

170

SMALL-SIDED GAMES



by **RENATO LOPES MOREIRA**



170 Small-Sided Games

Train the four pillars of soccer development
with these innovative games

By

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Published by

WORLD CLASS COACHING

First published January, 2016 by
WORLD CLASS COACHING 12851 Flint St Overland Park, KS 66213

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Author – Renato Lopes Moreira

Edited by Tom Mura



Thanks...

- *To my family, for all their support and belief*
- *To World Class Coaching, for their trust and the opportunity*
- *To all my friends—who are working with soccer, futsal or other shared activities—for all the long talks and discussions*
- *To all my former players that I grew with over many years*
- *To all Futsal UFOP groups for giving me the opportunity to study and learn a little bit each day I worked with them and for all the knowledge shared during these years: You're all the best.*

Thanks again.

—Renato Lopes Moreira, 2015

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Introduction

Modern soccer confronts players with greatly reduced playing space and time. The 11 vs 11 game is evermore physical and faster. To succeed in this environment players need constantly improving game-playing knowledge and experience. Their see-think-decide sequencing must be constantly improved and accelerated.

Successful coaches now commonly employ many different small sided games (SSGs) in which players are forced to improve technically, tactically, physiologically and psychologically. SSGs are characterized by fewer players executing in smaller spaces with rules designed to bring-out the coach's desired playing behaviors. Because of team or group sizes the coach typically supervises several of the same SSGs at once.

Initially SSGs were used to achieve technical improvement and tactical understanding. However studies and research indicate, when SSGs are appropriately structured, physiological and psychological improvements occur as well. This reduces the need for separate training to improve such physical features as speed, stamina, strength, etc.

Coaches find SSGs useful for...

- players of all abilities and ages regardless of where they are in the world
- reproducing features of normal 11 vs 11 games
- providing evidence of individual and team improvement
- providing every player more frequent ball touches
- forcing all players in a SSG to perform
- stimulating game understanding among players and the team
- forcing constant and more rapid player decisions
- improving a team's attacking, defending and transition phases

Before he designs or chooses a SSG the coach decides what feature of the game he wants his player, team or group to improve (goal scoring, possession, defending, transitions, etc.). He will account for each of his players' age and skill level. He will assure many repetitions of the behavior he is seeking to improve. And he will expect to provide objective and accurate corrections that stimulates player reasoning.

My aim is to describe and explain useful SSGs I've developed and used as I've trained university teams in Brazil. I hope you find them as useful.

Features Applicable to all SSG's

Unless stated otherwise...

- Each SSG requires one ball and training bibs
- Game space dimensions are in yards
- Jokers play for the team having possession
- Jokers, attackers and defenders move only in their assigned spaces
- There are no touch restrictions
- Each SSG starts with a throw-in
- Team scored upon restarts the SSG with a throw-in
- Balls played out of the game space are restarted with throw-ins, corners or goal kicks as appropriate
- When defenders win the ball, play continues without stopping
- Defenders do not get possession if a defender just touches the ball

SSGs presented herein may be made easier or harder with modifications the coach may make to account for his players' age and skill level. For example, by...

- Increasing or decreasing number of players or jokers
- Changing the ratio of attackers to defenders
- Requiring fewer or more consecutive passes to score or attempt to score
- Making the game space smaller or larger
- Adding any number of goals and locating them anywhere next to, inside of or outside the game space
- Adding any number of keepers
- Changing the spaces into which players and jokers may go
- Restricting the number of ball touches before a pass is executed

CHAPTER 1 – BALL POSSESSION SSG's

EXERCISE 1

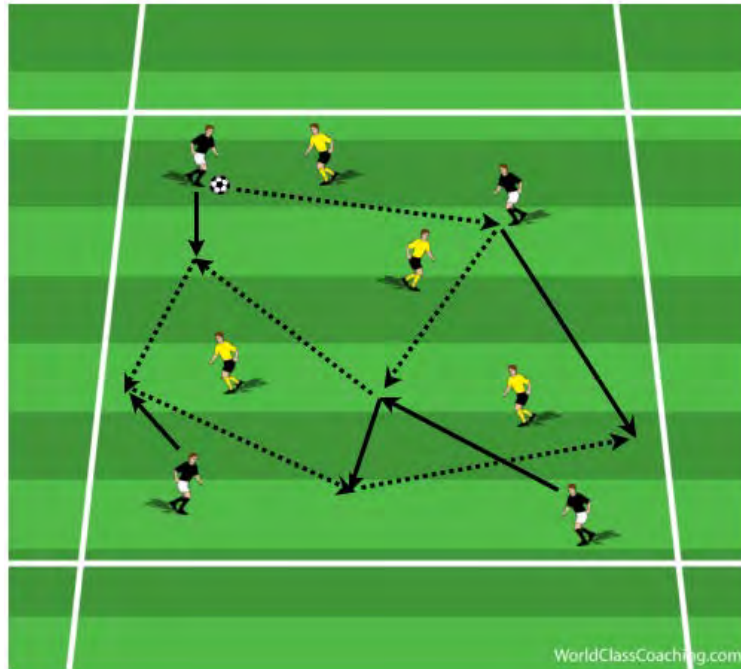


Set-up:

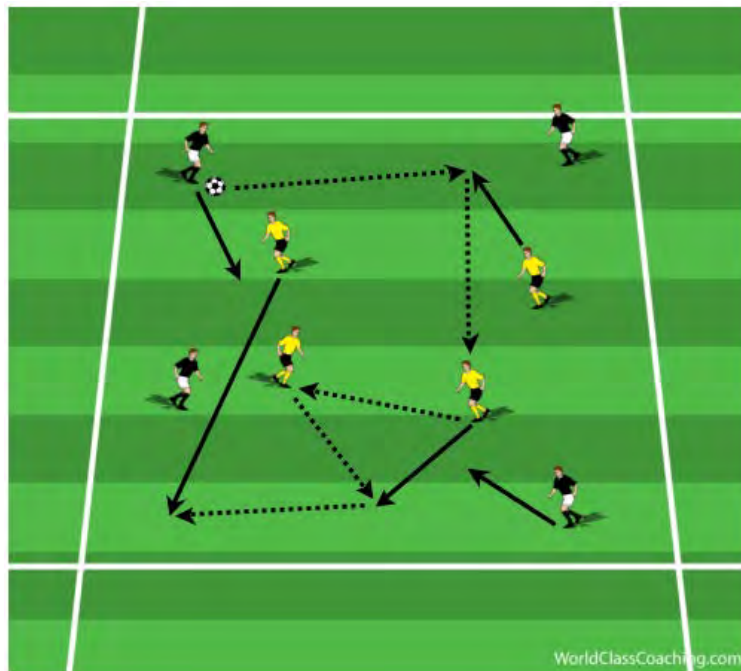
- . 8 players
- . The game is played in a 15x15 space
- . 10 consecutive passes are worth 1 point.

Exercise:

- . The attackers exchange passes maintaining possession as long as they able.



. The defenders try to intercept and maintain possession.



Variations:

- . Add small soccer goals.



- . Limit the number of ball touches per player.

EXERCISE 2

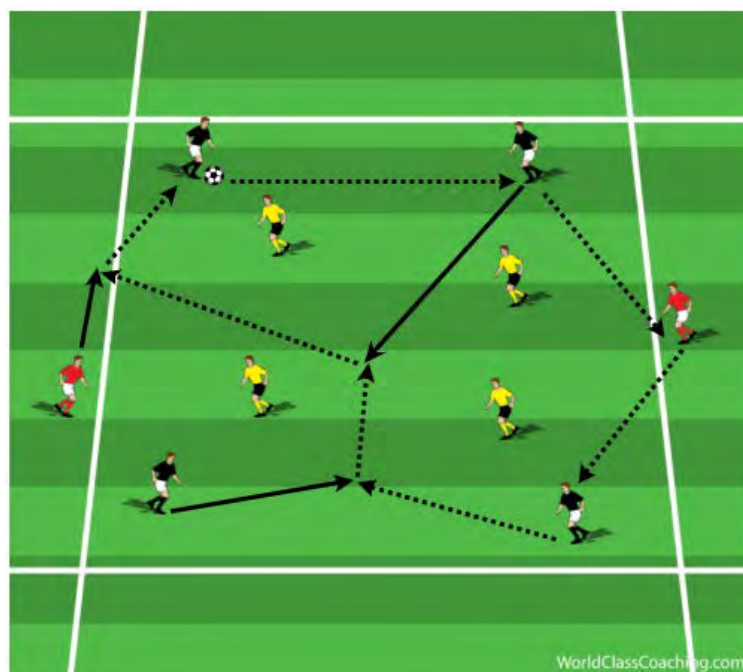


Set-up:

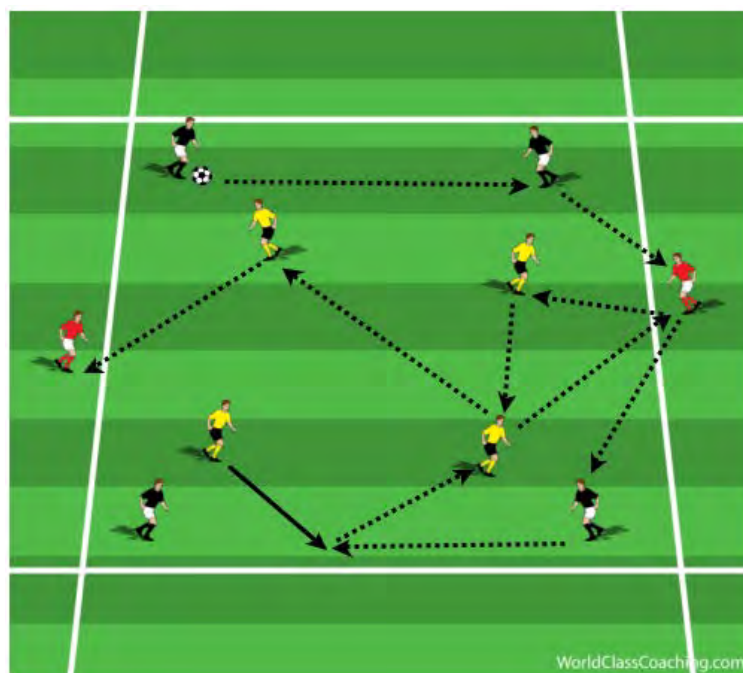
- . 10 players, 2 as jokers
- . The game is played in a 15x15 space
- . 10 consecutive passes are worth 1 point

Exercise:

- . The attackers exchange passes between themselves and the jokers to maintain possession.



- . The defenders try to intercept and maintain possession with the jokers.



Variations:

- . Add goals and goalkeepers.



. Limit the number of ball touches per player.

EXERCISE 3

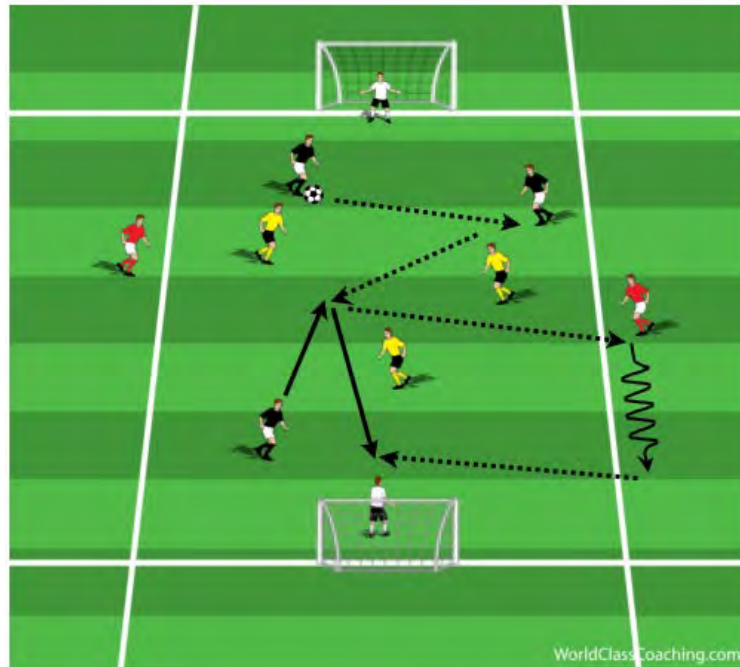


Set-up:

- . 10 players, 2 as jokers and 2 as keepers
- . The game is played in a 20x20 space with 2 goals

Exercise:

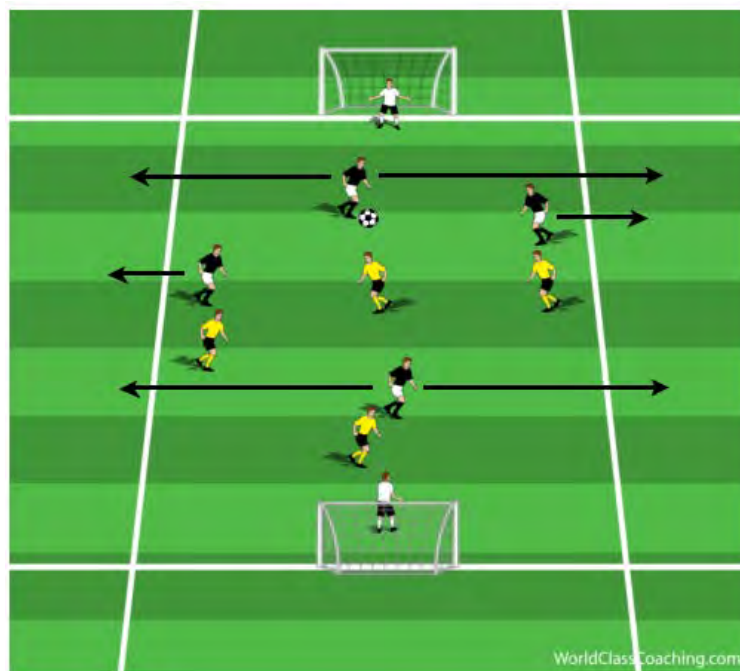
- . The attackers exchange passes between themselves and the jokers maintaining ball possession and organizing the attack.
- . After 5 consecutive passes the attackers may attempt to score on the goal they are playing toward.



. The defenders try to intercept and become attackers.

Variations:

. Play without the jokers, with players moving into the side areas when beneficial.



- . Put the jokers inside the game space, but give them the option to move into the side areas.



- . vary the number of passes before the attack on goal.

EXERCISE 4

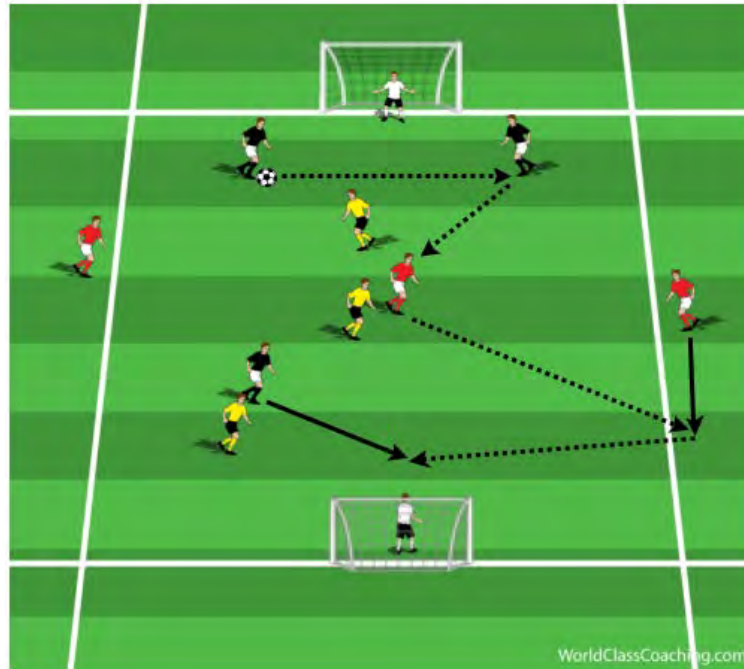


Set-up:

- . 11 players, 3 as jokers and 2 as keepers
- . The game is played in a 25x25 space with 2 goals

Exercise:

- . The central Joker moves freely only within the game space.
- . The attackers exchange passes between themselves and the jokers trying to maintain ball possession and organize an attack.
- . After 5 consecutive passes the attackers may attempt to score in the goal they are playing toward.



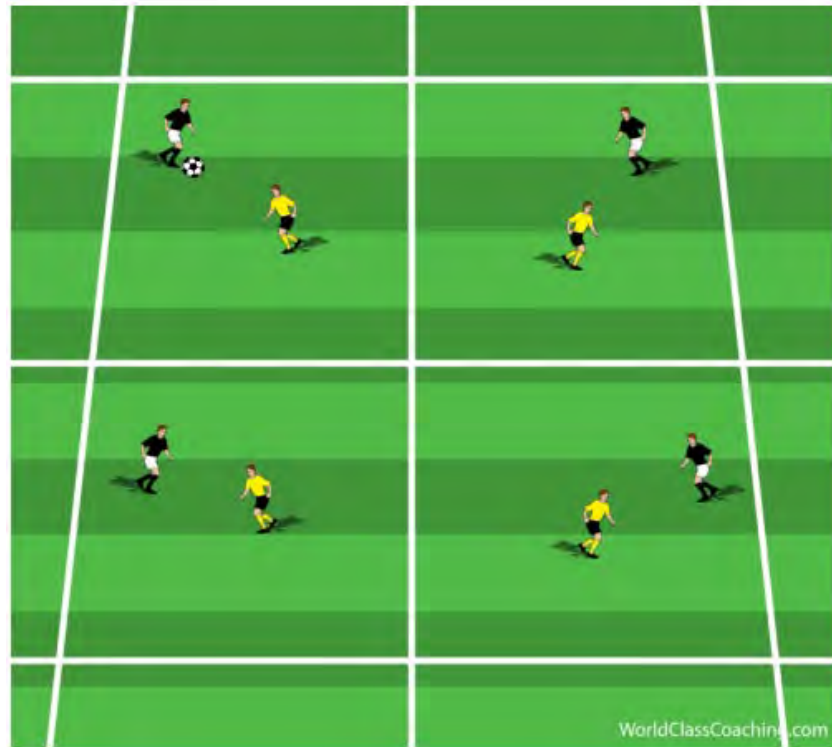
. The defenders try to intercept and become attackers.

Variations:

. Add another central joker as shown, allowing one to show toward the other half, receive, pivot and pass to another attacker or joker.



EXERCISE 5



Set-up:

- . 8 players
- . The game is played in a 24x24 space
- . The field is divided into 4 zones. Each zone contains 1 attacker and 1 defender
- . Each zone must contain at least one player from each team
- . All players may move freely between the zones.

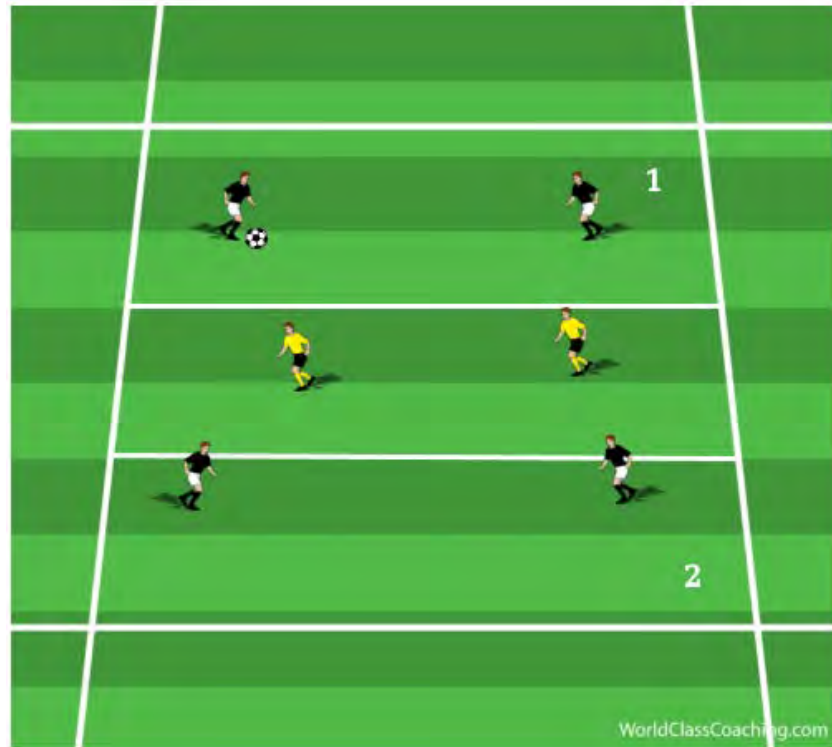
Exercise:

- . The attackers exchange passes between themselves trying to maintain possession as long as they can.
- . The defenders try to intercept and maintain possession.

Variations:

- . 10 consecutive passes are worth 1 point.

EXERCISE 6



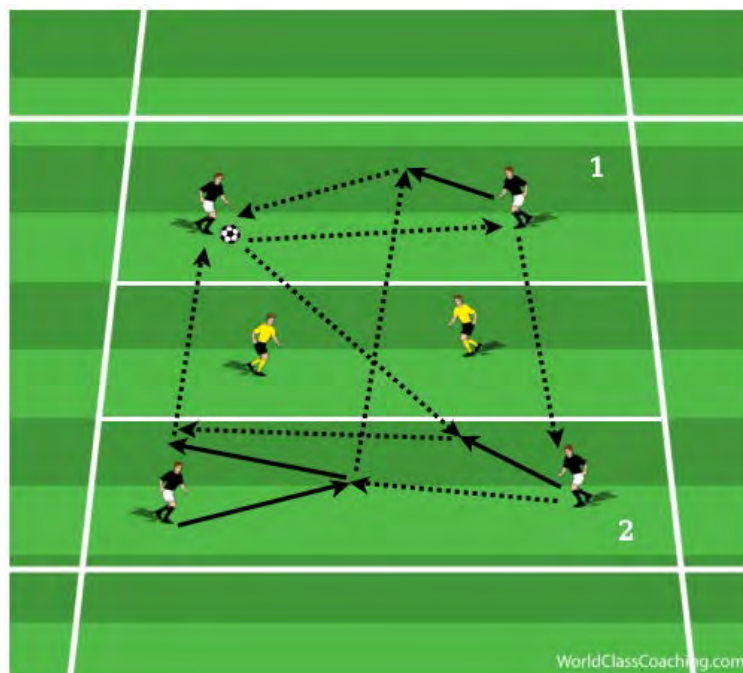
Set-up:

- . 6 players
- . The game is played in a 16x16 space
- . The game space is divided into 3 equal zones. Two zones each contain 2 attackers and the central zone contains two defenders
- . The attackers cannot go into the defender's area
- . The defenders cannot go into the attacker's area.

Exercise:

- . The attackers exchange passes trying to maintain possession as long as they can.

- . The defenders try to intercept and maintain possession.

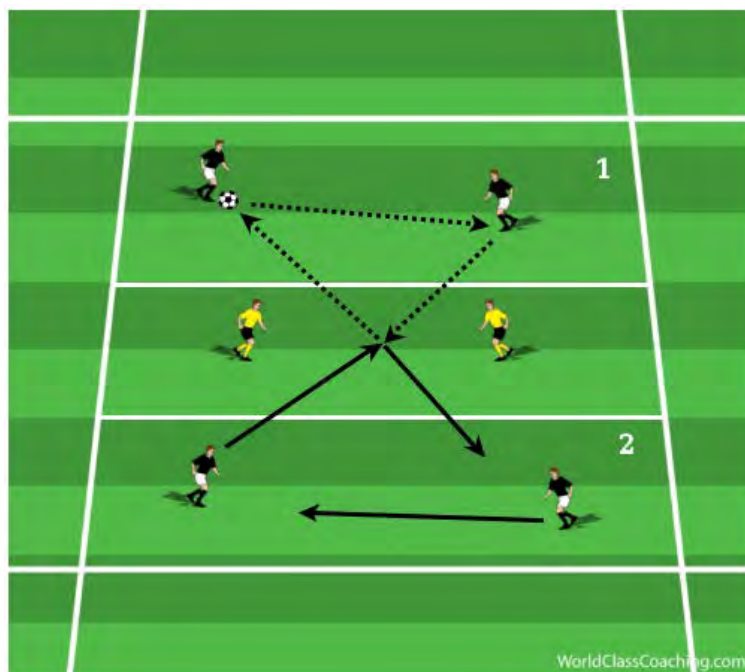


Variations:

- . Vary the number of attackers and defenders inside the zones.
- . 10 consecutive passes are worth 1 point.



- . Allow attackers to enter the central zone, giving themselves a chance to receive a pass, pivot and pass to another.



EXERCISE 7

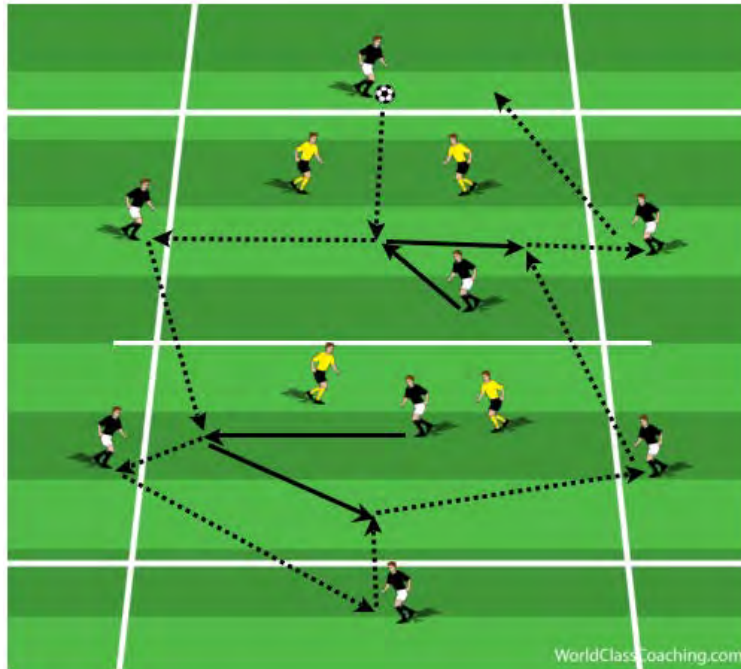


Set-up:

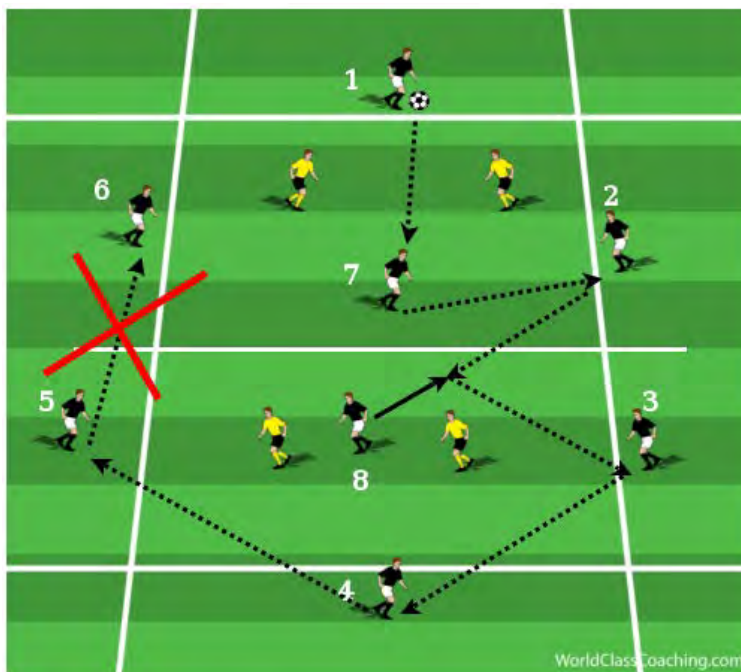
- . 12 players
- . The game is played in a 35x35 space
- . The game space is divided into 2 zones.
- . Each zone contains 1 attacker and 2 defenders
- . 6 attackers will play outside the game space
- . Players in the game spaces cannot go into spaces outside the game spaces
- . Players outside the game spaces cannot go into the game spaces
- . Each of the zones in the game space must contain at least one attacker and one defender.

Exercise:

- . The attackers exchange passes trying to maintain possession as long as they can.



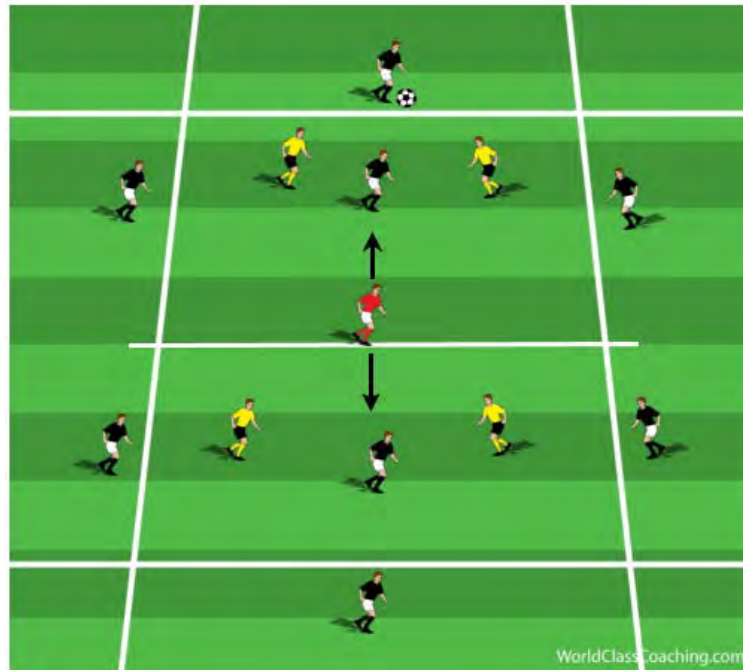
- . However, players outside the game spaces are obliged to pass the ball into the game spaces and cannot make passes directly to another outside player.
- . For example, player 5 can't pass the ball directly to player 6.



- . The defenders try to intercept and maintain possession using the players outside the game spaces as teammates.

Variations:

- . Add a central joker who may play in both zones.
- . 10 consecutive passes are worth 1 point.



EXERCISE 8

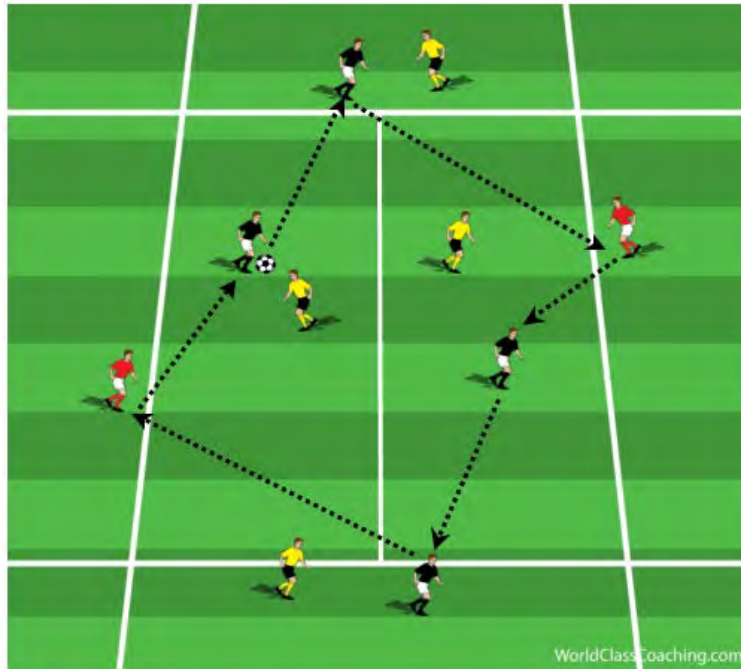


Set-up:

- . 10 players, 2 as jokers
- . The game is played in a 30x30 space
- . The game space is divided into 6 zones: Four zones contain 1 attacker and 1 defender and two zones contain 1 joker

Exercise:

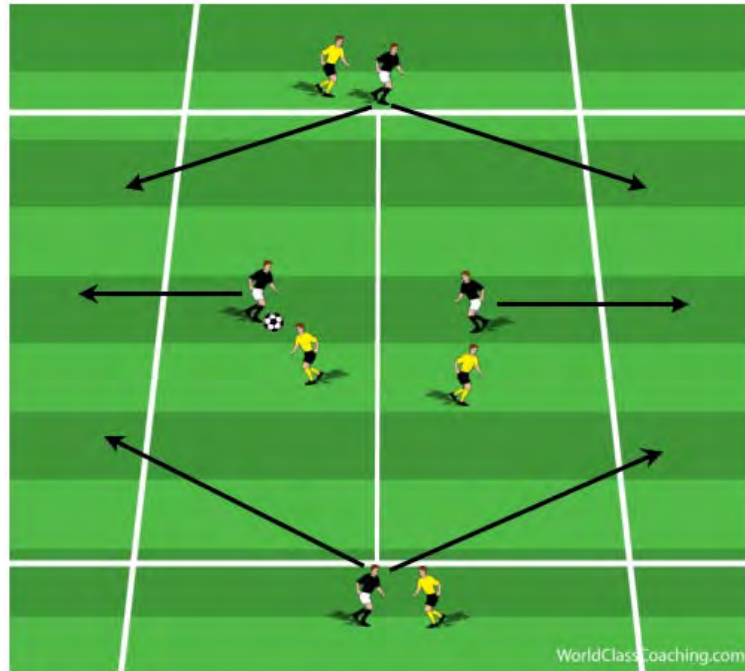
- . The attackers exchange passes between themselves and the jokers trying to maintain possession as long as they can.



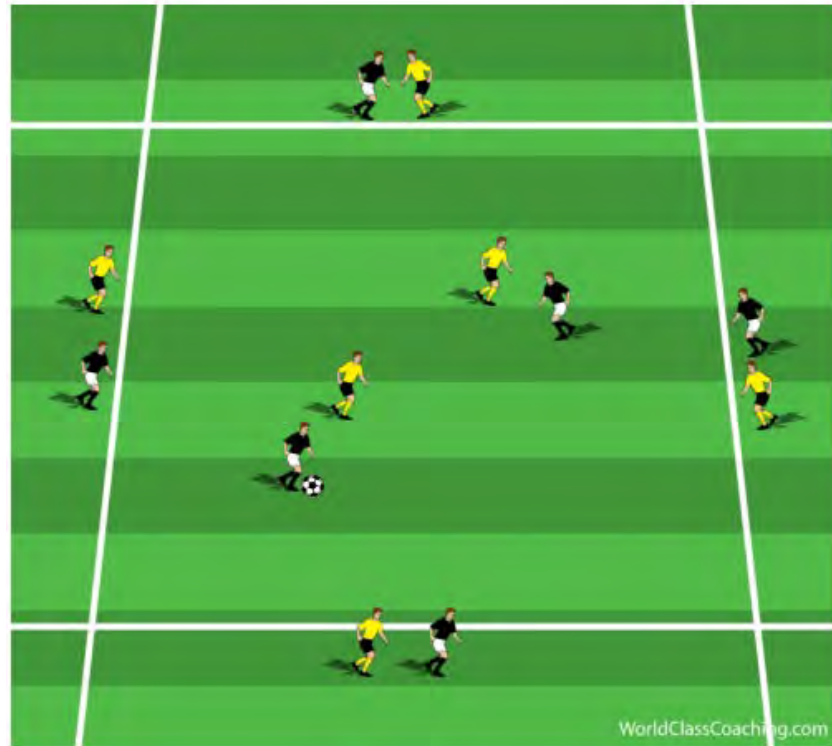
- . The defenders in either end zone don't play while the defenders don't have possession. .
- The defenders in the two center zones try to intercept and maintain possession.

Variations:

- . Start with the side zones outside the game unoccupied and allow any of the attackers to use the side zones.
- . 10 consecutive passes are worth 1 point.



EXERCISE 9

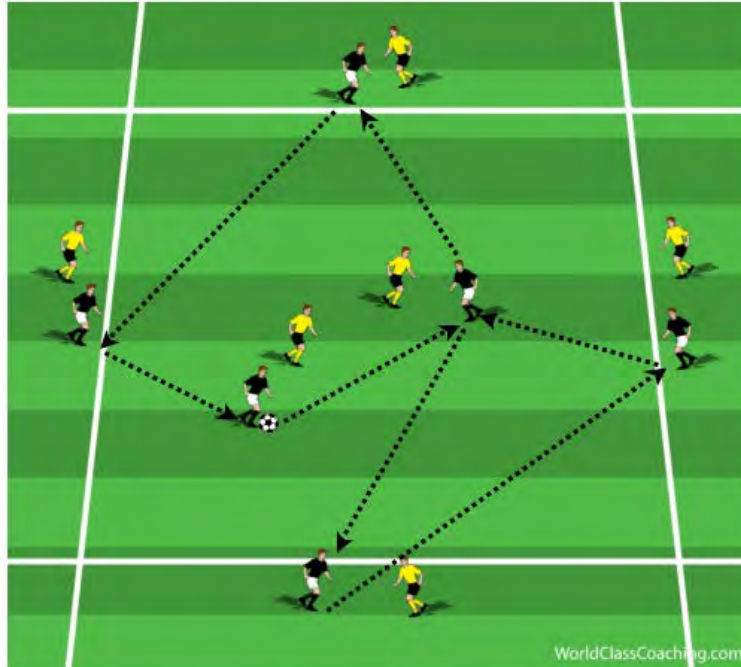


Set-up:

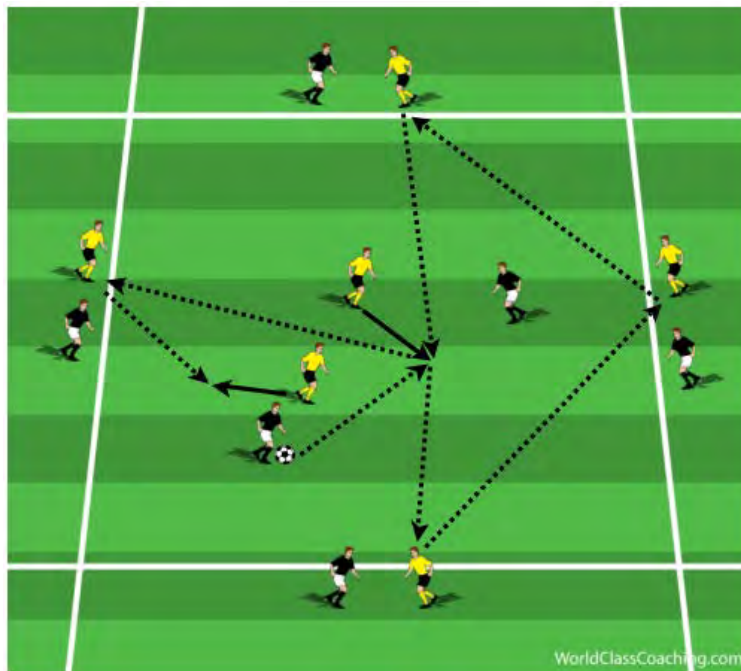
- . 12 players
- . The game is played in a 25x25 space

Exercise:

- . The attackers exchange passes trying to maintain possession as long as they can.



- . Defenders outside the game space are inactive while the defense is not in possession.
- . The defenders in the game space try to intercept and maintain possession.



Variations:

- . 10 consecutive passes are worth 1 point.

EXERCISE 10

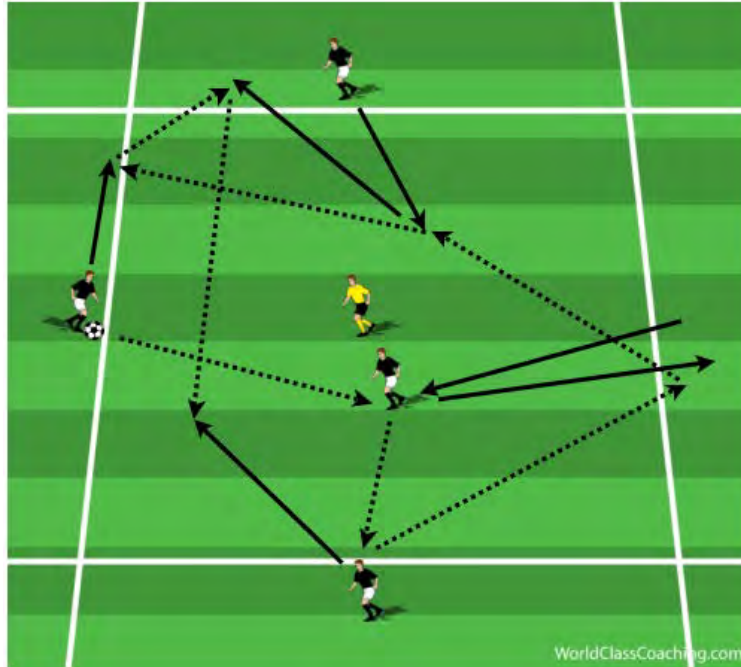


Set-up:

- . 5 players
- . The game is played in a 10x10 space

Exercise:

- . One attacker at a time enters the game space to play as a pivot. He must provides the option to receive a pass, receive the pass, pass to another attacker and return to his initial position.
- . The attackers exchange passes trying to maintain possession as long as they can.

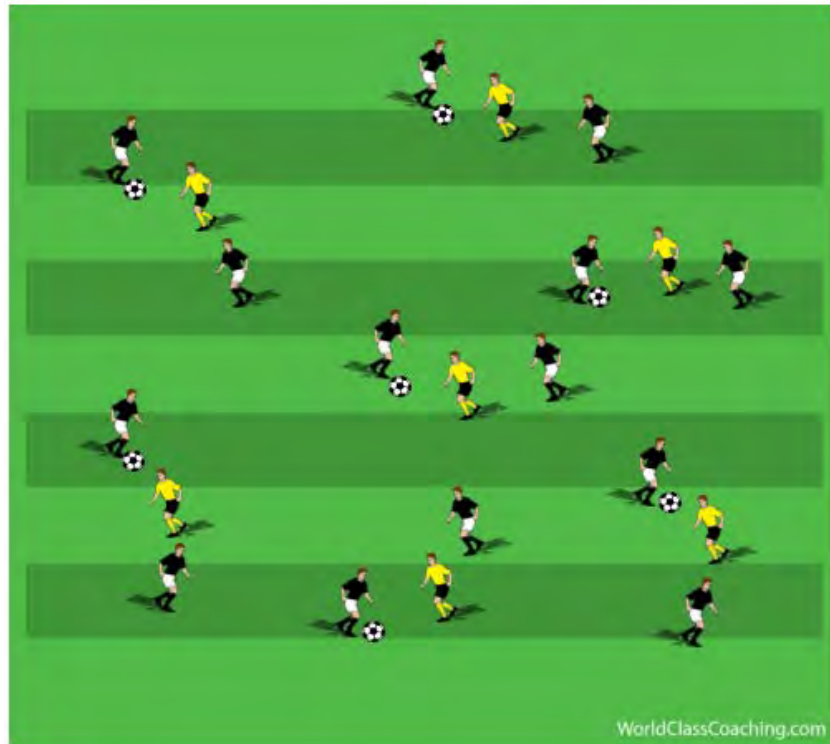


- . As soon as the defender intercepts and maintains possession with one of the attackers, he exchanges position with the attacker who lost the ball.

Variations:

- . Put more players in the defense area, creating pressure on the player who has the ball.
- . Vary marking pressure.
- . Limit the number of touches between passes.
- . 10 consecutive passes are worth 1 point.

EXERCISE 11

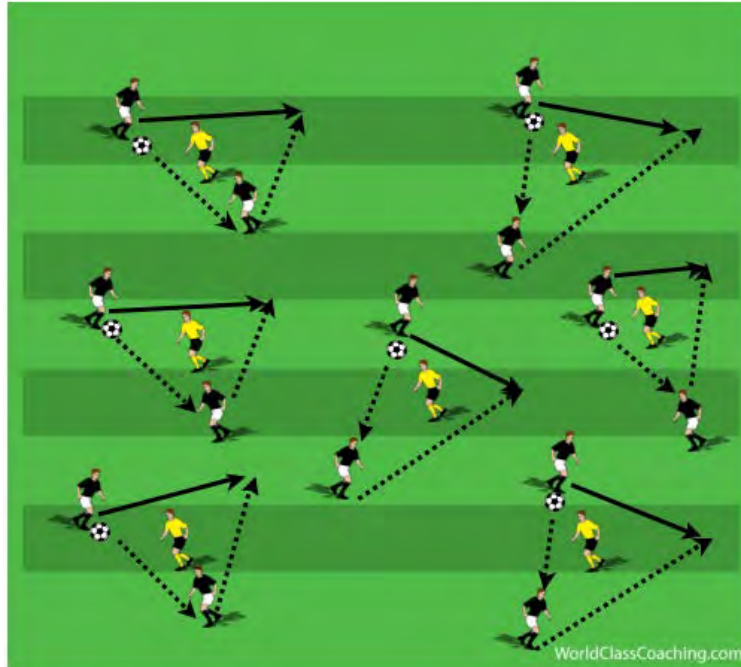


Set-up:

- . 21 players
- . The game is played in a 40x22 space
- . 7 balls
- . All players can move about freely in the game space but must stay within their 2 v 1 game

Exercise:

- . The attackers exchange passes trying to maintain possession as long as they can.

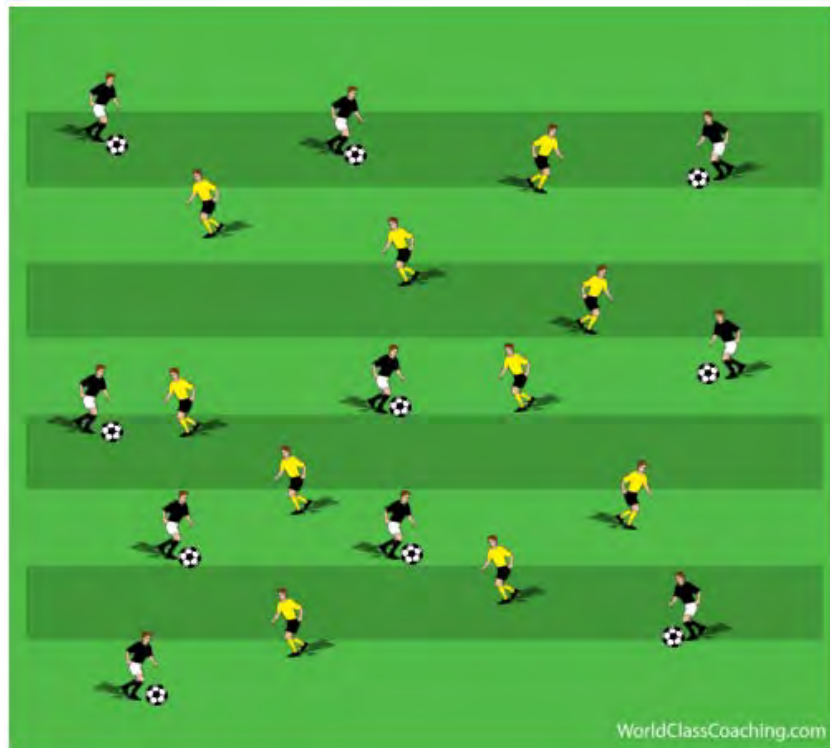


- . As soon as a defender intercepts and maintains possession, he changes position with the attacker who lost the ball.

Variations:

- . Limit the number of touches between passes.
- . Vary the number of players with or without the ball.

EXERCISE 12



Set-up:

- . 20 players
- . The game is played in a 40x22 space
- . 10 balls
- . Players may move freely in the game space but must stay within their 1 v 1 game.

Exercise:

- . Each attacker keeps possession from a defender by dribbling.
- . As soon as the defender intercepts and maintains possession the attacker defends.
- . All challenges are 1 v 1
- . Defenders may not help each other.

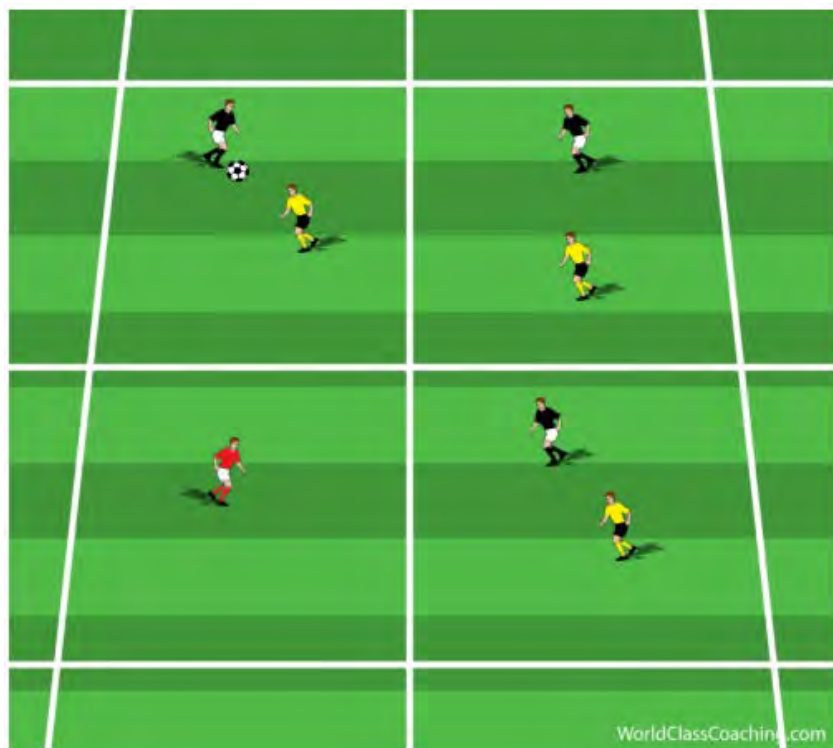
Variations:

- . Add jokers creating passing opportunities for the attackers.



CHAPTER 2 – SSG's WITH JOKER PLAY

EXERCISE 1

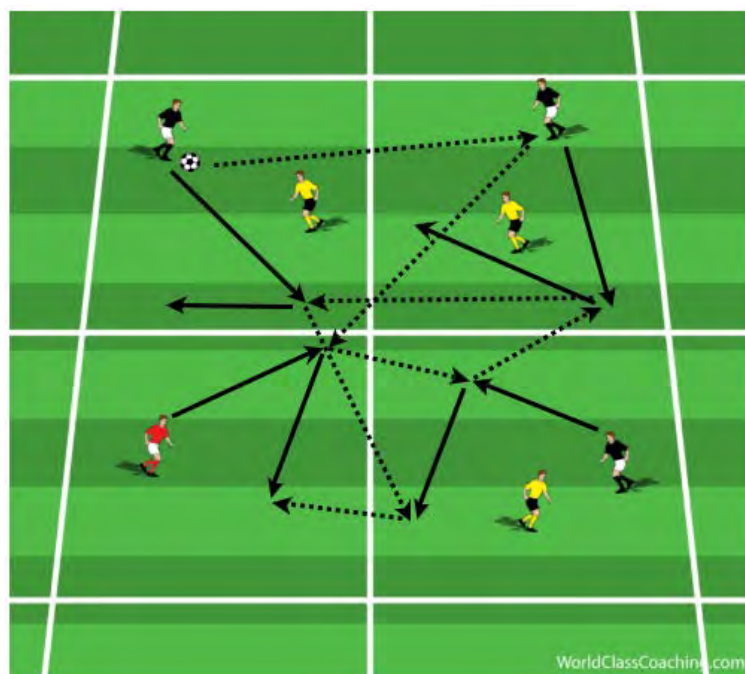


Set-up:

- . 7 players, 1 as joker, arranged as shown
- . 18x18 game space divided into 4 equal zones

Exercise:

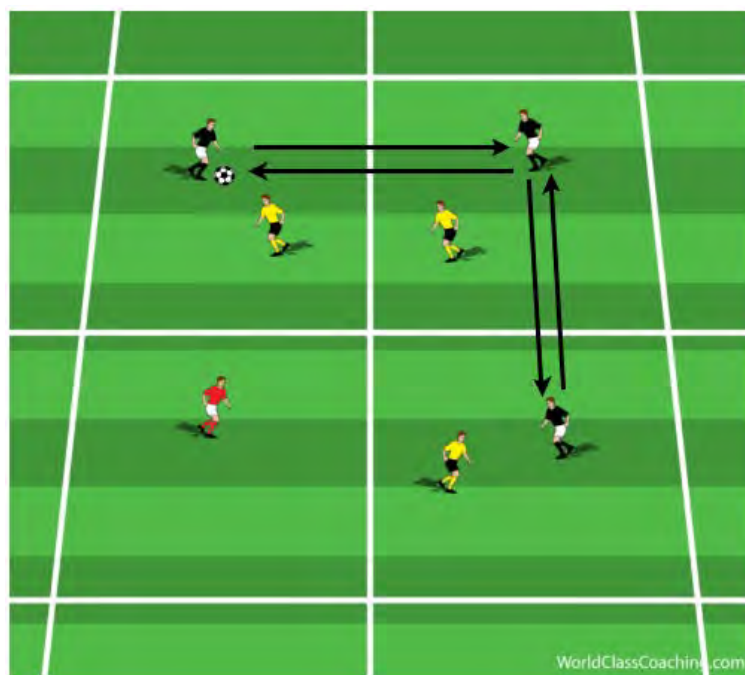
- . Players and the joker stay within their zones.
- . Attackers try to maintain possession using the joker as needed.



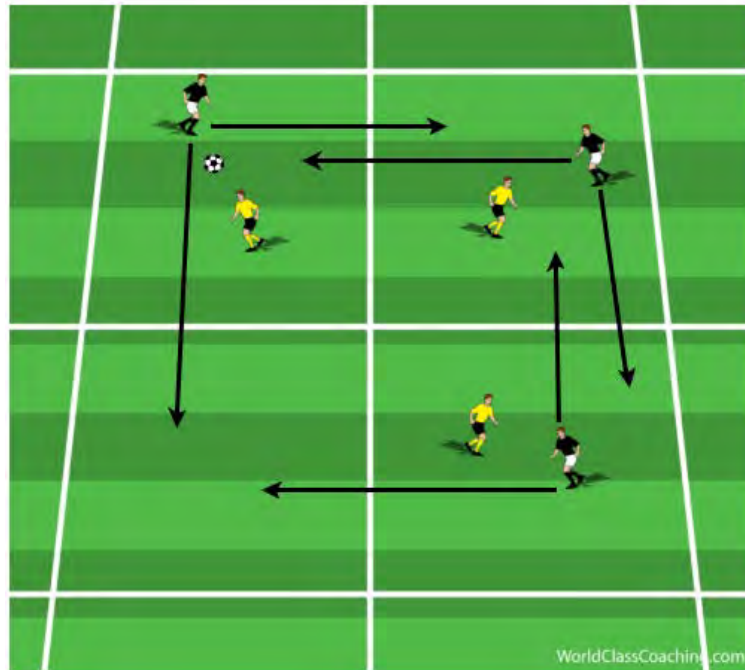
- . Defenders try to intercept and maintain possession using the joker as needed.

Variations:

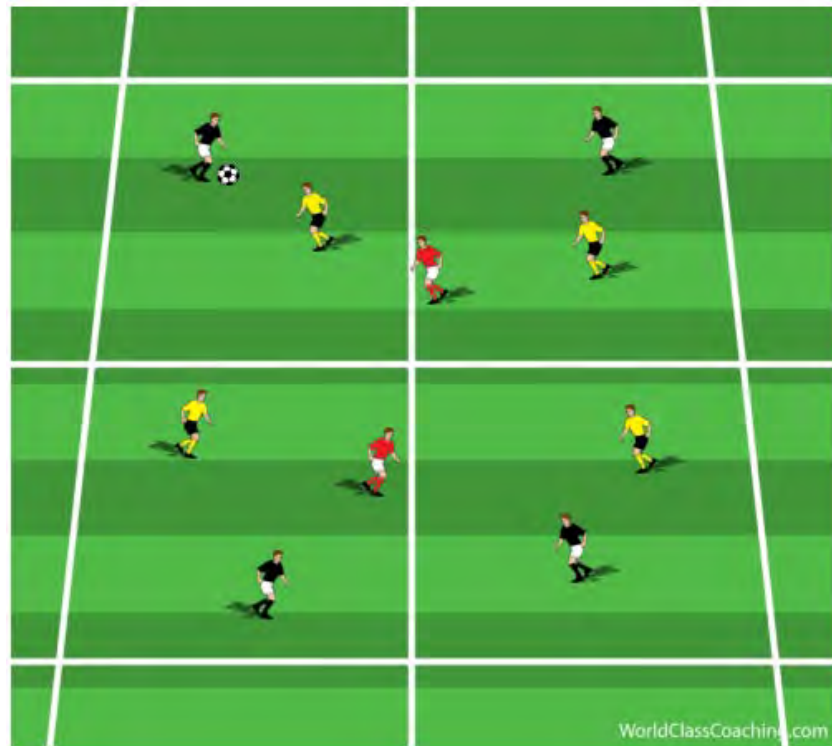
- . Allow movement of players between each of the three zones, but each zone must always have only one attacker and one defender.



- . Play without the joker but allow one attacker at a time to enter the empty zone.



EXERCISE 2

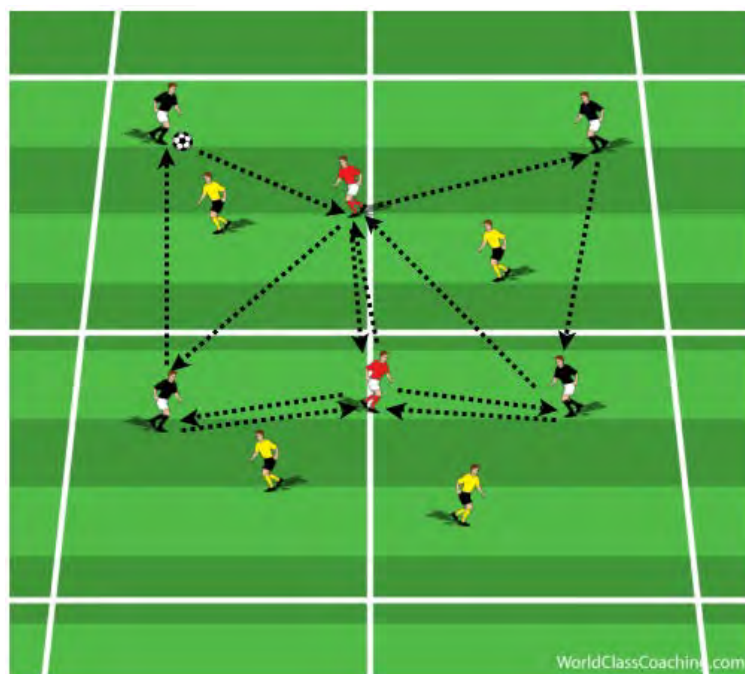


Set-up:

- . 10 players, 2 as jokers, arranged as shown
- . 22x22 game space divided into 4 equal zones

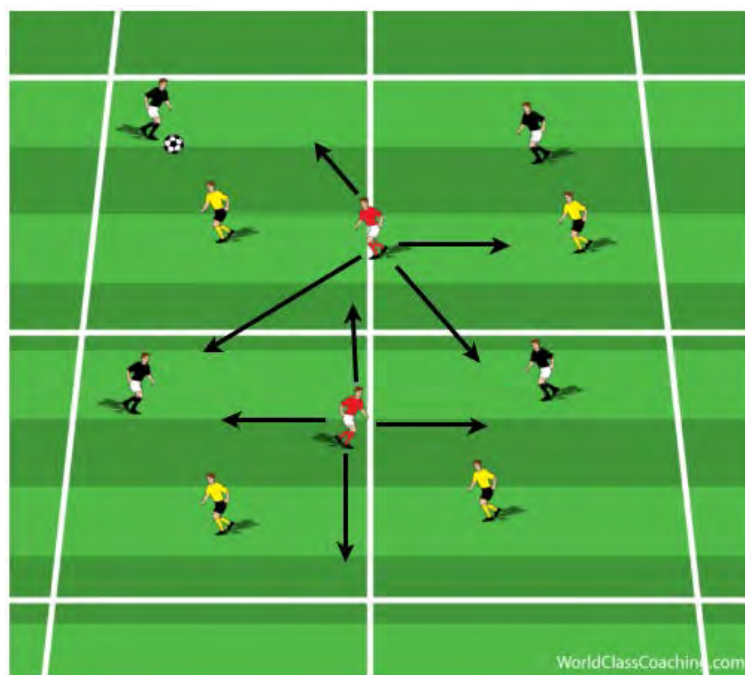
Exercise:

- . Attackers stay in their zone and try to maintain possession using the jokers if needed.
- . Each joker may move into any of the 4 zones.
- . Defenders, within their zone, try to intercept the ball and maintain possession.



Variations:

- . Each joker may move into any of the 4 zones not occupied by the other joker.



EXERCISE 3

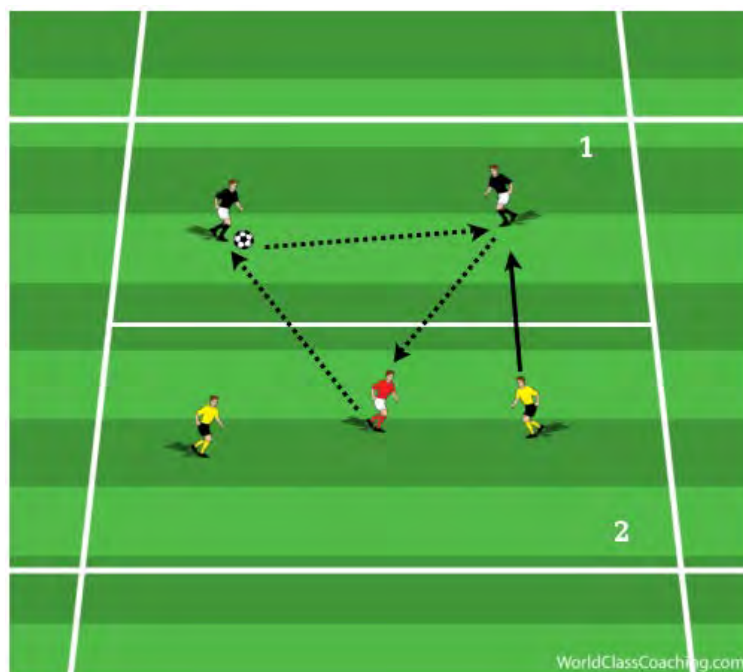


Set-up:

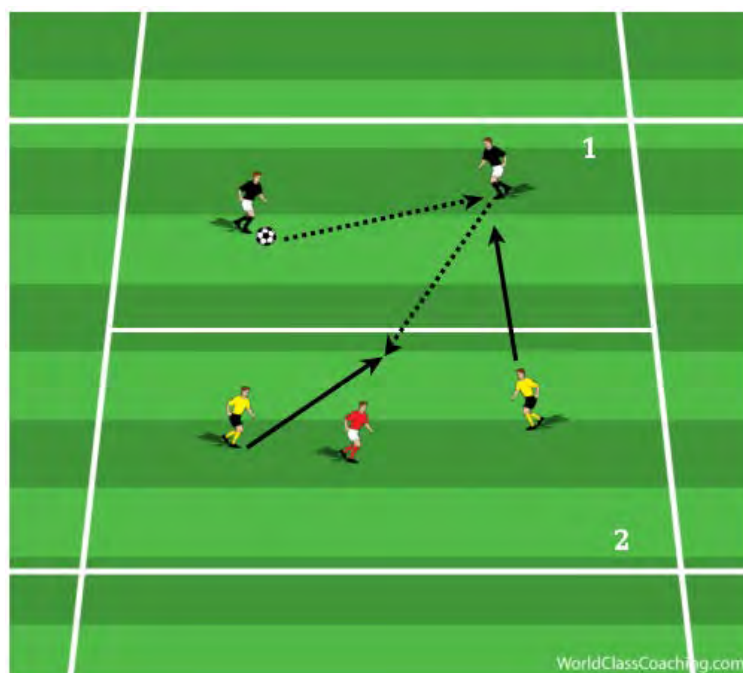
- . 5 players, 1 as joker, arranged as shown
- . 18x18 space divided into equal zones

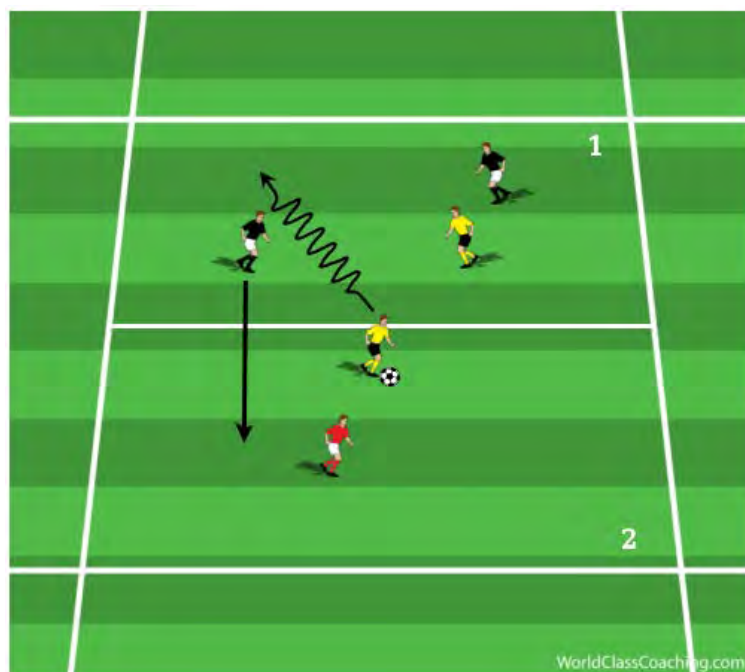
Exercise:

- . Attackers stay within the attackers' zone and create passes between themselves and the joker thus maintaining ball possession.
- . The joker may not enter the attackers' zone but moves constantly to provides a safe passing option for the attackers.



. Defenders try to intercept using pressure and allowing one or the other of the defenders to enter the attacker's zone who then recovers if unsuccessful. If the defenders win it, the joker plays with the new attackers.





Variations:

- . Limit the number of touches on the ball, accelerating or slowing the pace of the game.
- . Vary the number of defenders allowed to enter the attacker's zone.

EXERCISE 4



Set-up:

- . 11 players, 1 as Joker and 2 as keepers
- . 30x20 game space.

Attackers...

- . Move to create passing/receiving options
- . Maintain ball possession
- . Play with the joker
- . Organize the attack
- . Attempt to score

Joker...

- . May not attempt to score

Defenders...

- . Pressure
- . Intercept and maintain possession
- . Counter-attack

Variations:

- **Remove the Joker and use a goalkeeper as the "security pass" option.**



- Allow the joker to participate in the attack as a regular attacker.

EXERCISE 5



Set-up:

- . 5 players, 1 as joker
- . 11x11 game space.
- . 2+J v 2 with 4 goals

Attackers' actions:

- . When without the ball create passing lines
- . Maintain ball possession
- . Play with the joker
- . Organize the attack
- . Score in any goal

Defenders's actions:

- . Intercept
- . Recover possession
- . Pressure mark
- . Counter-attack

Joker's actions:

- . Do not score

Variations:

- . Increase or decrease the number of attackers and/or defenders, creating unbalanced offensive or defensive situations.



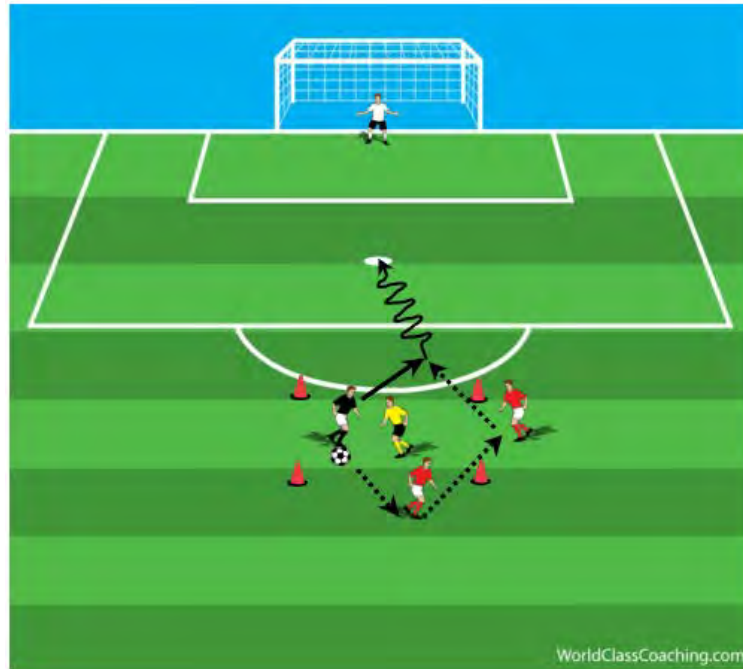
- . Increase or decrease the number of goals.
- . Allow joker's to score.

EXERCISE 6



Set-up:

- . 5 players, 2 as jokers and one as a keeper
- . 8x8 game space located away from one goal.
- . Attacker plays inside the game space
- . Maintains ball possession with the jokers
- . Organizes the attack
- . Tries to score
- . Defender plays inside the game space
- . Pressure marks the attacker
- . Tries to intercept by anticipating the attacker's pass



Exercise:

- . The attacker exchanges passes with the jokers.
- . After making the number of passes defined by the coach, the attacker leaves the game space and tries to score.

Variations:

- . Vary the number of players and the size of the game space.



- . Vary the number of jokers.
- . Vary the number of passes before an attack on goal.
- . Allow the defender to leave the game space to prevent the attacker scoring.

EXERCISE 7



Set-up:

- . 7 players, 1 as Joker
- . 22x14 game space dimensions and 6 goals

Attackers' actions:

- . Create passing lines
- . Maintain ball possession
- . Play with the Joker
- . Organize the attack
- . Try to score

Joker's actions:

- . May not score

Defenders' actions:

- . Protect the goals
- . Intercept the passing lines
- . Win possession and counter-attack

Exercise:

- . The attackers have 1 minute in which to organize an attack and attempt to score.

Variations:

- . Increase or decrease the number of jokers.



- . Allow the joker to score a goal.
- . Vary the number of goals one or both teams must defend.

EXERCISE 8



Set-up:

- . 10 players, 1 as joker and 1 as keeper
- . 27x17 game space
- . 4+k v 4+J game

Attackers's actions:

- . Create passing lines
- . Maintain ball possession
- . Play with the joker
- . Organize the attack
- . Try to score

Joker's actions:

- . May not score

Defenders's actions:

- . Intercept the passing lines
- . Win the ball
- . Pressure mark
- . Cover the defender marking the ball

Game:

- . The attackers have 1 minute in which to organize an attack and attempt to score.

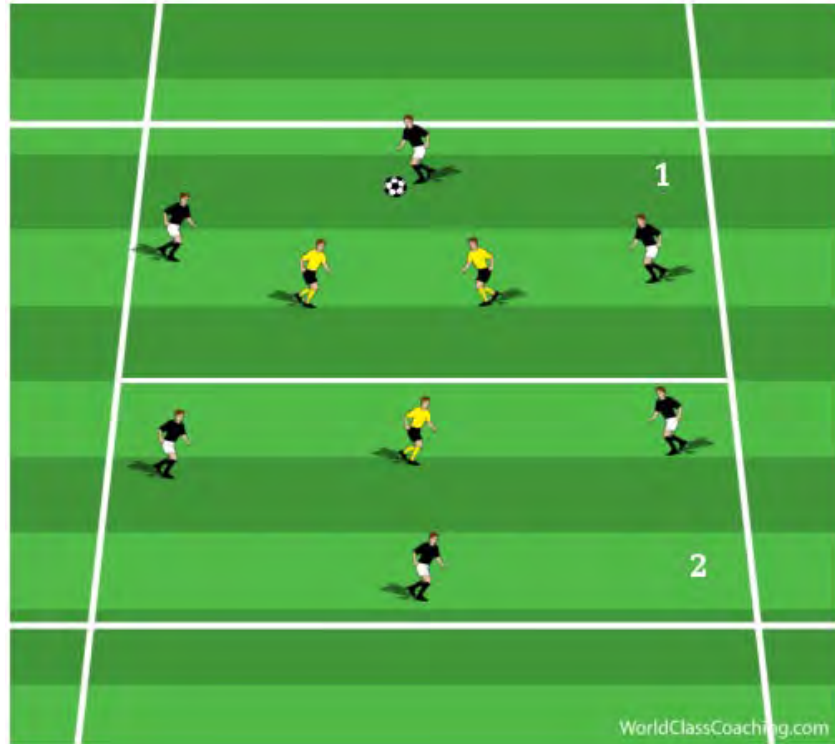
Variations:

- . Vary the attacking time, to accelerate or slow the pace of the game.
- . Vary the initial number of players.
- . Allow the joker to score.
- . Include small goals for the attackers to defend, when the defenders win the ball.



CHAPTER 3 – TRANSITION SSG's

EXERCISE 1

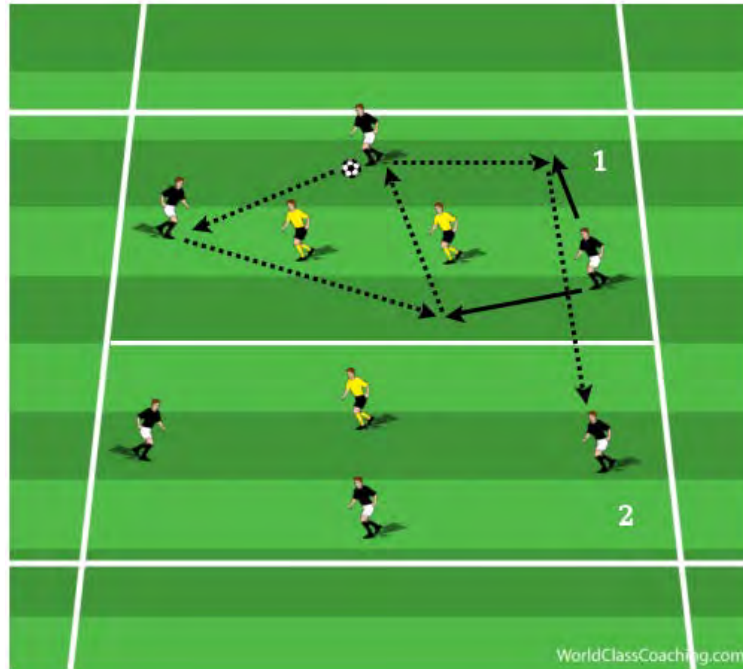


Set-up:

- . 9 players
- . 22x12 game space divided as shown

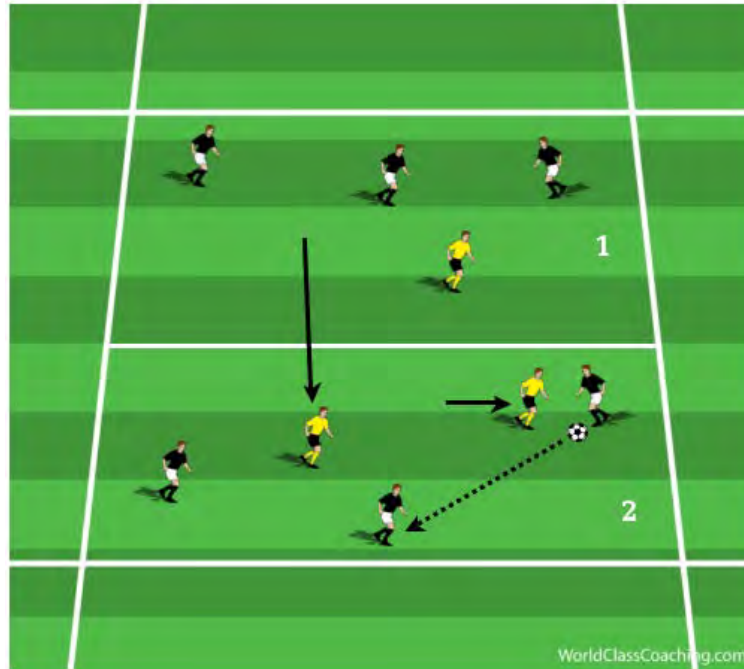
Attackers's actions:

- . Those in space 1 maintain possession by making the number of passes called for by the coach before a pass to space 2
- . Those in space 2 move to make passing lines for easy passes from space 1

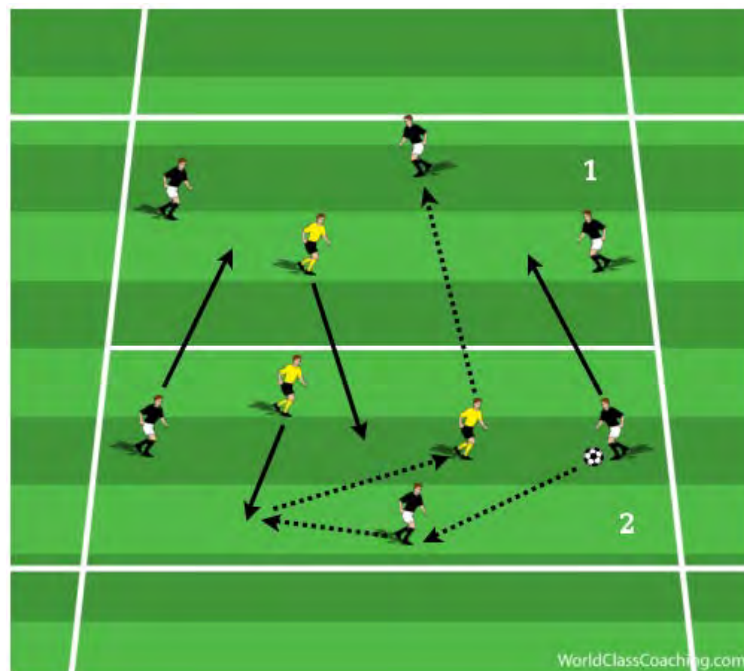


Defenders' actions:

- . 2 defenders mark, try to win the ball in the space where the attackers have the ball and try to prevent the pass to the other half while the defender in the other half tries to intercept the pass to his half
- . One defender pressures the attacker with the ball while the other anticipates the attacker's pass
- . When the attackers successfully pass from space 1 to space 2, one of the defenders transitions to space 2



- . Transitions must be fast if the attackers with the ball are to take advantage of the lone defender before the recovering defender arrives.



Variations:

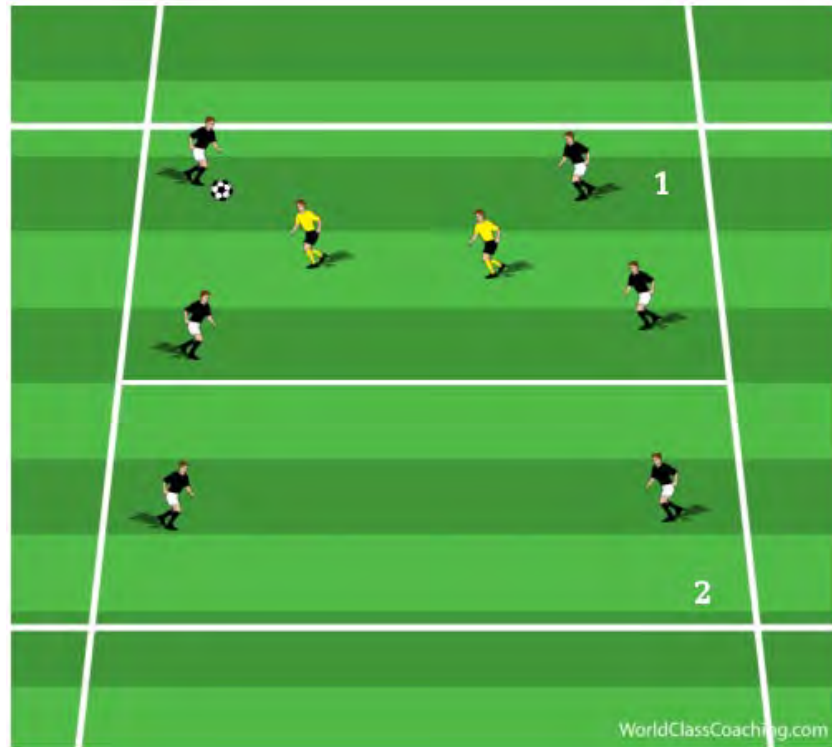
- . Increase the number of attackers and defenders in the exercise.



- Play without a defender in the waiting half forcing all defenders in space 1 to transition to space 2.



EXERCISE 2

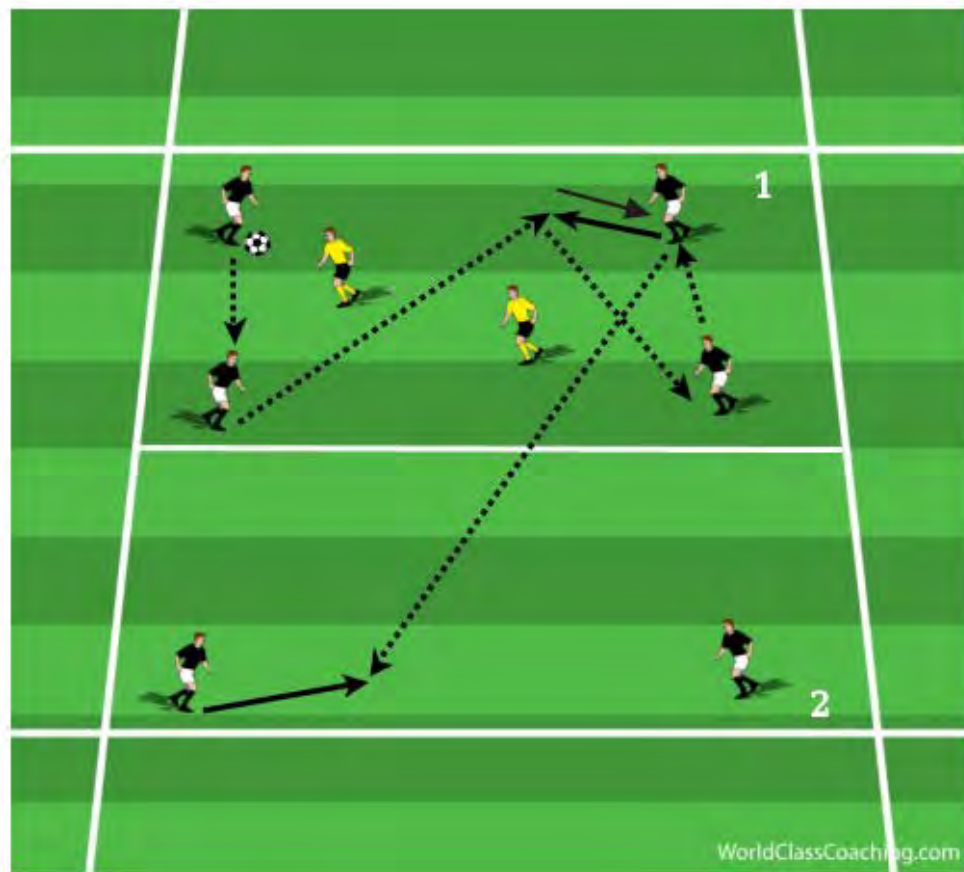


Set-up:

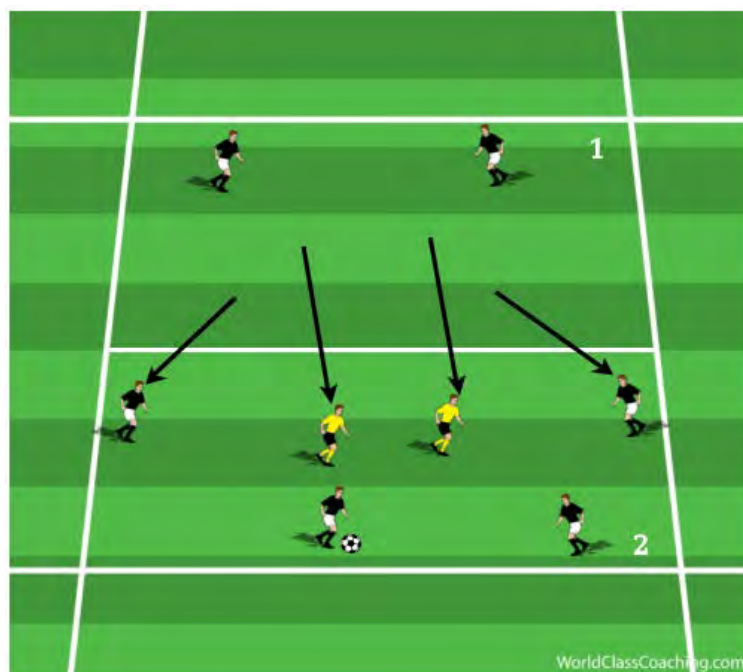
- . 8 players
- . 24x12 game space divided equally
- . 4 v 2 game situation

Attackers' actions:

- . Make the number of pass defined by the coach before passing to an attacker in the other half
- . Two attackers and the two defenders transition after the pass to the other half
- . Attackers in space 2 move to make the pass from space 1 easy
- . Maintain ball possession

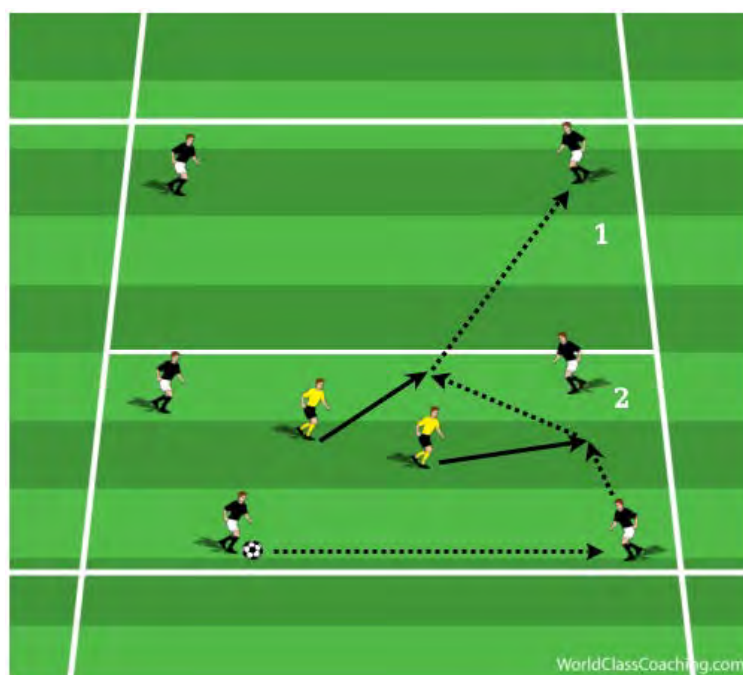


. The offensive transition in this exercise must be fast, to maintain the defensive imbalance as long as possible.



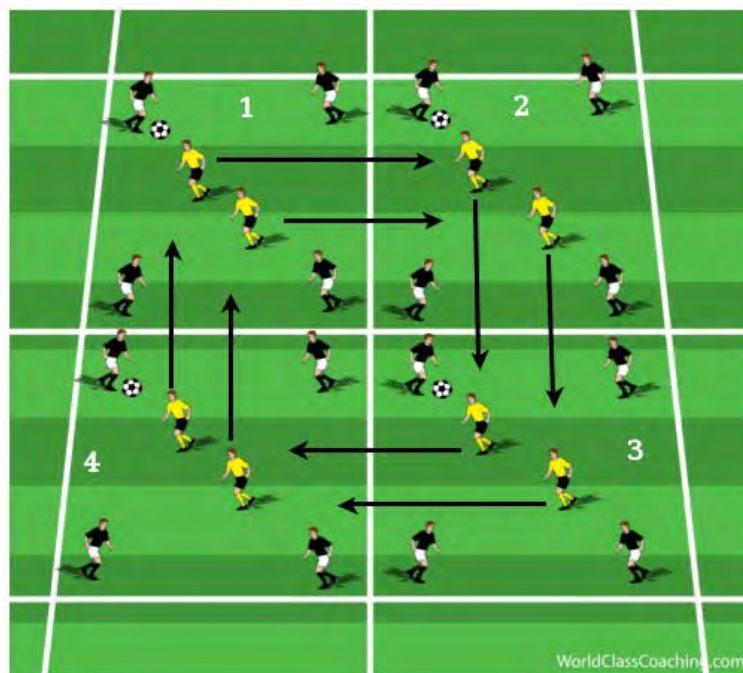
Defenders' actions:

- . Intercept the pass line
- . Win the ball
- . Avoid a pass between them
- . Cover for each other
- . Transition quickly



Variations:

- Divide the game space in to 4 areas, forcing the attackers and defenders to transition into any of the 3 other fields.



EXERCISE 3

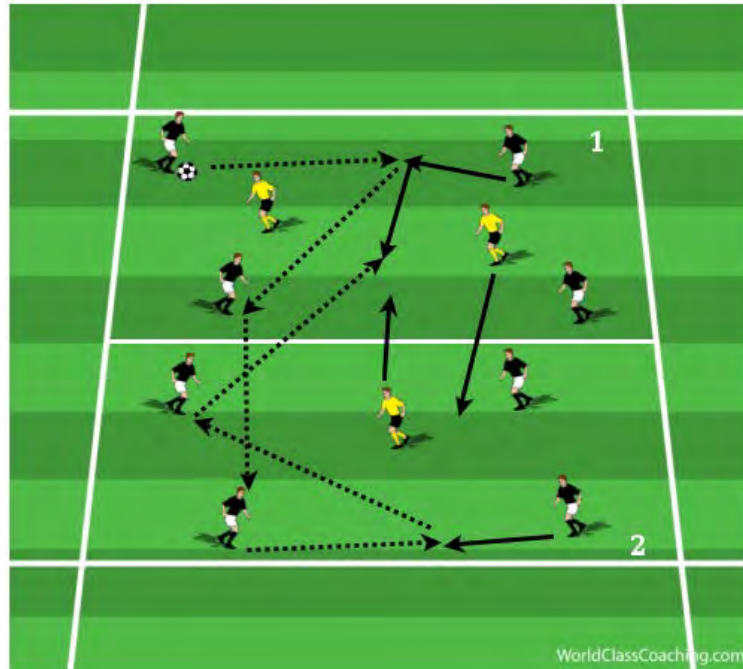


Set-up:

- . 11 players
- . 32x32 game space divided equally

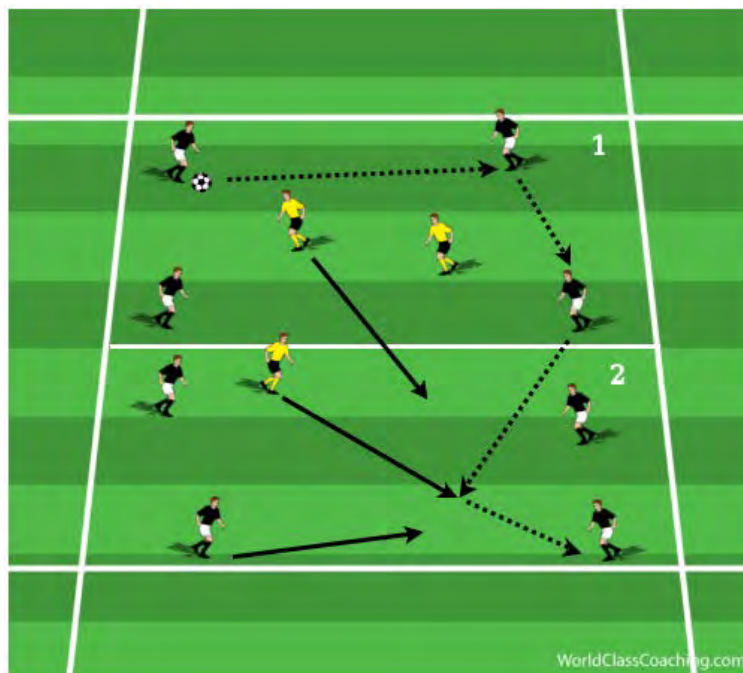
Attackers' actions:

- . In the 4 v 2 game space make the number of passes defined by the coach before a pass to an attacker in the other space
- . The waiting attackers create pass lines for easy passes from space 1 to space 2
- . Maintain possession



Defenders' actions:

- . The 3 defenders defend properly to prevent the transition pass and try to win the ball.
- . When the attackers successfully transition pass from space 1 to space 2, 1 defender transitions quickly into the other space. IF A DEFENDER WINS THE BALL HE TAKES THE PLACE OF THE ATTACKER WHO PASSED, AND THE ATTACKER BECOMES THE DEFENDER.



- . The attackers must pass quickly to each other after the transition pass to have an advantage over the defender's slow transition.

Variations:

- . Vary the number of possession passes the attackers must complete before making a pass to an attacker in the other space.
- . Limit touches attackers may use.

EXERCISE 4

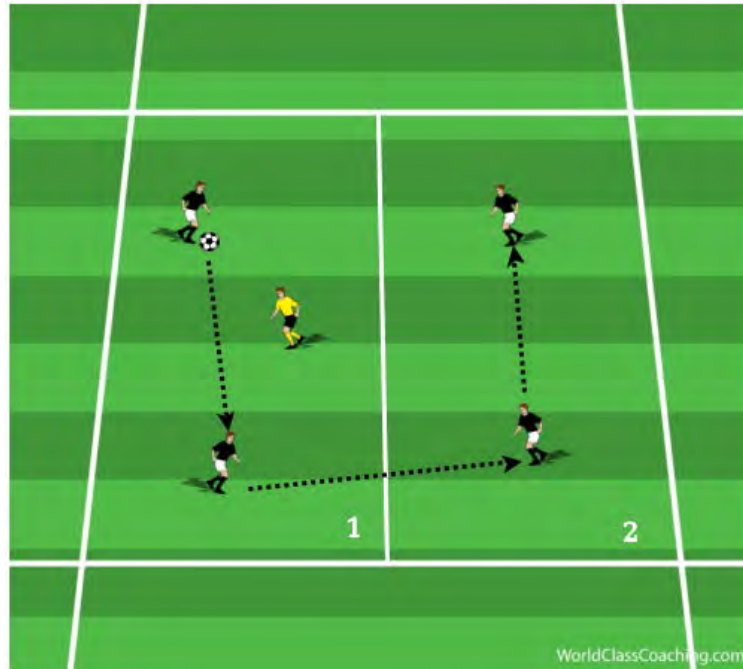


Set-up:

- . 5 players
- . 10x10 game area.

Attackers' actions:

- . Maintain ball possession
- . Attackers without ball create passing lines via their movements



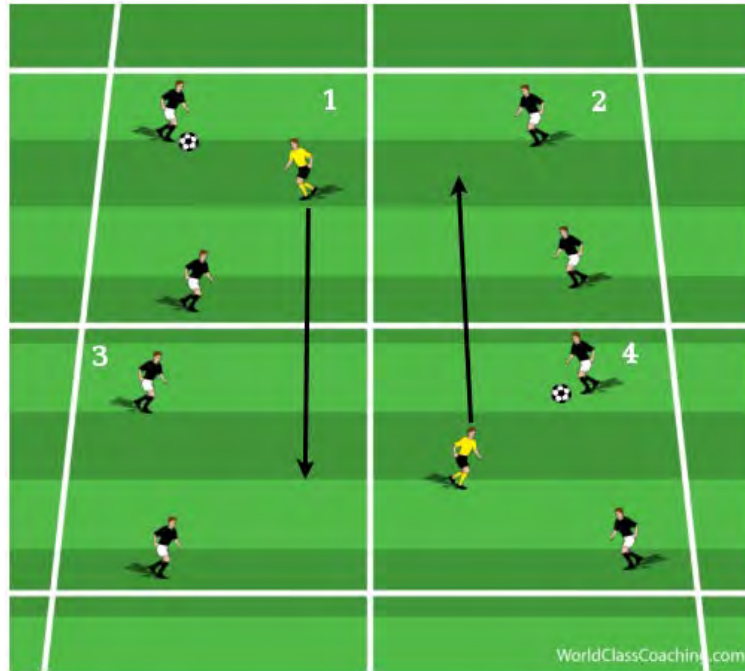
Defender's action:

- . Anticipate attackers' passes for a possible interception in one space but transition quickly to the other space when it's passed there.

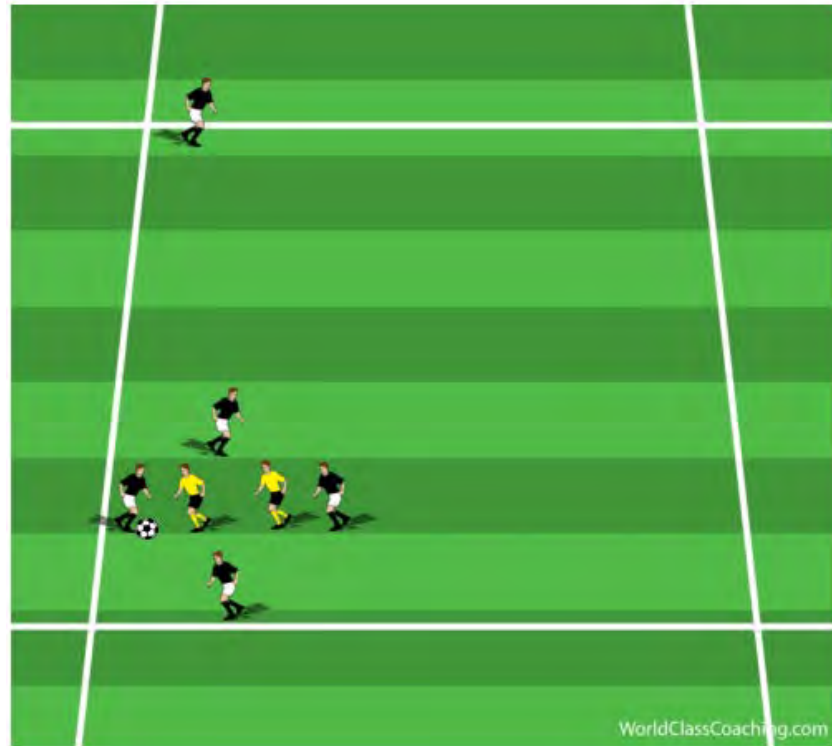
Variations:

- . can make defenders exchange the small fields after a certain time, working the fast defensive recomposition

WHEN 2 OR MORE OF THESE GAMES ARE PLAYED AT THE SAME TIME PERIODICALLY THE DEFENDERS MUST CHANGE GAME SPACES AND THUS QUICKLY REORGANIZE THEIR DEFENSE.



EXERCISE 5



Set-up:

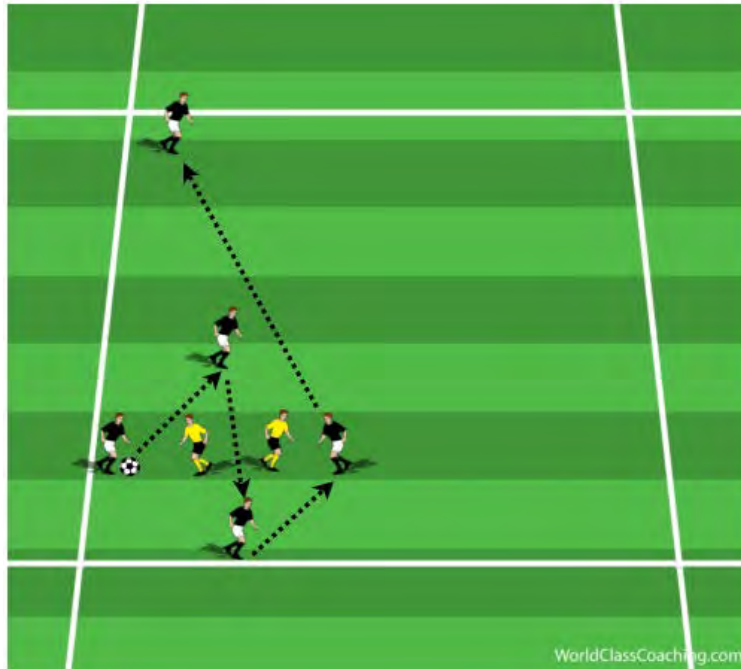
- . 7 players
- . 14x14 game space
- . 4+1 v 2 game situation.

Attackers' actions:

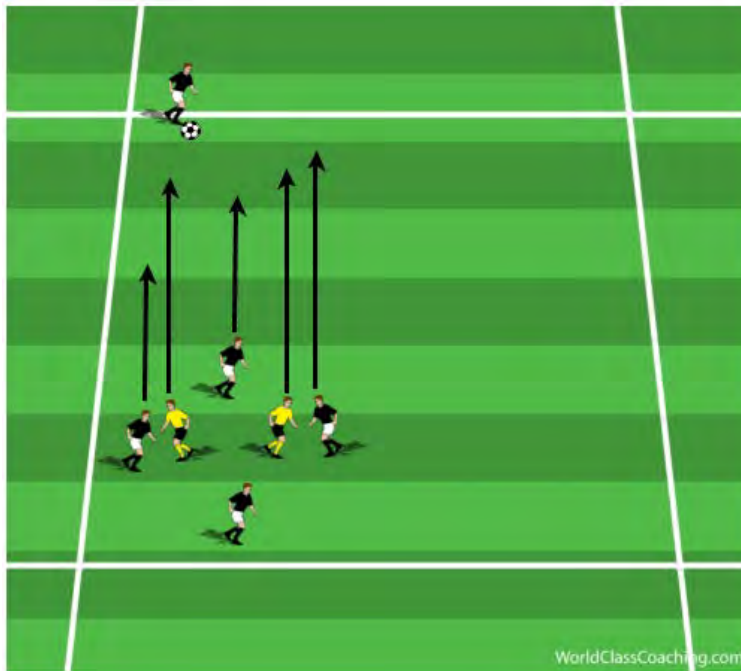
- . 4 attackers play close together, 1 as far away as possible
- . Maintain ball possession
- . Make the number of pass defined by the coach before a long pass to the away attacker

Defenders' actions:

- . Pressure mark the attacker with the ball
- . Anticipate the pass lines for possible interceptions
- . Defender not pressuring ball covers space behind pressuring defender



- . After the long pass, 3 attackers run fast to the other attacker. The defenders also go to the ball.



- . Attacking and defending transitions must be fast, else one or the other gains an advantage.

Variations:

- . Coach may change the number of passes before the transition pass.

EXERCISE 6



Set-up:

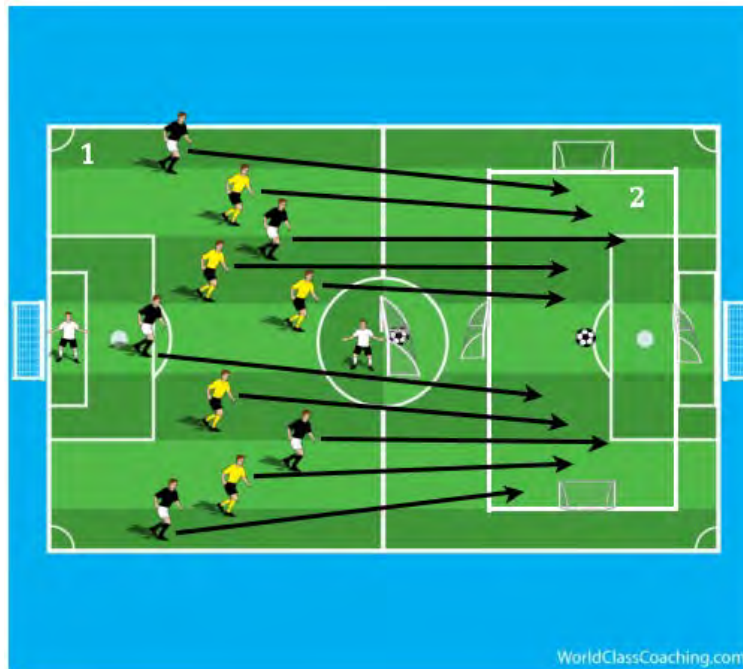
- . 12 players 2 as keepers
- . 44x22 game space divided into area 1 and area 2.

In space 1:

- . 5+K v 5+K game situation.
- . The attackers must keep possession to organize an attack.
- . The defense should prevent the attack and try to intercept an attacker's pass. If successful, defenders should organize a counter-attack within space 1



. If either team scores a goal, the game, minus the keepers, goes into space 2.



In space 2:

- . 5 v 5 with 4 small soccer goals, 2 for each team to defend.. The attackers must be able to keep possession to organize the attack movement.
- . The defense should prevent the attack, trying to intercept the pass line and keep ball possession for a chance to counter-attack within space 2.
- . If any team scores a goal, the game automatically returns to space 1.



Variations:

- . Vary player numbers.
- . Vary the number of small goals.

EXERCISE 7



Set-up:

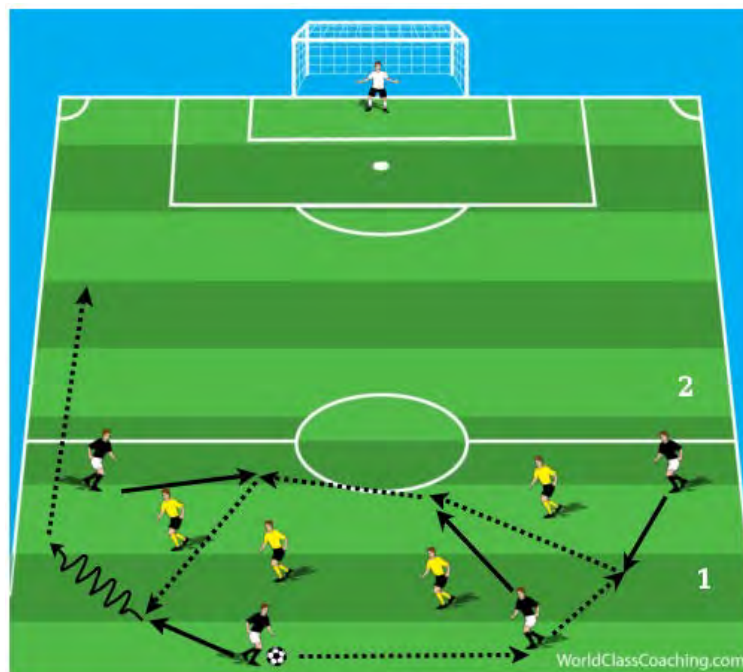
- . 9 players, 1 as a keeper
- . 44x33 game space divided into numbered zones
- . 4+K v 4 game situation

Attackers' actions:

- . Make the number of pass defined by the coach before fast transition to space 2
- . Maintain possession
- . Organize an attack
- . Finish

Defenders' actions:

- . Prevent attackers' success and win possession
- . Quick defensive transition



- . The attackers' transition must be fast if they are to have a numbers advantage over the defenders.



Game:

- . If the attackers score a goal they will attack again, while the defensive personnel might be changed.

. If the attackers do not score a goal, the defenders will start an attack and the attackers will defend

Variations:

. Divide the game space into 3 zones numbered as shown. Attackers use zones 1 and 2 for possession before transition to zone 3 defenders use zone 2 before transition to zone 3.
NEED TO NUMBER THE ZONES IN THE DIAGRAM AND NEED TO REPOSITION PLAYERS



- . Vary the number of passes required before transition.
- . Instead of number-of-passes before transition, use a time duration within which the attackers' transition must occur.
- . Limit the touches attackers may use between passes.
- . Varying the number of defenders and/or attackers.



. Insert a joker into the exercise.



CHAPTER 4 – ATTACK SSG's

EXERCISE 1



Set-up:

- . 9 players, one as a keeper, POSSIBLY ONE AS A JOKER
- . 33x22 game space
- . 4 v 4+K game

Attackers' actions:

- . Create pass lines
- . Maintain ball possession
- . Organize the attack
- . Score

Defenders' actions:

- . Pressure marking
- . Intercept the pass line
- . Recovery of ball possession

Game characteristics:

- . Goal = 2 points
- . Defensive recovery of the ball = 1 point
- . First team to reach 5 points wins the game.

Variations:

- . Add small soccer goals, for the defense to counter-attack and win 2 points for a goal scored.



- . Vary the number of points for each offensive and/or defensive action.
- . Add another goalkeeper, simulating a real match in a small field.

EXERCISE 2



Set-up:

- . 9 players, 1 as a keeper
- . 38x28 game space
- . 4 v 4+K with 3 goals

Attackers' actions:

- . Create passing lines
- . Maintain ball possession
- . Organize the attack
- . Score

Defenders' actions:

- . Intercept passing lines
- . Recovery the ball and possess
- . Counter-attack

Variations:

- . Replace the 2 small goals and add another goalkeeper and a goal, making a real match in a small field.



- . Increase or decrease the number of smaller goals.
- . Limit the number of touches on the ball per player, accelerating or slowing the pace of game.

EXERCISE 3



Set-up:

- . 9 players, one as a keeper
- . 40x30 game area
- . 4 v 4+K with 4 goals

Exercise:

Attackers' actions:

- . Create passing lines
- . Maintain ball possession
- . Organize the attack
- . Score

Defenders' actions:

- . Intercept passing lines
- . Recover the ball and possess
- . Counter-attack

Game:

- . One team defends 3 small goals.

- . Other team defends full size goal.

Variations:

- . Add goals and a keeper as shown, making a real match in small field.



EXERCISE 4



Set-up:

- . 9 players, one as a keeper
- . 28x28 game space.
- . 4 v 4+K with 6 goals as shown

Attackers' actions:

- . Maintain ball possession
- . Organize the attack
- . Score in the full size goal

Defenders' actions:

- . Recovery the ball and possess
- . Counter-attack

Game:

- . One team defends 3 small goals.
- . Other team defends 2 small goals and full size goal.

Variations:

- . Add another goalkeeper, simulating a real match in a small field.



EXERCISE 5

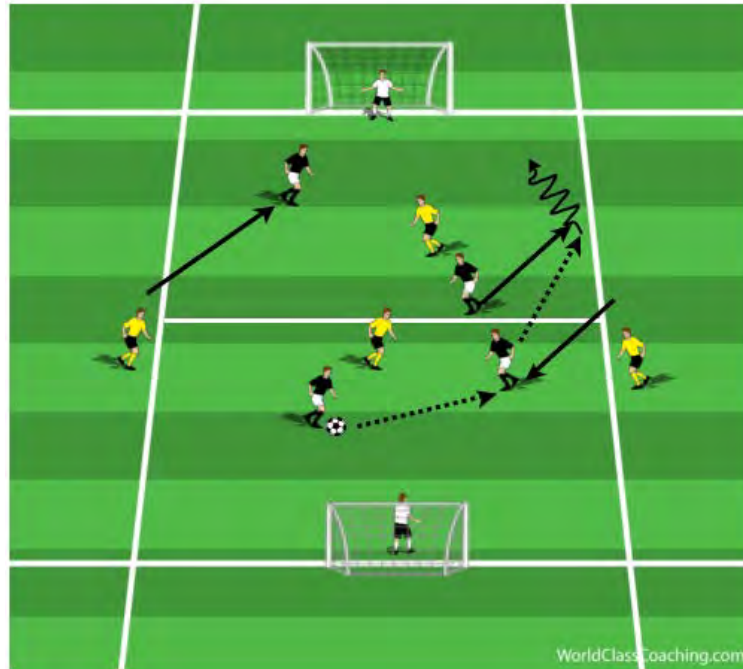


Set-up:

- . 10 players, 2 as keepers
- . 22x22 game space with 2 goals.
- . 2+2+K v 2+2+K

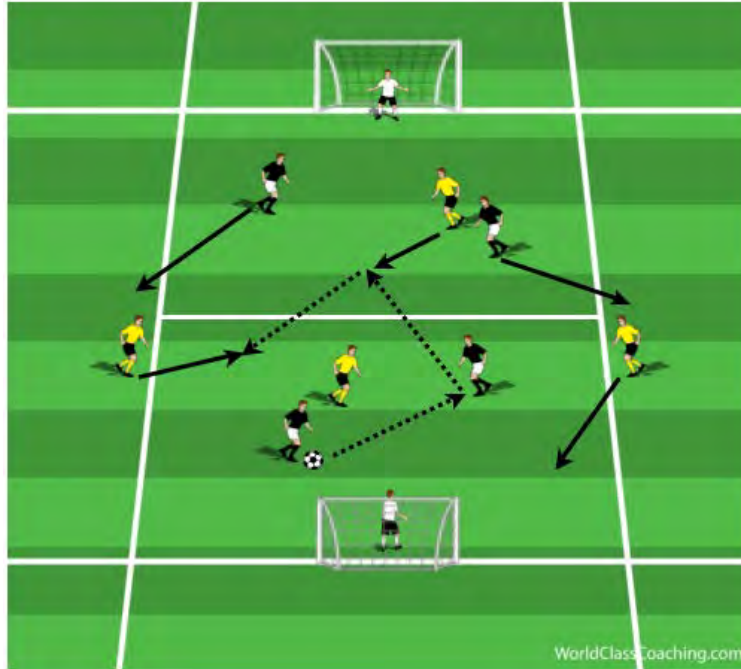
Attackers' actions:

- . 2 attackers will play inside the game space
- . 2 attackers will play outside the game area but are allowed to enter the game space
- . Use the 4 to...
 - . Maintain ball possession
 - . Organize the attack
 - . Score



Defenders' actions:

- . 2 defenders will play inside the game area
- . 2 defenders will play outside the game area and are not allowed to go into the game space
- . Pressure
- . Intercept the pass line
- . Regain possession
- . Cover
- . Counter-attack



- . The transition in this exercise must be fast, in order to prolong the defensive imbalance.

Game:

- . The team with possession will attack with it's 4 players while the team defending may only use 2 players.

Variations:

- . Vary the number of players who start the exercise outside the game area.
- . Vary the number of players who start the exercise inside the game area.
- . Vary the participation of players positioned outside, allowing them to participate in the defensive phase.

EXERCISE 6



Set-up:

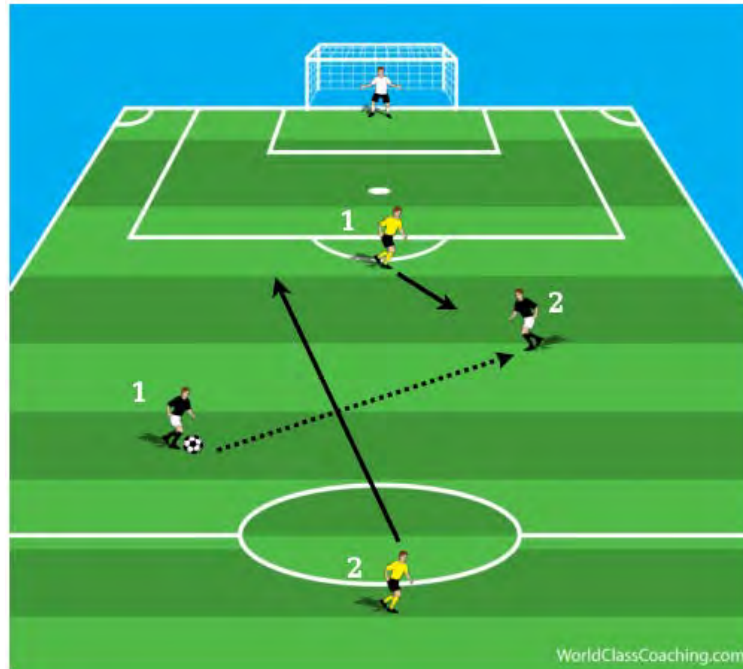
- . 5 players, one as a keeper
- . 17x12 game area
- . 2 v 1+1+K game situation

Attackers' actions:

- . Create a pass line
- . Maintain ball possession
- . Fast transition
- . Organize the attack
- . Score

Defenders' actions:

- . 1 defender will start inside the game area
- . 1 defender will start outside the game area
- . Fast recovery
- . Intercept the pass line
- . Recovery the ball
- . Cover

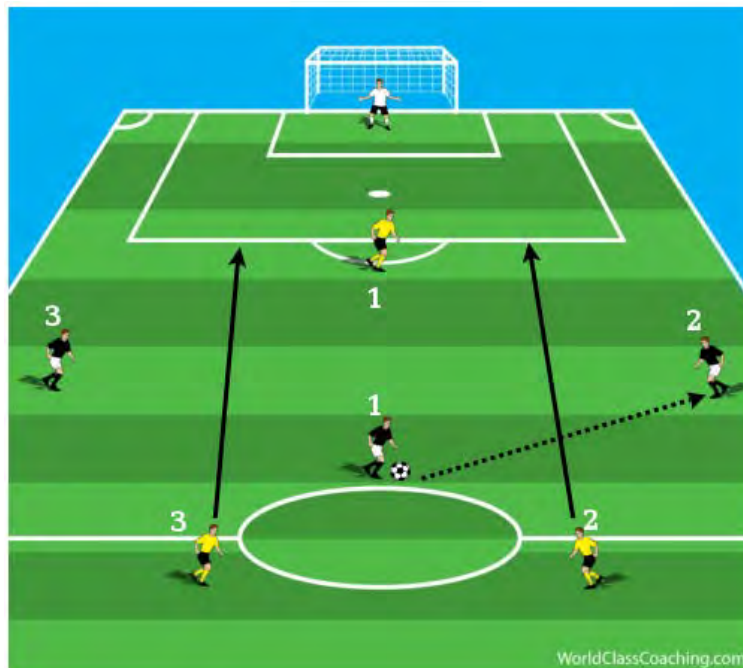


Game:

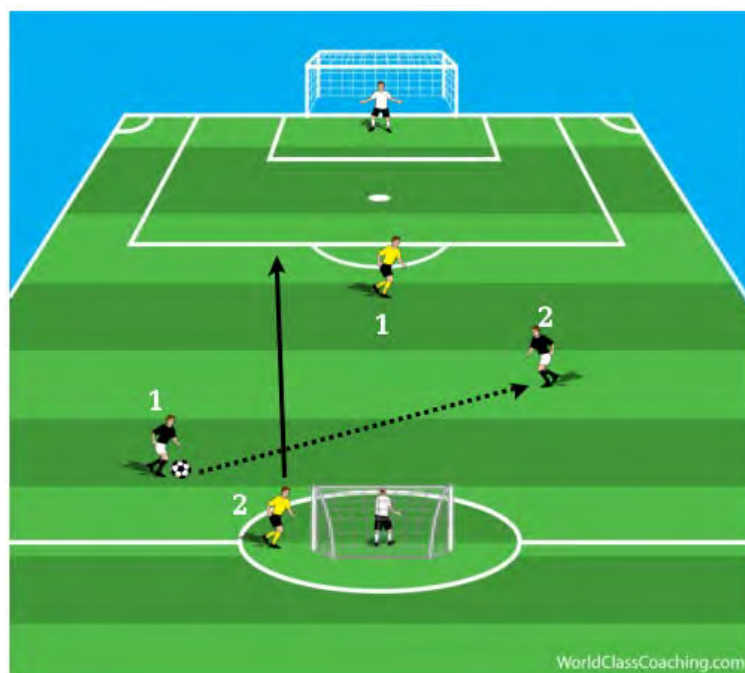
- . On the coach's command, the attackers seek a fast attack while the outside defender has to recover as fast as he can to help his teammate on defense.
- . Every attack will last for up to 30 seconds.

Variations:

- . Increase or decrease the number of attackers and/or defenders, creating imbalance situations in the offensive and / or defensive.



- . Add a goal and keeper to the team that starts the attacks giving the defense a chance to counter-attack as soon as they regain possession.



EXERCISE 7



Set-up:

- . 8 players
- . 22x22 game area
- . 4 v 4 with 4 small goals.

Attackers' actions:

- . Create a pass line
- . Maintain ball possession
- . Organize the attack
- . Score in any of the small goals

Defenders' actions:

- . Protect the small goals
- . Intercept the pass line
- . Recovery the ball
- . Counter-attack

Variations:

- . Increase or decrease the number of small goals.



EXERCISE 8

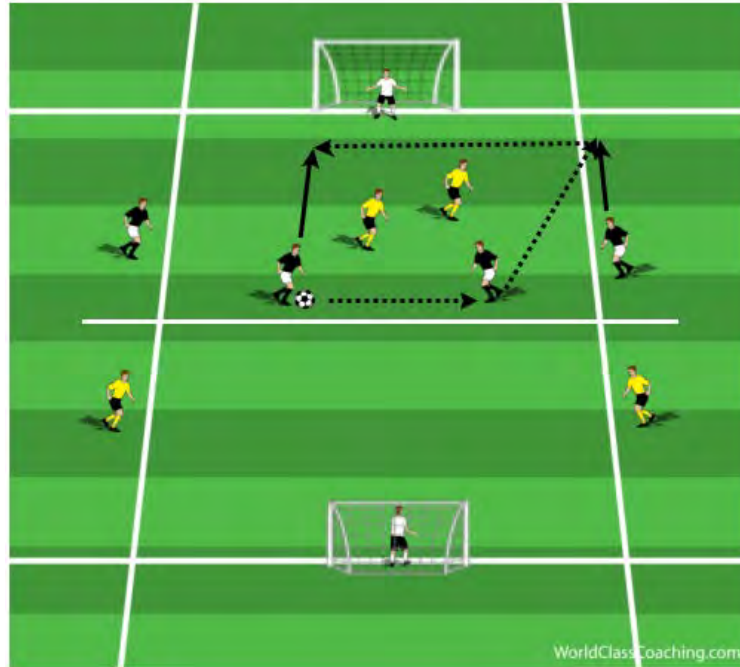


Set-up:

- . 10 players
- . 28x28 game area
- . 2+2 v 2+K with 2 defenders waiting outside the game space

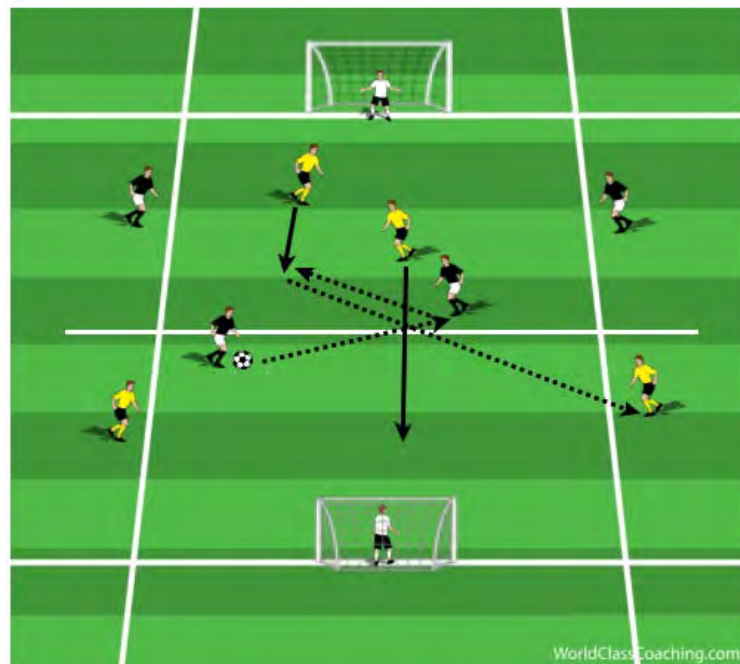
Attackers' actions:

- . 2 attackers will play inside the game area
- . 2 attackers will play outside the game area
- . Create a pass line between themselves
- . Maintain ball possession
- . Organize the attack
- . Try to score



Defenders' actions:

- . 2 defenders will play inside the game area
- . 2 defenders will play outside the game space and are not allowed into the game space
- . Pressure marking
- . Intercept the pass line
- . Win possession
- . Cover team mates dangerous or exposed space
- . Counter-attack

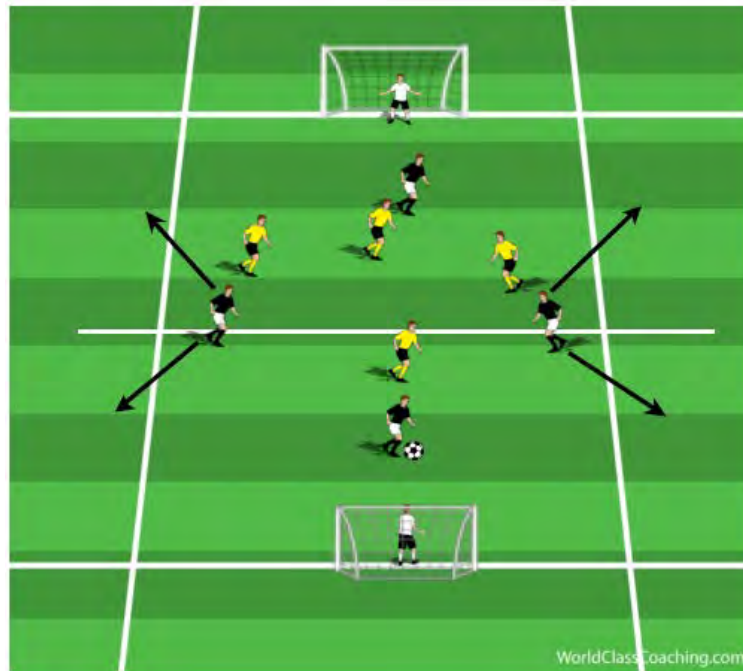


Game:

- . The team with ball possession plays with 2 inside plus 2 outside the game space while the team defending uses 2 defenders.

Variations:

- . Start with the side zones unoccupied, giving the option for all players to move outside.



- . Allow defenders to enter the side zones to mark.



EXERCISE 9

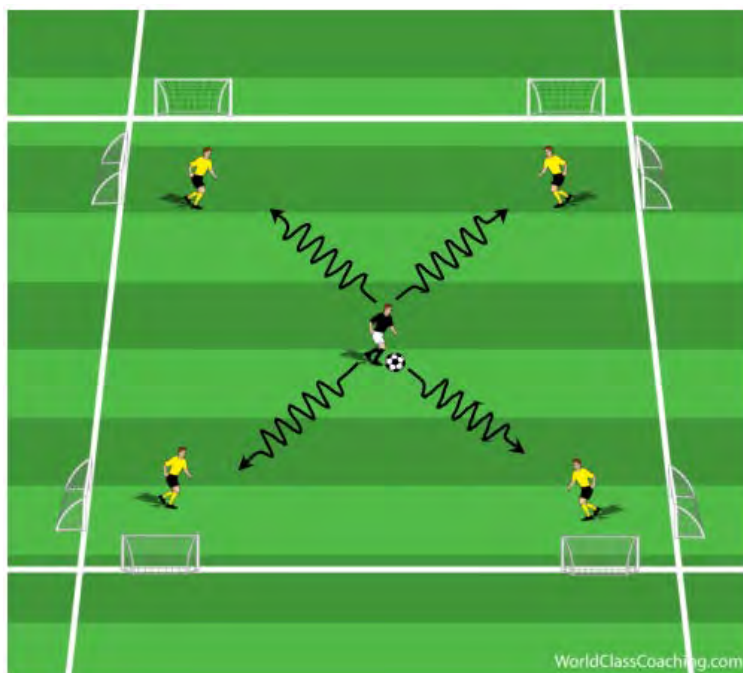


Set-up:

- . 5 players with each defender defending 2 goals
- . 12x12 game area with small goals as shown.

Attacker's actions:

- . Dribble
- . Score



Defenders' actions:

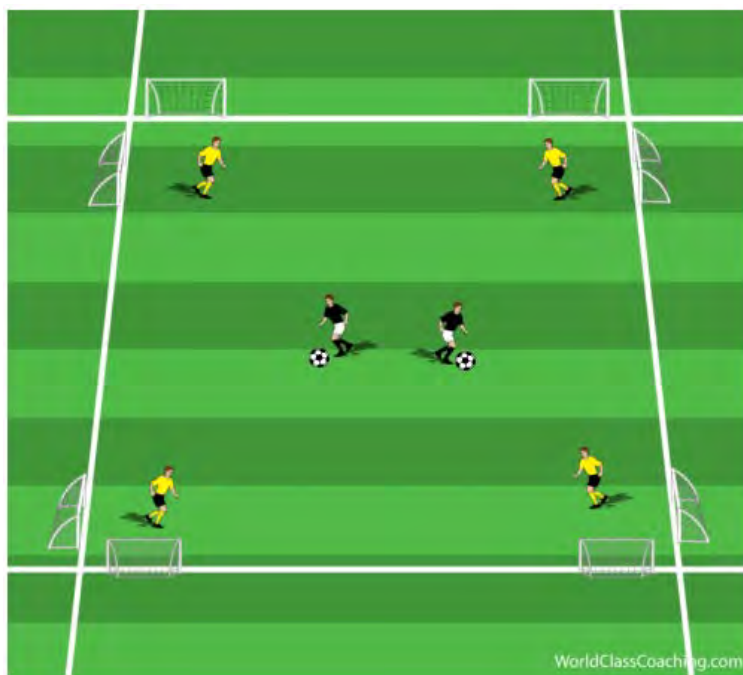
- . Protect the small goals

Game:

- . The attacker can dribble the ball in any direction and try to score in any goal. If he scores a goal he changes place with the defender.

Variations:

- . Vary the number of attackers.



- . Vary the number of small soccer goals defended by each defender.

EXERCISE 10

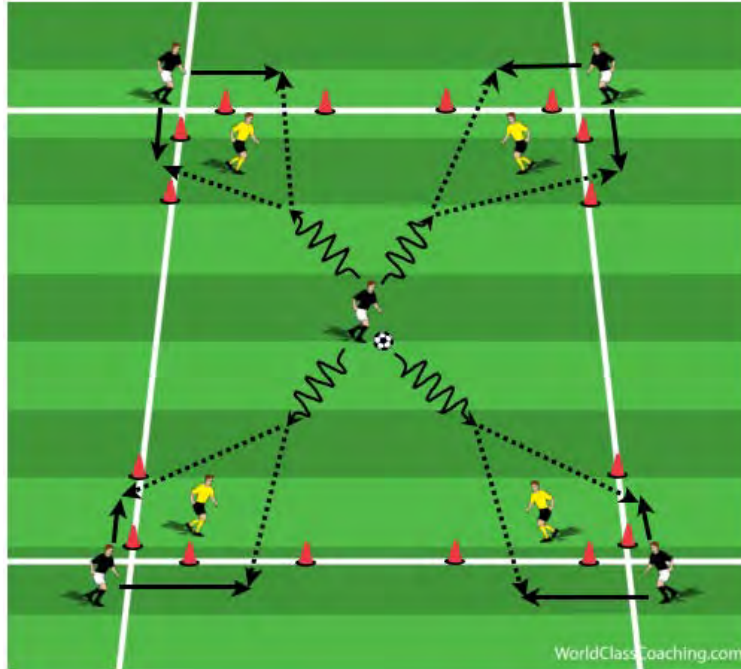


Set-up:

- . 9 players
- . 15x15 game area

Attackers' actions:

- . One attacker plays inside the game area
- . Four attackers play outside the game area
- . They move anywhere outside the game space to complete passes thus maintaining possession
- . They score by completing passes through the small goals



Defender's actions:

- . Protect the small goals
- . Intercept the pass line
- . Win the ball

Game:

- . The players should exchange passes between themselves, scoring by making the ball pass through the area marked with cones by the coach.

Variations:

- . Vary the size of the goals.
- . Vary the number of attackers.
- . Vary the number of small goals defended by each defender.
- . Place the cones goals along the sidelines instead of at the corners.

EXERCISE 11



Set-up:

- . 6 players
- . 22x22 game area.
- . 3 v 3 with 3 small soccer goals.

Attackers' actions:

- . Create a pass line
- . Maintain ball possession
- . Organize the attack
- . Score

Defenders' actions:

- . Protect the small goals
- . Intercept the pass line
- . Win the ball

Game:

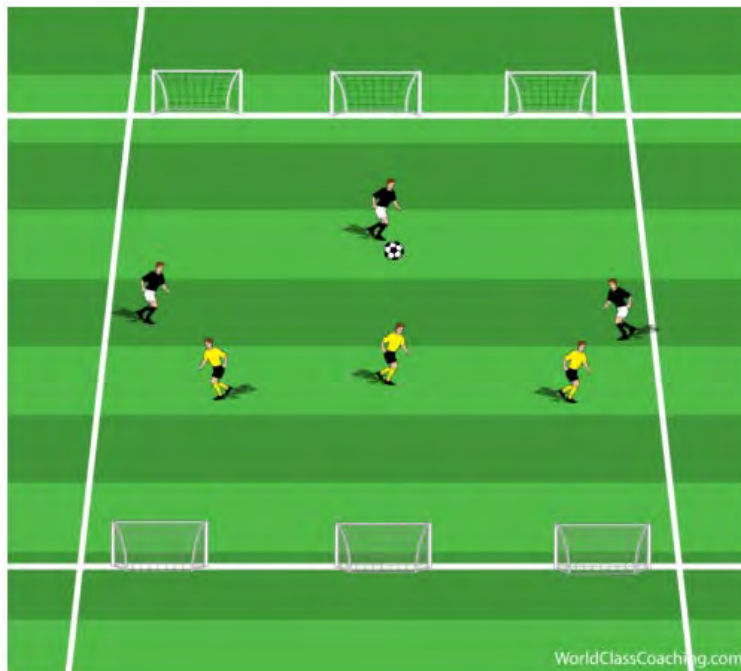
- . The attackers have 1 minute to attack and they may score in any of the small goals.

Additional scoring:

- . Defenders win the ball = 1 point

Variations:

- . Vary the attack time, according to the coach's interest in accelerating or slowing the pace of the game.
- . Vary the number of players in this exercise.
- . Goals may be placed for both teams, creating the possibility of counter-attack for a team after winning the ball.



CHAPTER 5 – MULTIPLE FIELDS SSG's

EXERCISE 1



Set-up:

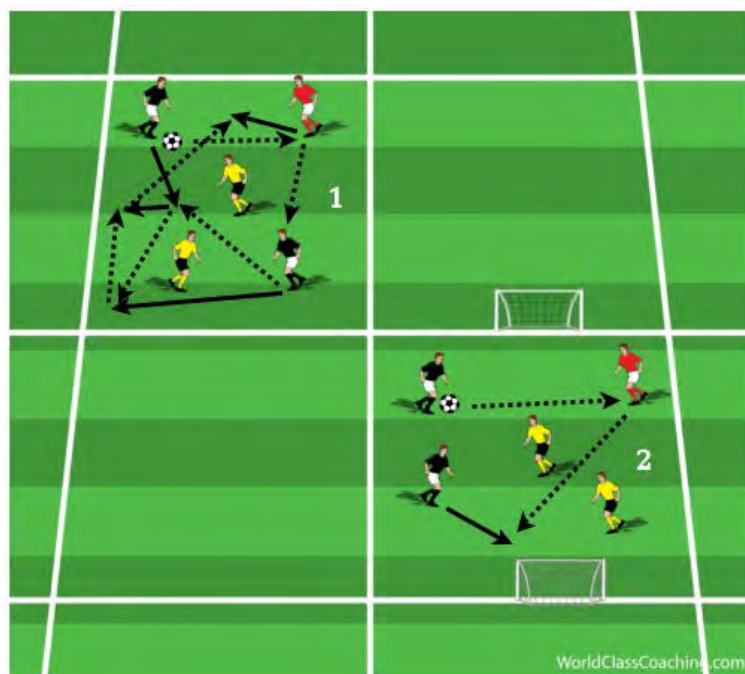
- . 10 players, 2 as jokers
- . 2 10x10 game spaces one with 2 goals

Field 1:

- . 2 attackers and joker maintain possession
- . 2 defenders play to win the ball with a stress on interceptions, then maintain possession with the joker

Field 2:

- . 2 attackers and joker maintain possession and try to score in the defenders' goal
- . 2 defenders play to win the ball with a stress on interceptions and goal protection, then maintain possession with the joker and try to score



Game:

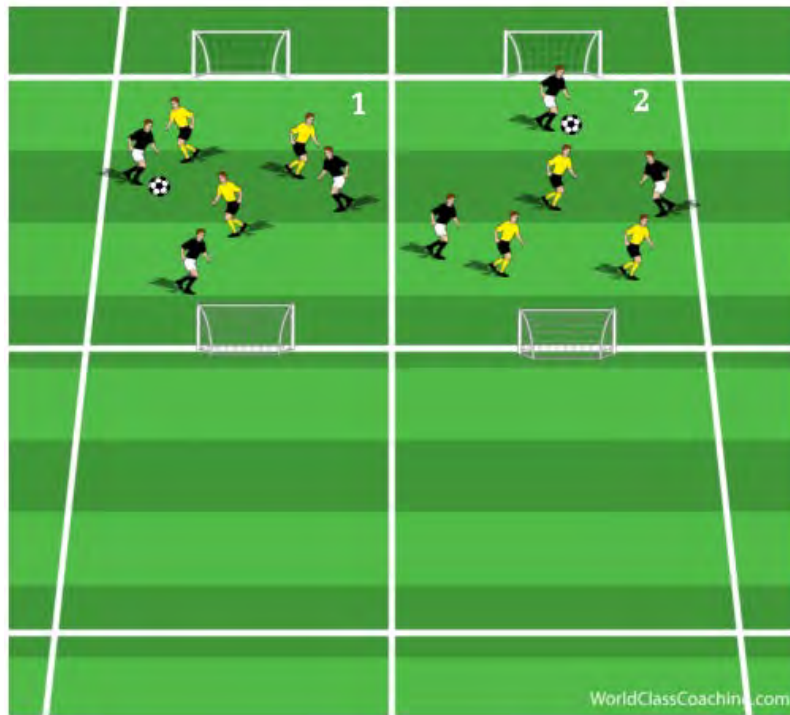
. Play 3 minutes then all, except jokers, exchange fields within 1 minute before another 3 minute game.

Variations:

- . Allow jokers to rotate.
- . Create more fields and vary the number attackers, defenders and jokers in each (teams rotate clockwise in the intervals).



EXERCISE 2



Set-up:

- . 12 players playing 3 v 3
- . 2 10x10 game spaces each with two goals

Attackers:

- . Create passing lines
- . Maintain ball possession
- . Organize the attack
- . Score in defenders' goal

Defenders:

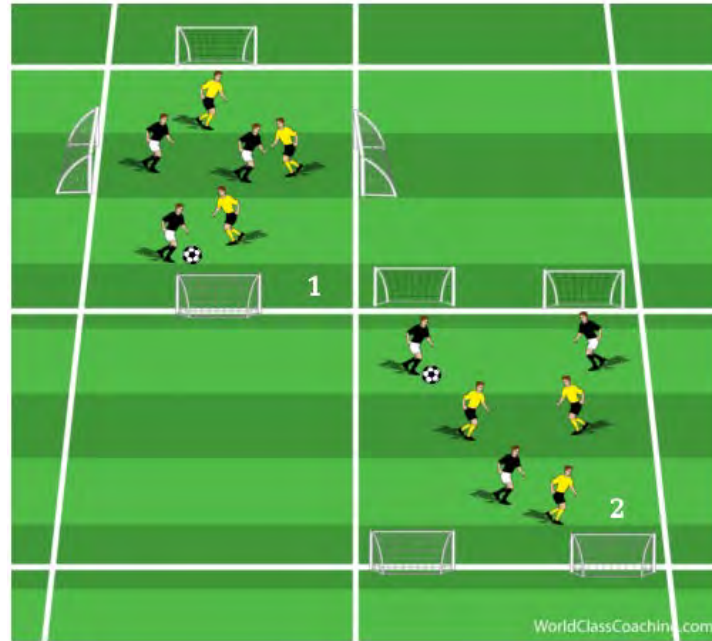
- . Intercept passing lines and defend their goals
- . Win the ball and counter-attack

Game:

- . Play 3 minutes then teams losing exchange fields.

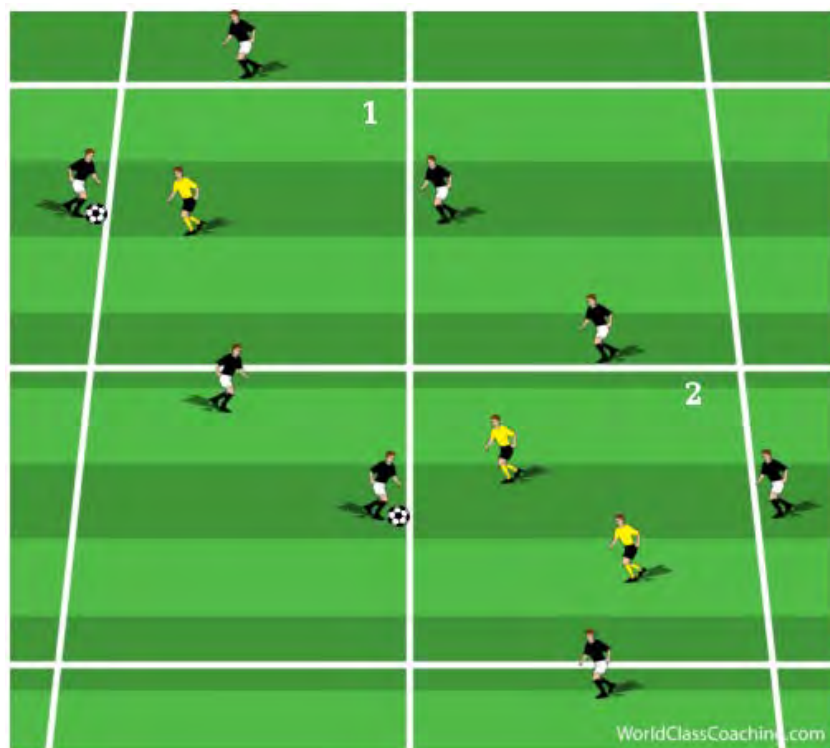
Variations:

- . Increase or decrease the number of goals .



- . Increase or decrease the number of fields.
- . Vary match durations.
- . Vary interval durations.
- . Determine winner by team that scores last within the match duration.
- . Play the team's defenders against the team's forwards or midfielders against forwards
- . Play team's starters against substitutes.

EXERCISE 3



Set-up:

- . 11 players
- . 2 10x10 game spaces.

Field 1:

- . 4 v 1 game

Field 2:

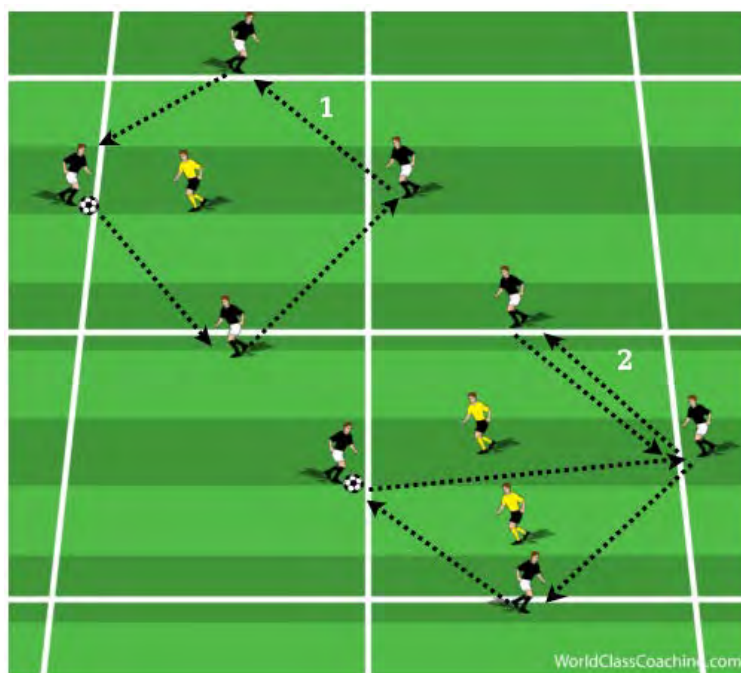
- . 4 v 2 game situation

Attackers:

- . Maintain ball possession

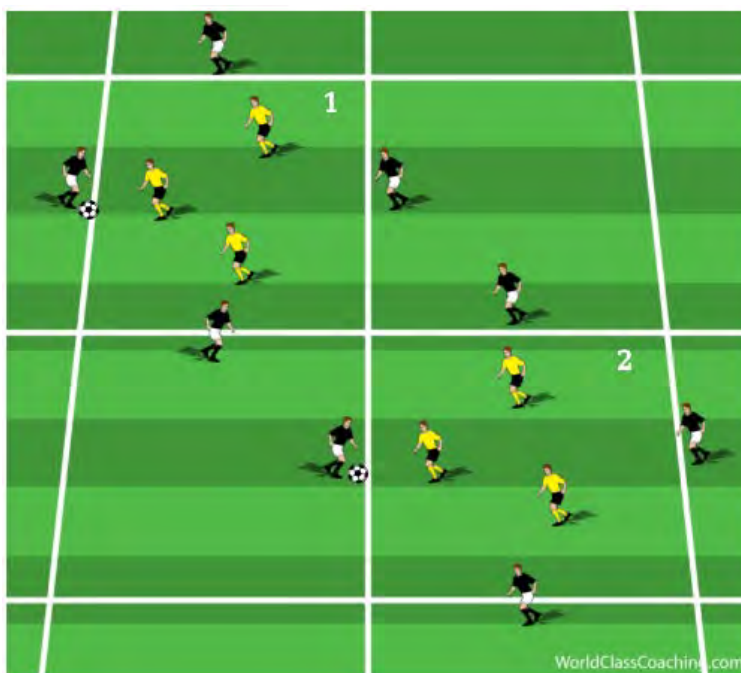
Defenders:

- . Stay within game spaces
- . Pressure
- . Intercept
- . Recover the ball



Variations:

- . Add defenders.
- . Vary pressure on the attacker with the ball.



- . Limit touches on the ball before passing, thus changing the pace of the game.

EXERCISE 4



Set-up:

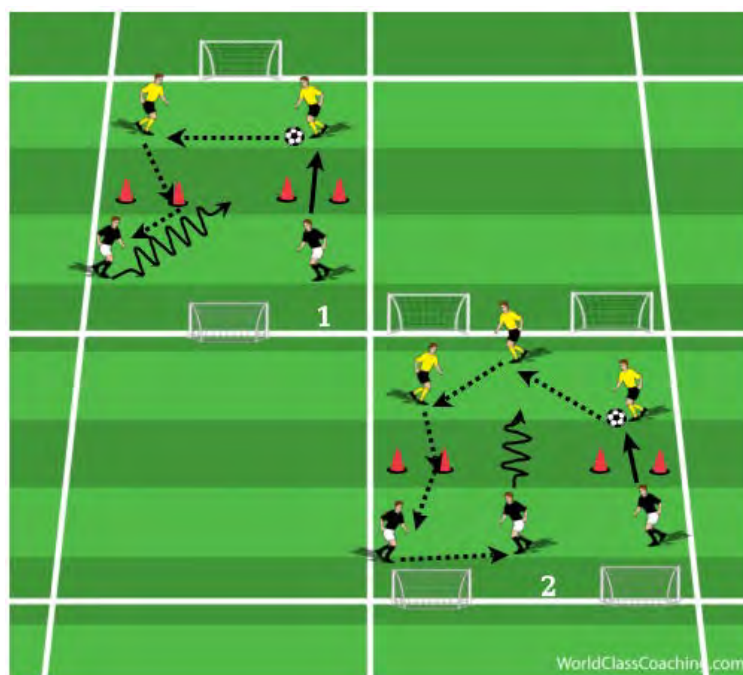
- . 10 players
- . 2 10x10 game spaces with goals as shown
- . Small infield goal(s) or space(s) indicated by cones or discs

Game:

- . Attackers establish and maintain possession, start a 1 minute attack and attempt to score on defenders' goals.
- . Each of the attackers' passes must go through an infield goal or space during their attacking minute.
- . Defenders defend their goals, anticipate attackers' passes through infield goals or spaces, win the ball, and establish and maintain possession and start attacks of their own.

Restrictions:

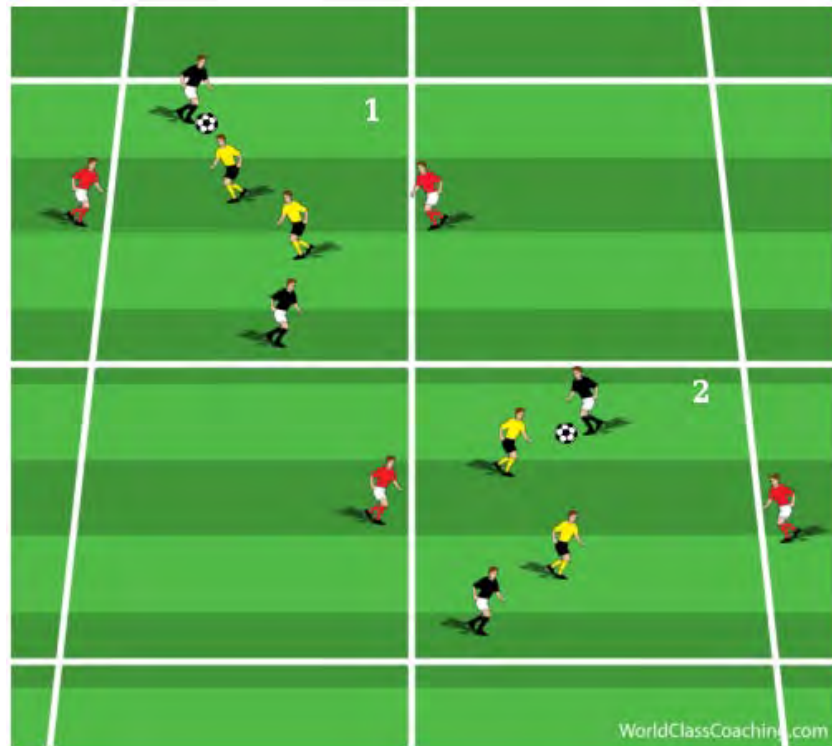
- . Each time an attacker's pass fails to go through an infield goal or space during a 1 minute attack a defender withdraws a cone or disc, thus making the infield goal or space smaller.
- . If there is no score within the 1 minute attack the defenders replace the cones or discs, take the ball, establish possession and start a 1 minute attack of their own.



Variations:

- . Increase or decrease the number of small goals.
- . Increase or decrease the time to attack.
- . Increase or decrease the number of pass areas.
- . Increase or decrease the size of pass areas.

EXERCISE 5



Set-up:

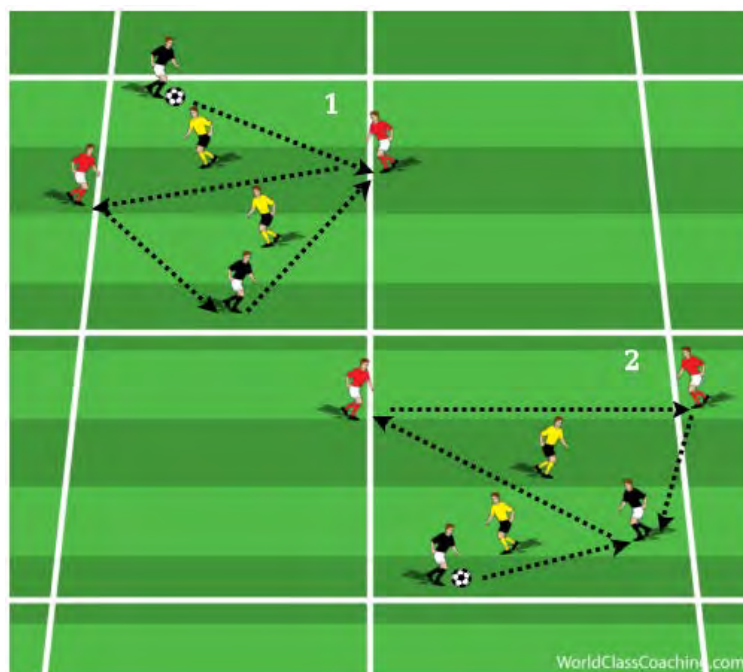
- . 12 players, 4 as jokers
- . 10x10 game space dimensions (Each small field is separated by 6 yards)
- . 2 v 2+2Js game situation.

Attackers' actions:

- . Two attackers will play inside the game area
- . Create a pass line between themselves
- . Maintain ball possession
- . Play with the jokers

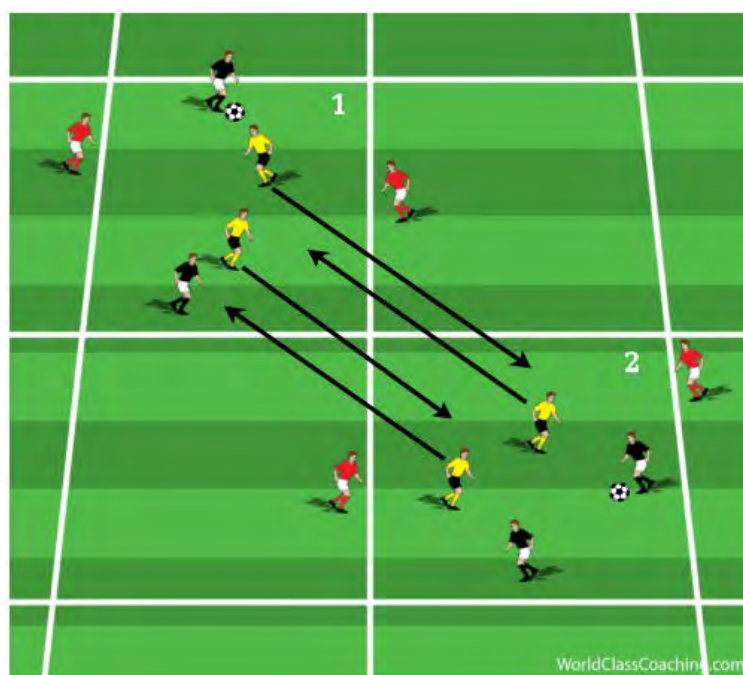
Defenders' actions:

- . Try to win the ball and establish possession

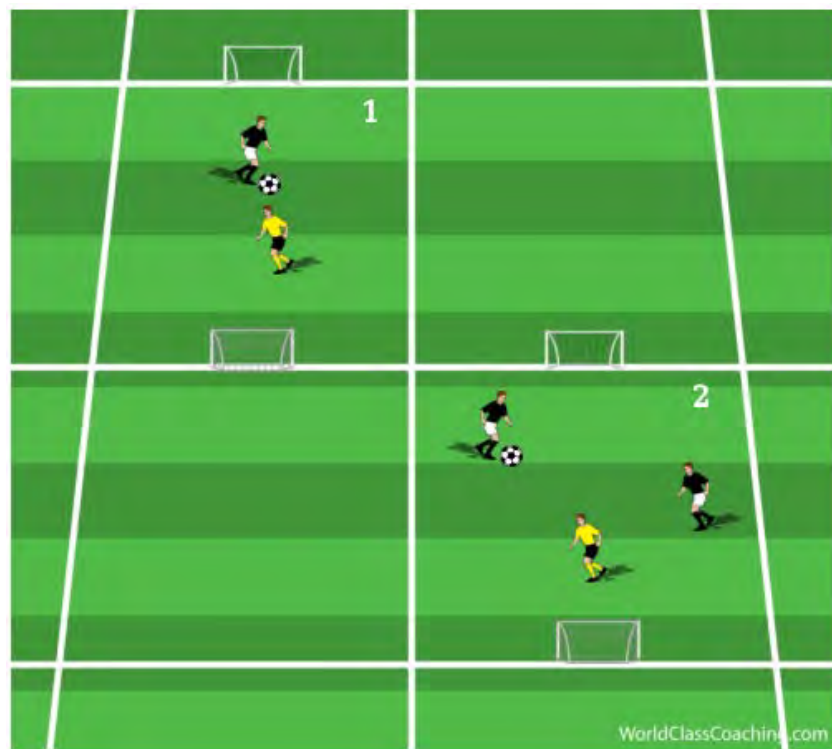


Variations:

- Upon the coach's command the defenders switch fields.



EXERCISE 6



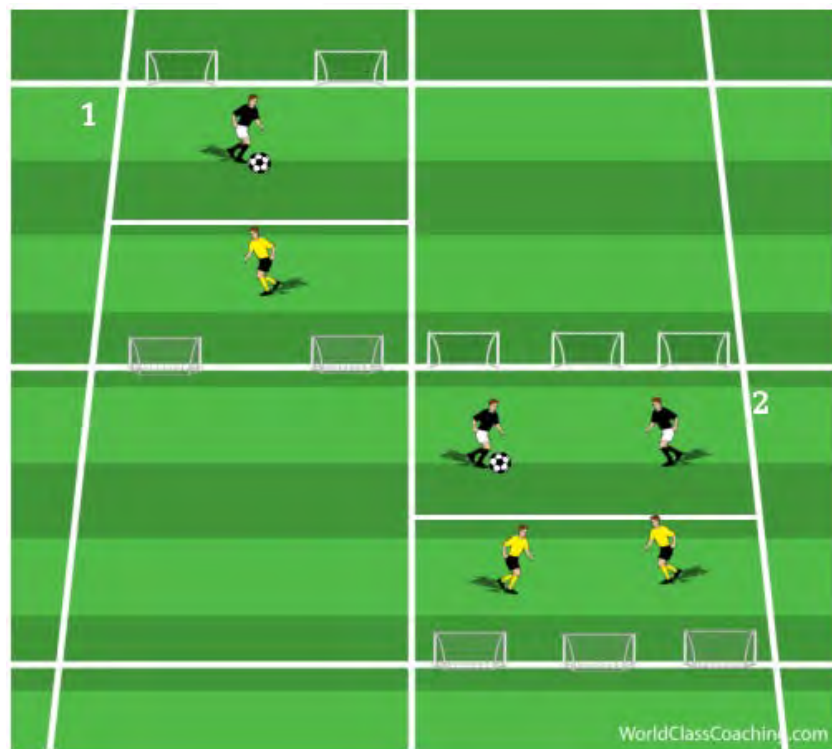
Set-up:

- . 5 players
 - . 10x10 game areas
 - . **Field 1:** 1 v 1 game situation with 2 small soccer goals, one for each player to defend.
 - . **Field 2:** 2 v 1 game situation with 2 small soccer goals, one for each team to defend.
- When the defender wins the ball, he will attack without assistance.

Variations:

- . After a set duration players change fields.

EXERCISE 7



Set-up:

- . 6 players
- . 10x10 game area

. **Field 1:** 1 v 1 with 4 small soccer goals

. **Field 2:** 2 v 2 with 6 small soccer goals

Game:

- . Normal game in which side with most goals wins.

Variations:

- . Players may not cross halfway lines.

CHAPTER 6 – GENERAL SSG's

EXERCISE 1



Set-up:

- . 8 players
- . 22x22 game area with 2 goals

Attackers' actions:

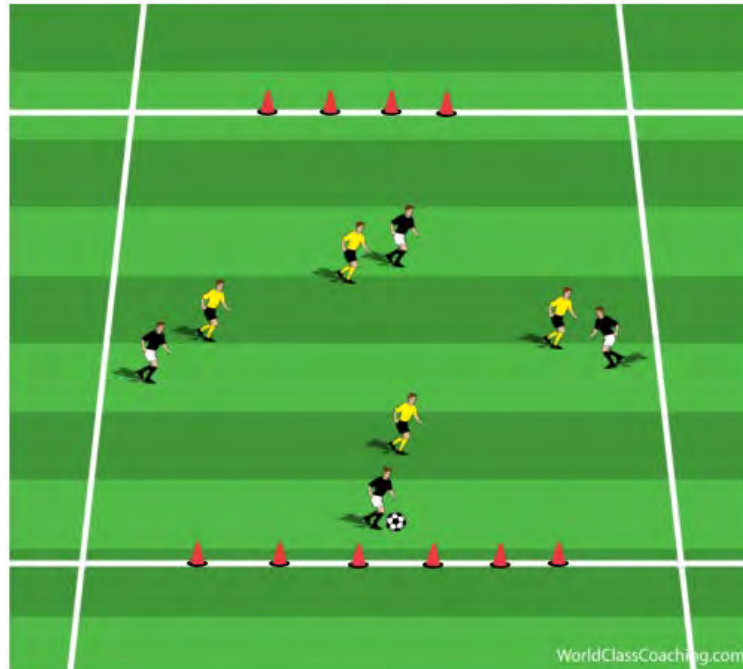
- . Score

Defenders' actions:

- . Prevent goals

Game:

- . Every time a team is scored upon an additional goal must be protected when play resumes.



Variations:

- . Add goalkeepers and full size goals, and add additional small goals as goals are scored or increase the size of the full size goal as goals are scored.



EXERCISE 2



Set-up:

- . 12 players
- . 2 18x9 game areas
- . 8 balls

Attackers' actions:

- . Each attacker maintains possession via dribbling

Defenders' actions:

- . Win a ball and exchange roles with attacker who lost the ball

Game:

- . Defenders explore the advantages and disadvantages of working together to win a ball while attackers vacate space usable by a fellow attacker who is under duress.

Variations:

- . Decrease the number of balls.



EXERCISE 3



Set-up:

- . 10 players
- . 28x28 game area with small infield goals as shown
- . 6 balls
- . 6 v 4 situation

Attackers' actions:

- . Maintain possession and score through a small goal by passing or dribbling through from either direction.

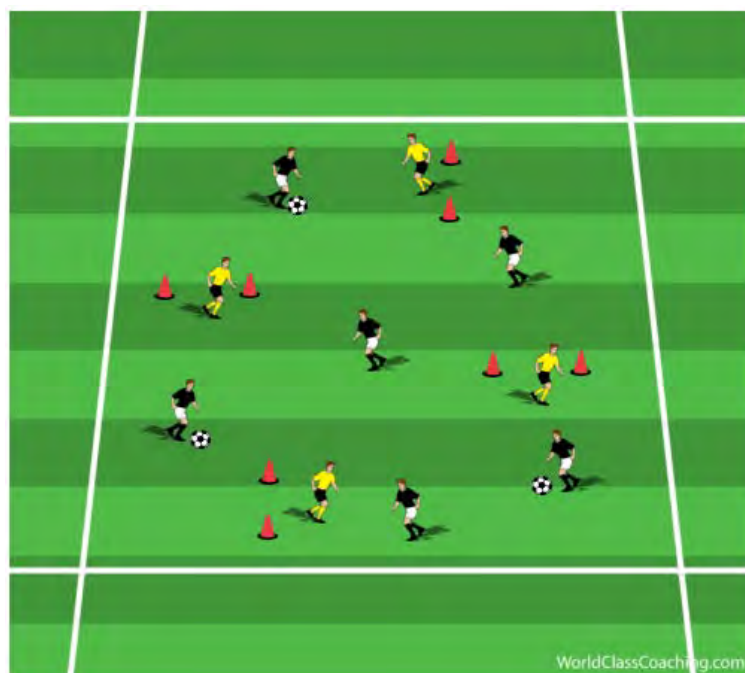
Defenders' actions:

- . Protect a goal, win a ball and exchange roles with the attacker who lost the ball.

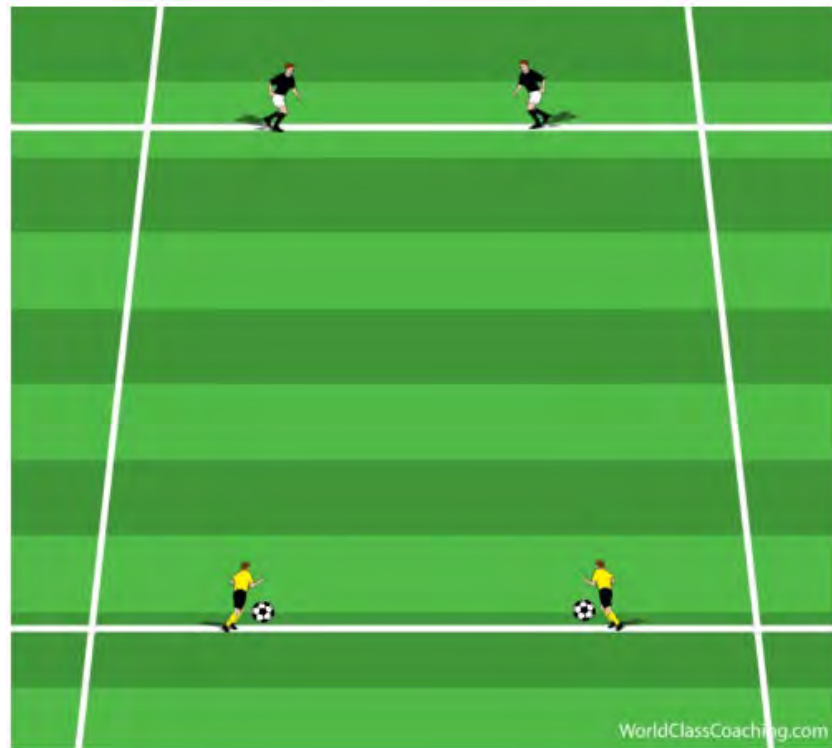


Variations:

- . Decrease the number of balls to bring out attacker-to-attacker passing.



EXERCISE 4 - CLOSING DOWN ATTACKING SPACE

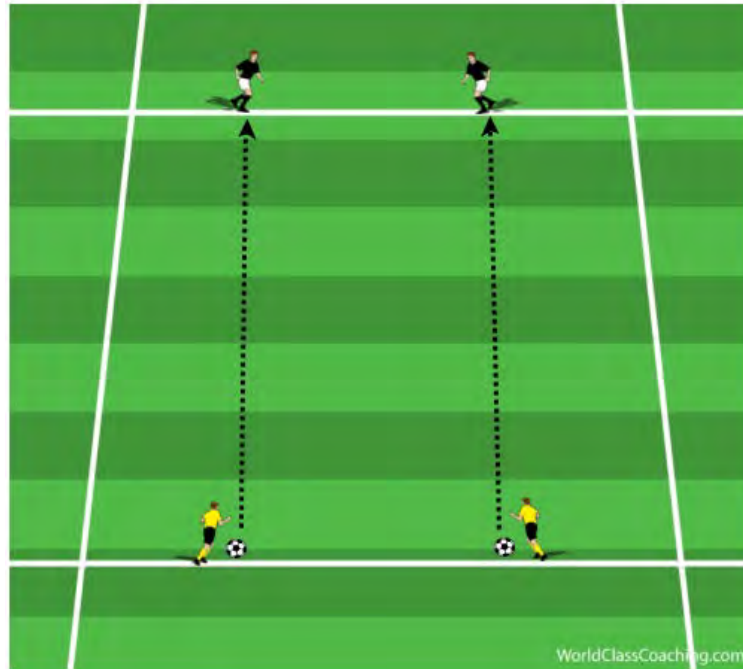


Set-up:

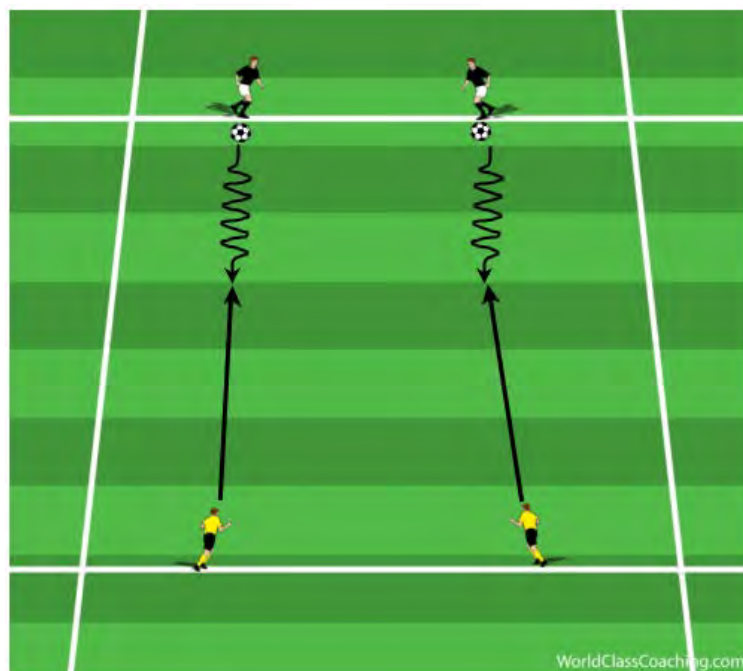
- . 4 players
- . 10x10 game area

Exercise:

- . The defenders start by making a long pass to the attackers.

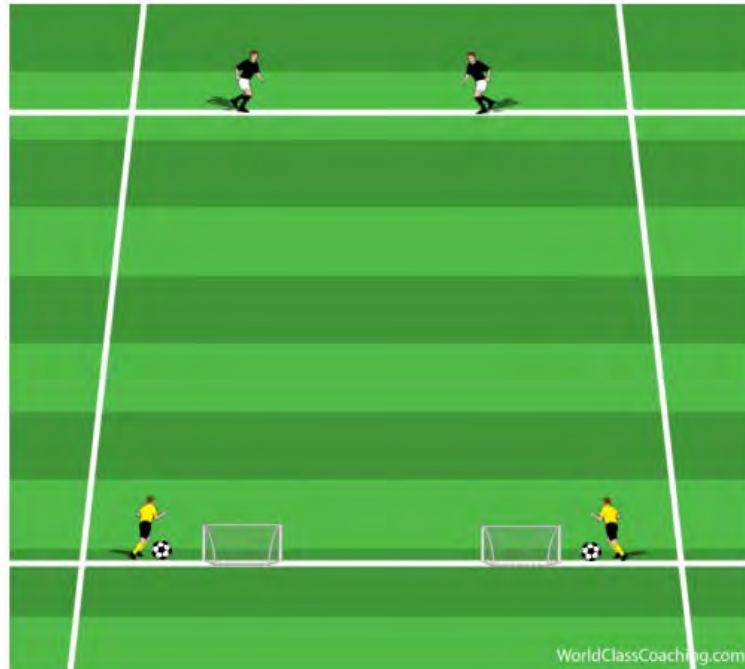


- . After the pass, the defenders run quickly to reduce the attackers' action space and try to recover the ball.
- . Attackers try to score by dribbling across defenders' end line.



Variations:

- . Add small soccer goals.



CHAPTER 7 – FUTSAL GAMES

EXERCISE 1

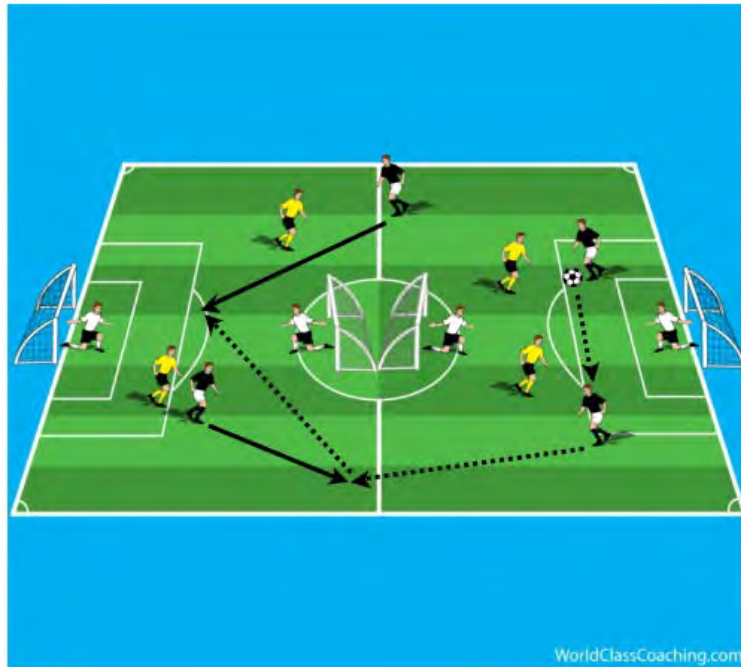


Set-up:

- . 12 players, 4 as keepers
- . 44x34 game space.
- . 4 v 4 with 4 soccer goals

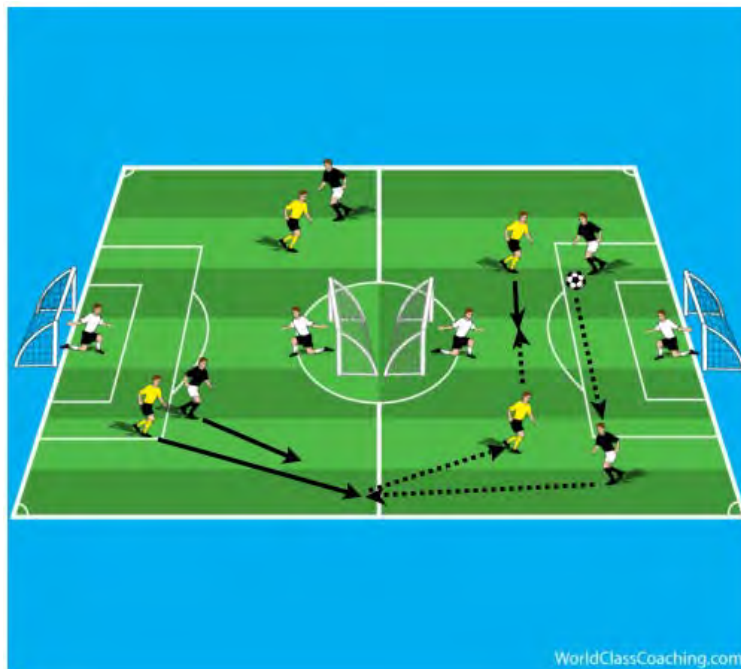
Attackers' actions:

- . Create a pass line
- . Maintain ball possession
- . Organize the attack
- . Score in either of 2 goals



Defenders' actions:

- . Intercept the passing line
- . Win the ball
- . Pressure marking
- . Counter-attack



Game:

- . Each team has 2 goals to attack and 2 to protect.
- . Any player may move anywhere.
- . Transitions must be fast to avoid unbalanced numbers.

Variations:

- . Change the number of players on each team.
- . Restrict players to one half of the field, preventing all players playing in the same half at the same time.

EXERCISE 2

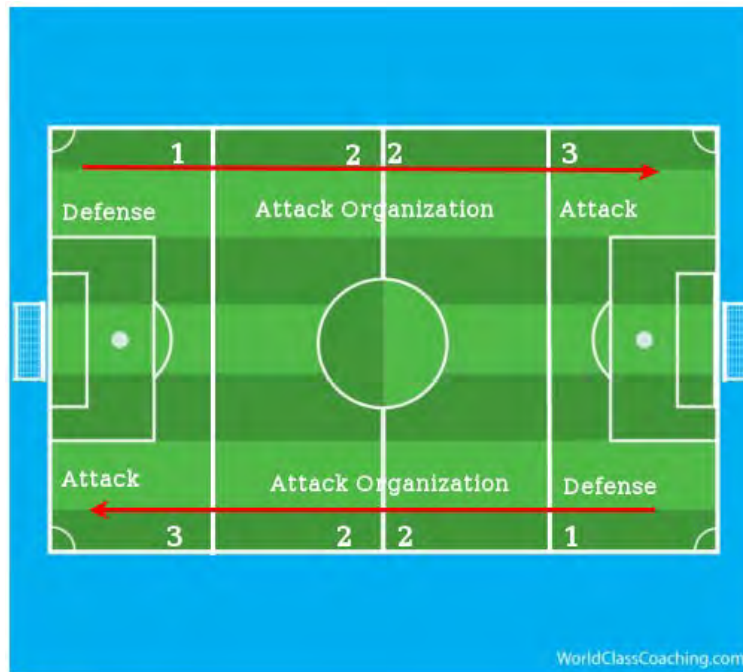


Set-up:

- . 14 players 2 as keepers
- . 44x24 game area
- . 6 v 6.

Divide the game area into 3 zones as shown:

- . **Zone 1:** Defense
- . **Zone 2:** Attack organization
- . **Zone 3:** Attack.

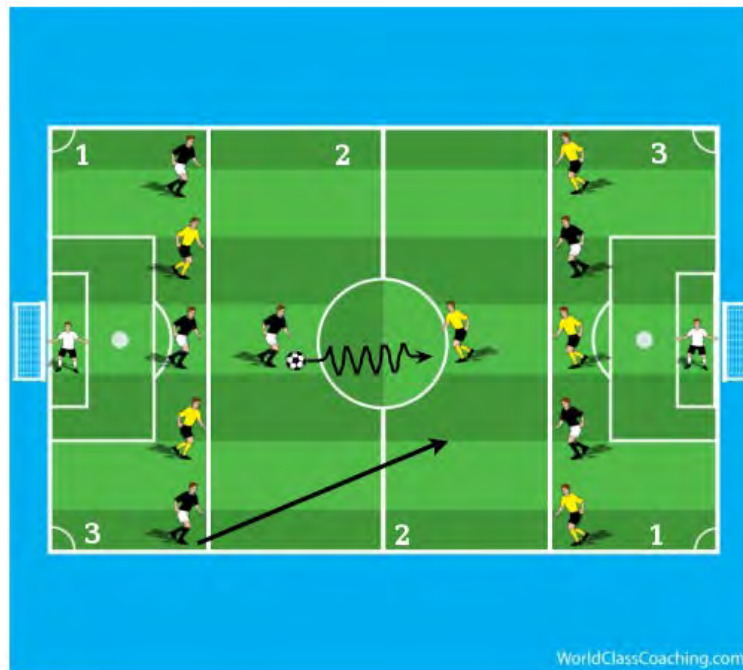


. Each team restricts their players to their zones as shown:

- . **Zone 1:** 3 defenders
- . **Zone 2:** 1 attacker
- . **Zone 3:** 2 attackers.

Game:

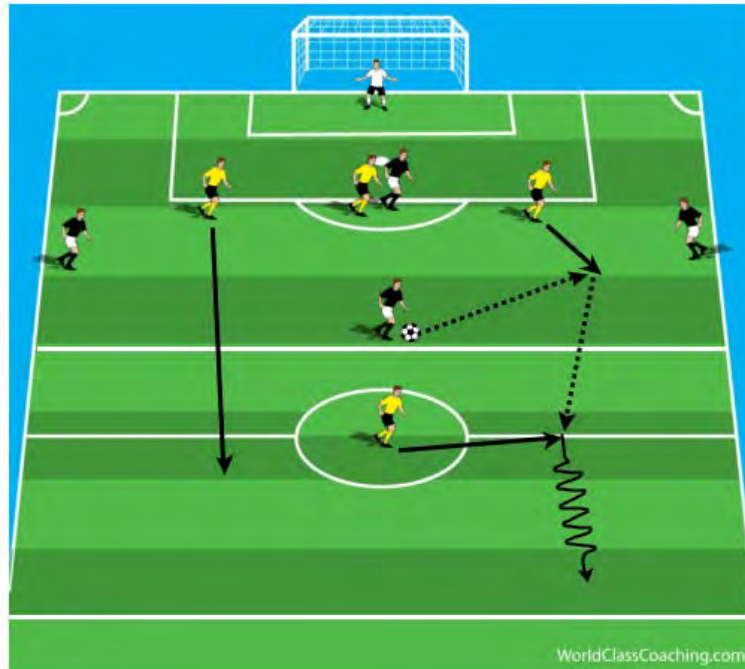
- . The game starts in zone 2 with a 1 v 1 game situation.
- . The attackers may move one of its players from Zone 1 to participate in the attack, creating a 2 v 1 offensive situation in the zone 2



- . As soon as the attackers enter zone 3, the 3 defenders (opponents) and 2 attackers there activate.



- . If the ball turns back to zone 2, it reverts to 1 v 1 or 2 v 1.
- . If the defense intercepts a pass and keeps possession, it has the right to counter-attack using a defender from their zone 1.
- . Transitions should be fast, to create or avoid defensive imbalance.



EXERCISE 3



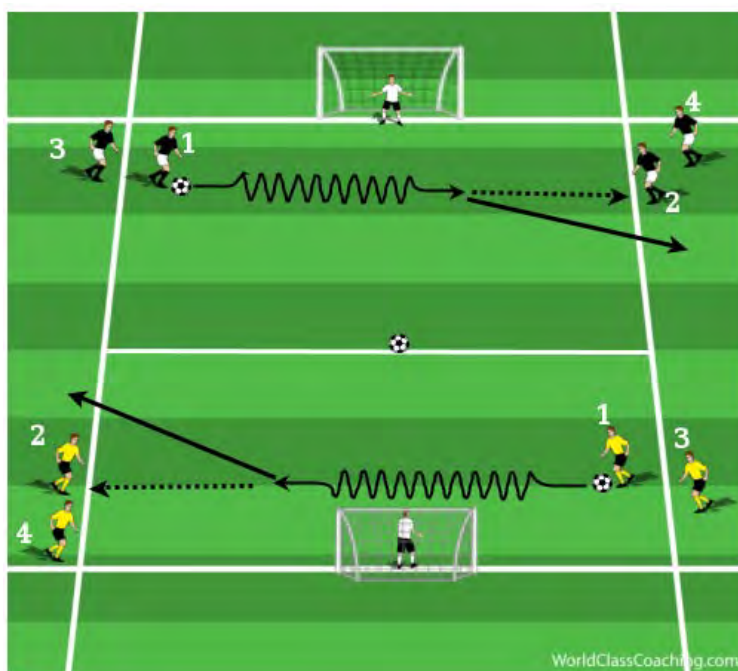
Set-up:

- 10 players, 2 as keepers
- 44x24 game space.

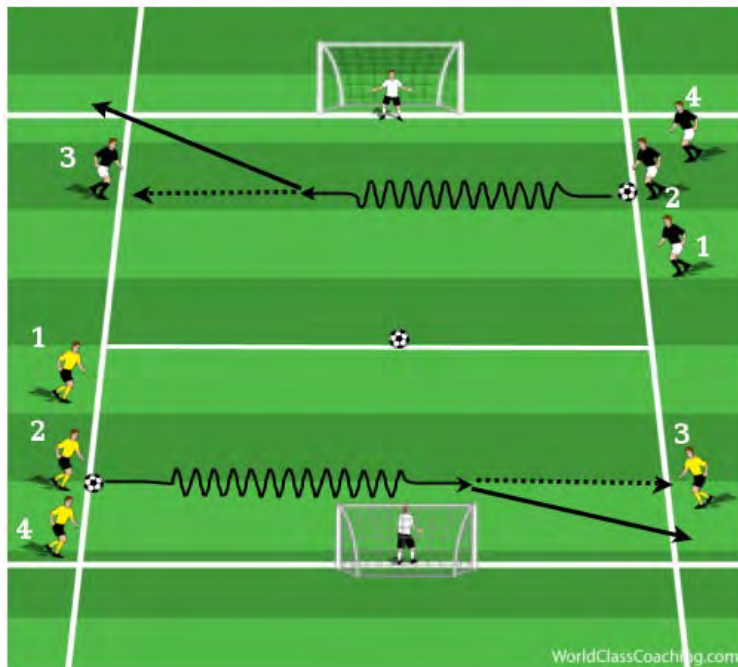
- . One ball on the center spot and each group has a ball
- . 4 v 4 game situation.

Exercise:

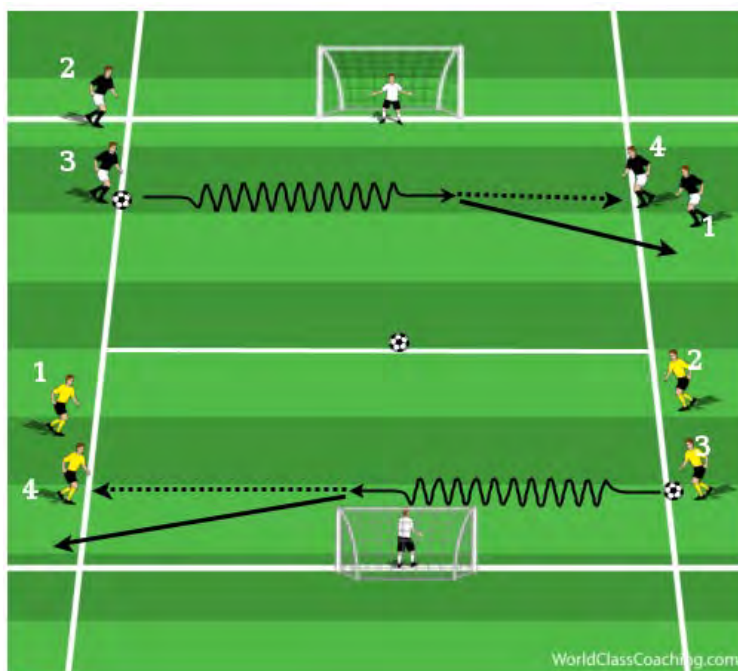
- . The players from both teams are positioned on the sideline near their own goal as shown.
- . Player with the ball runs with it to the other sideline where he makes a short pass to his teammate and runs beyond the sideline.



- . Player 2 does the same thing with player 3.

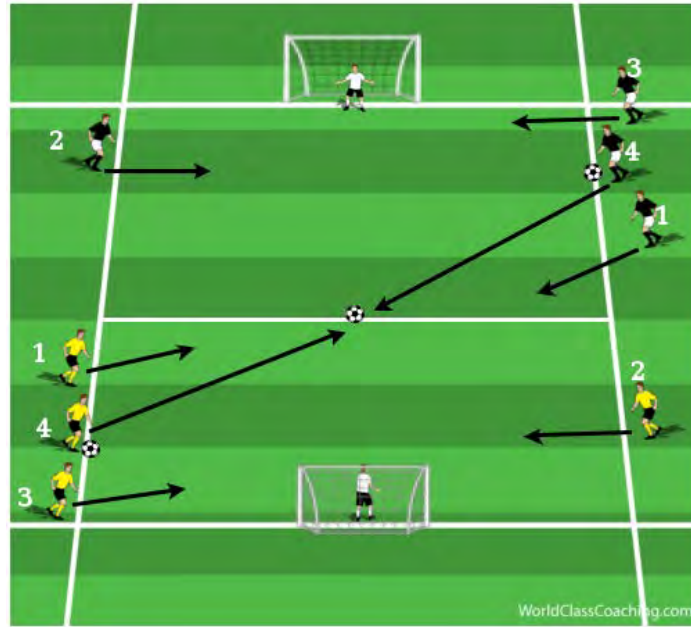


. Player 3 repeats the movement with player 4.



. Player 4 stops the ball passed to him and runs to the ball in the middle of the field trying to reach it before the other player 4.

. Once player 4 starts for the ball at the center of the field, his teammates join him on the field.



- . The team reaching ball first attacks causing the other team to defend.



Game:

- . The starting procedure repeats every 2 minutes.
- . Any errant pass made by any player causes his team to restart the procedure from the beginning.

Variations:

- . Vary the time before the starting procedure restarts, according to the coach's interest in accelerating or slowing down the game pace.

EXERCISE 4

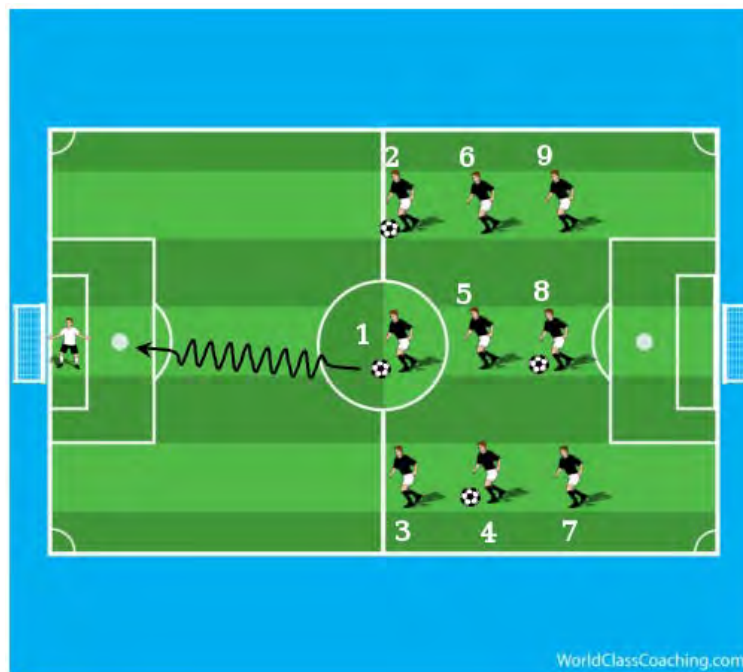


Set-up:

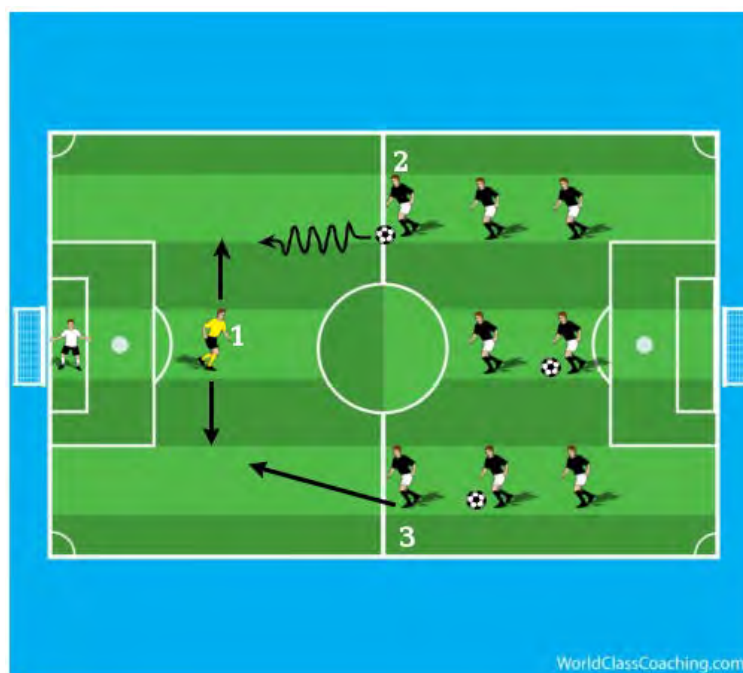
- . 10 players 1 as a keeper
- 44x24 game area dimensions.

Exercise:

- . Player 1, at the coach's signal, dribbles towards to the goalkeeper, in a 1 v 0 situation.



- . Player 2 and 3 attack at speed towards to the goalkeeper.
- . Player 1 changes his role and defends, causing a 2 v 1 attacking situation.



- . Then players 2 and 3 turn to prevent the attack of players 4, 5 and 6 in a 3 v 2 attacking situation.



- . Then players 4, 5 and 6 turn to prevent the attack of players 7, 8 and 9—a 3 v 3 situation as players 1, 2 and 3 have stepped off the field.



- . The transitions in this exercise must be fast.

Game:

- . The coach signals the start of each succeeding attack.
- . An attack may last for up to 30 seconds.

EXERCISE 5



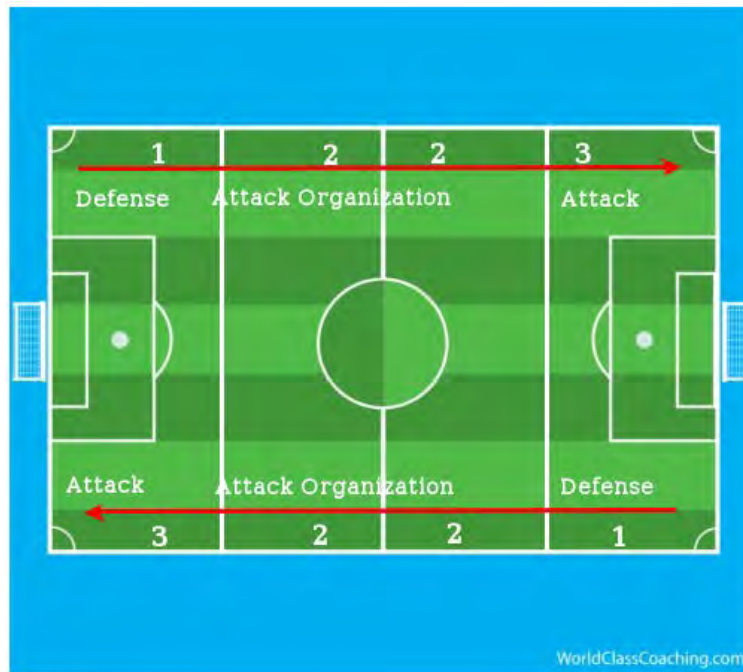
Set-up:

- . 10 players, 2 as keepers
- . 44x24 game area dimensions.
- . 3 v 3+1 game situation.

Exercise:

- . Divide the field into 3 zones as shown:

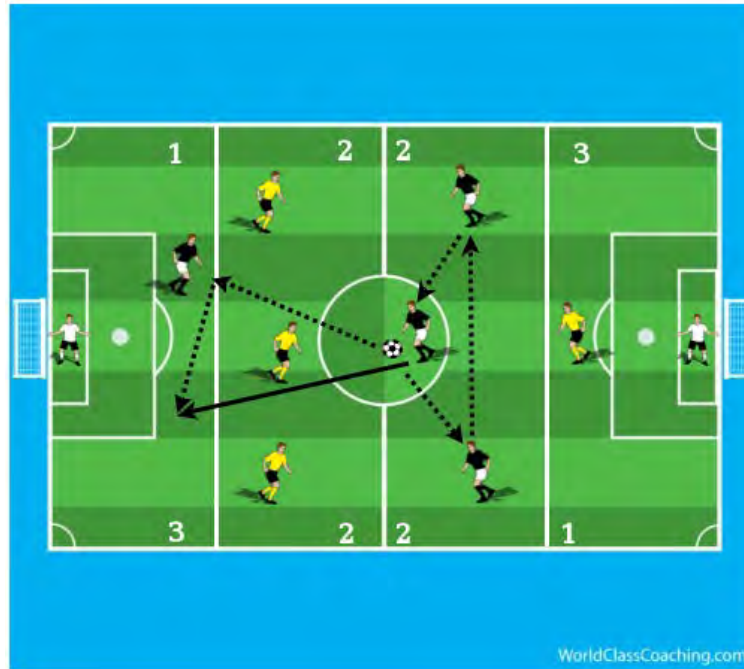
- . **Zone 1:** Defense,
- . **Zone 2:** Attack organization
- . **Zone 3:** Attack.



. Each team will place their players as follows:

- . **Zone 1:** Zero defenders
- . **Zone 2:** Three attackers
- . **Zone 3:** One attacker.

- . The game starts in zone 2, with a 3 v 3 situation.
- . The attackers positioned in the zone 2 should keep possession until they are able to make a pass to the attacker in zone 3.
- . When the attacker inside zone 3 receives the ball he makes a quick short pass to one of the 3 attackers in zone 2, who may then enter zone 3 and attempt to quickly score.
- . The defenders in zone 2 may not enter zone 3.



- . If the ball goes back into zone 2, the starting situation resumes (3 v 3 or 3 v 2).
- . If the defense intercepts the ball and keeps possession, it automatically may counter-attack and use a player from their zone 2.
- . Defensive and attacking transitions must be quick to avoid or create numerical imbalances.



Variations:

- Change the position of the players inside the zones, creating a 1-3-1 formation, for example.



- Allow one defender from zone 2 to enter zone 3 to prevent scoring attempt.

EXERCISE 6



Set-up:

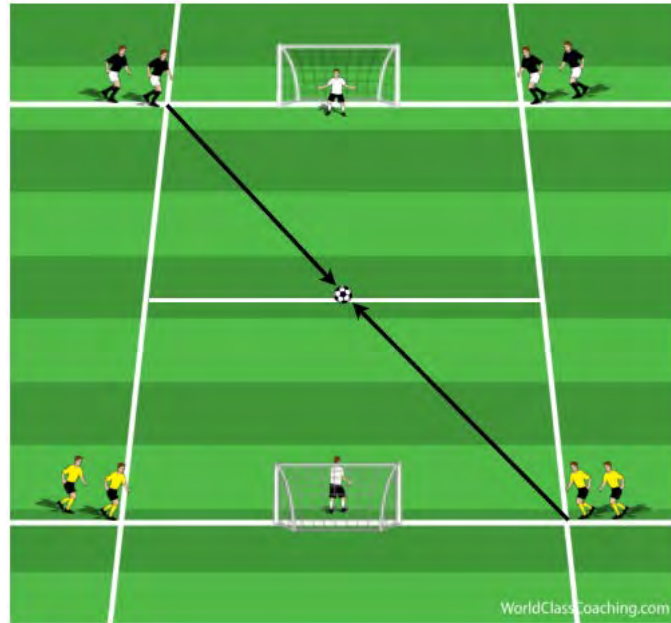
- . 10 players, 2 as keepers
- . 15x15 game area with 2 small soccer goals.
- . Ball on the center spot

Attackers' actions:

- . Attempt to score in a 1 v 1 situation

Defenders' actions:

- . Prevent a goal, win the ball and counter-attack

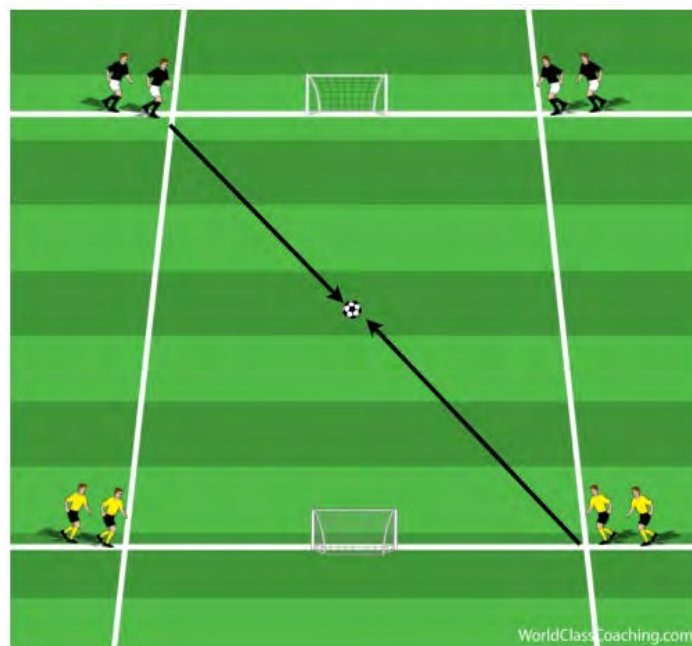


Game:

- . Upon the coach's signal 1 player from each group races for the ball.
- . Whichever player reaches the ball first will attack while the other player defends and tries to counter-attack.
- . The attackers have up to 1 minute to attack and can score from anywhere on the field. The coach places the next ball on the center spot and signals the start of each encounter.

Variations:

- . The player who scores is the player starting the next interval.



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FUTBOL TATICO <<http://www.futbol-tactico.com/pt/>>

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TOP SOCCER DRILLS <[http:// http://www.top-soccer-drills.com/](http://http://www.top-soccer-drills.com/)>

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COACH <<http://www.coach.it/it>>

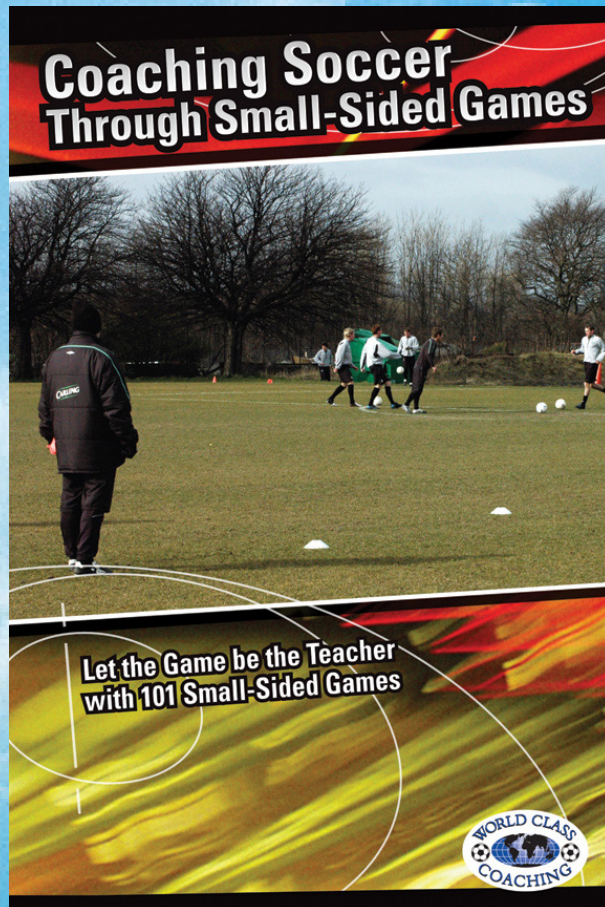
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