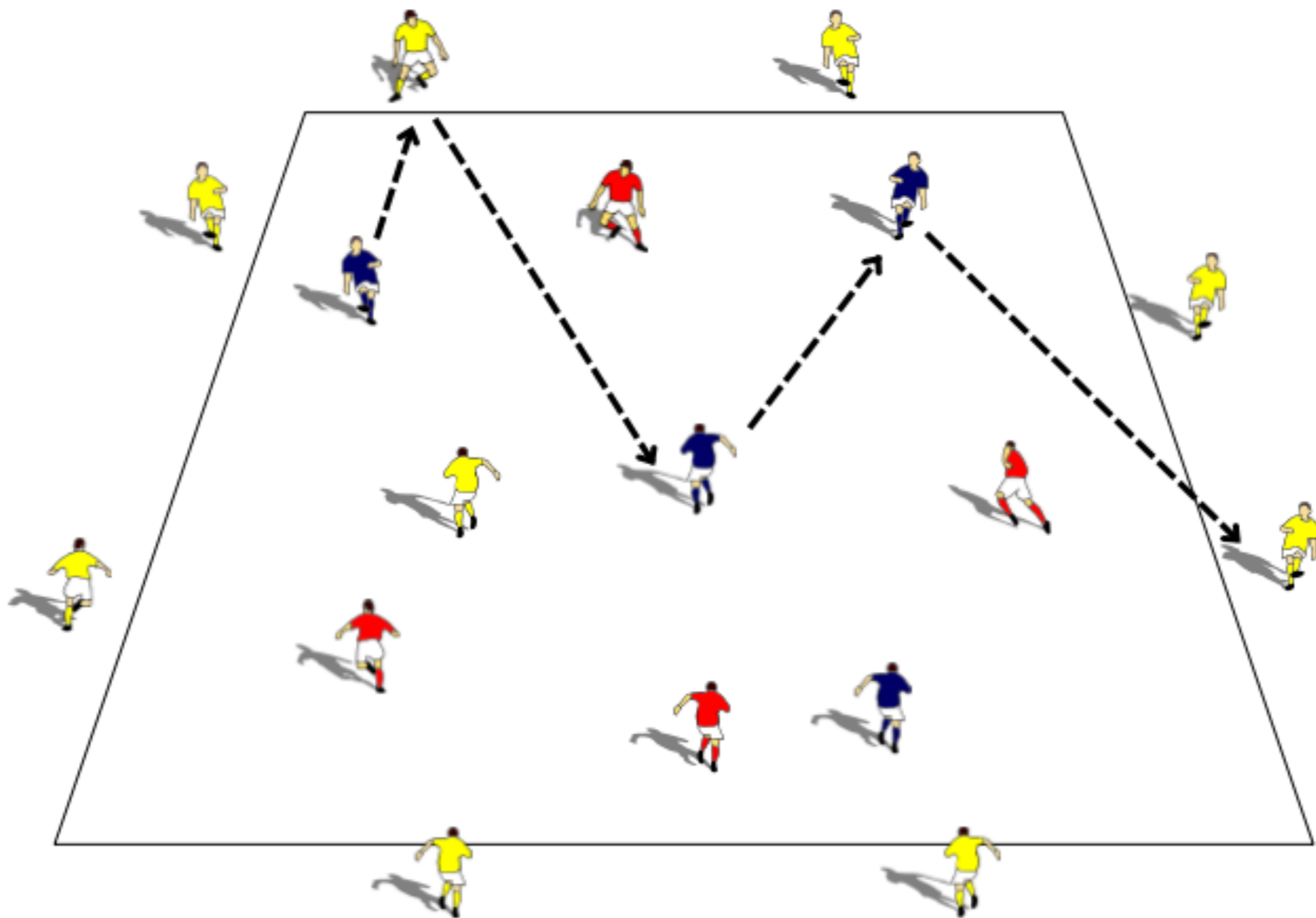
10x20 box in two zones, reds off each end with four blue defenders. One red works the middle line and plays both zones. Blues play one touch and attempt to keep possession with three blues chasing and one staying in the opposite zone. Blues work 45 second sets.



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20x20 box. Play is 4v4+1 neutral with neutral players off the edges. Neutrals are in one touch and act as bounce play. Teams play five pass a goal. Play 4x4 minute sets.

30x30 box, play is 5v5+5. Two teams combine to maintain defenders. Play 4x4 minute sets.



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20x20 box. Play is 4v4+1 neutral with neutral players off the edges. Neutrals are in one touch and act as bounce players. Teams play five pass a goal. Play 4x4 minute sets.