

DEVELOPED FROM 15 DIFFERENT PROFESSIONAL
CLUBS BASED THROUGH OUT EUROPE

THE
FOOTBALL
COACH

30+ SMALL SIDED GAMES

TheFootballCoach.Net

JOAO DEUS

" A Great resource and bank of small sided games that play such a key role in player development, it has been a pleasure contributing to a resource i know will be used to great effect"



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Developing Small Sided Games

Learn to get more from your **Small Sided Games**

Constraints Based Small Sided Game

Through out this book you will see regular mentions of constraints or adaptations to sessions these constraints can be environmental, individual or maybe even task related. The Constraints are imbedded in to the practice to try and help assist the player in learning the task they are attempting to learn.

Environmental Constraints

maybe the modification of the playing area or playing numbers to modify the landscape of the game, it is important that this is done with the players at the heart of the decision though to ensure that the learning outcomes are still central

Task Constrains

May relate more specifically to manipulating the scoring outcomes of a practice to challenge a team to a specific scenario such as beginning a game 2-1 up or 2-1 down and these constraints can add additional challenges to the players and help create a more challenging and beneficial environment

Individual Constraints

Individual constraints are a great way of developing individuals who may strive within the group personal challenges or modifications to their game practice such as limited touches maybe specifically beneficial to them

Benefits Of Small Sided Games



Physical Conditioning

Small sided games can provide a very manageable way to condition players, the blocks set out in the training session examples will specifically train elements of performance in line with tactical periodization.

Ensure that you manipulate training games to condition players to the principles you require, generally small sided game will occur during the middle of the week where players train the strength element of performance and this will be expose players to high quantities of changes of direction and ultimately condition players in line with what is required to compete

Transferability

The sessions you will see through out this book will demonstrate 'examples' the challenge set to any coach will be to adapt these sessions in line with 1 the *Individuals* you have and 2 *The Environment* you have and 3 the *Principles* you have as a coach, inlining these practical sessions with these three key components is significantly in insuring that you have complete consistency in your coaching program

Benefits On Small Sided Games

Learn from the Spanish, the most used practice to develop players

More Goals

Research has shown but by compacting football in to smaller sided goals we inevitably create more goal scoring opportunities and eventually more goals

More Touches

Less players means more touches, this is a great way to ensure players can be exposed to the ball more and spend more time become comfortable in possession

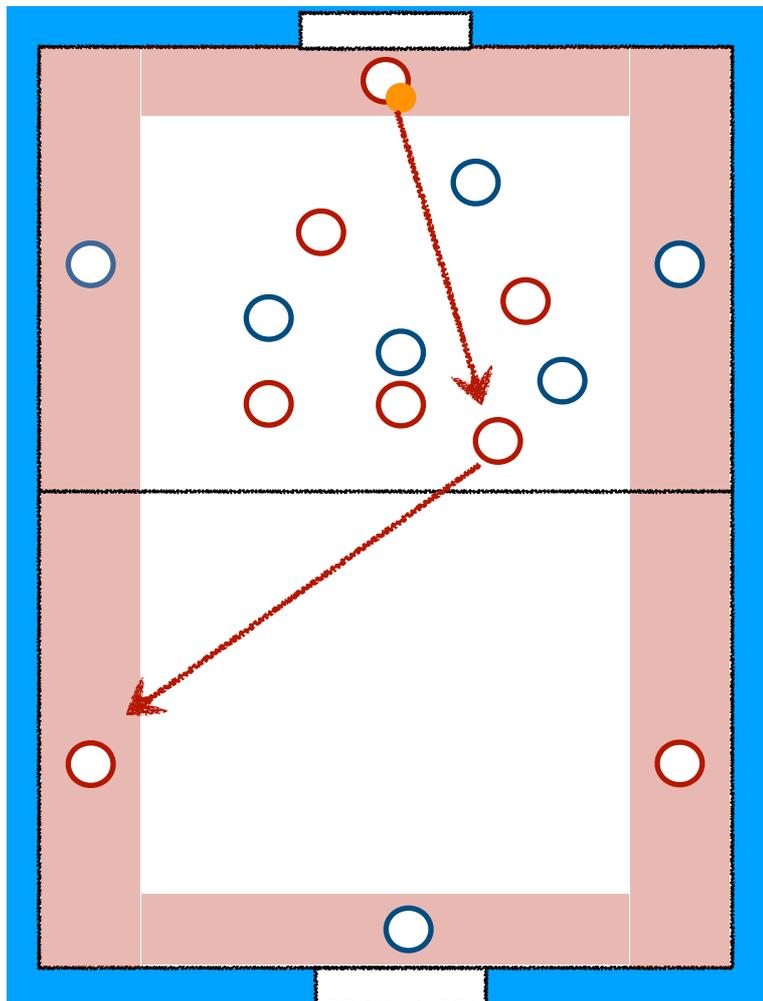
More Decisions

The More touches, the more goals the more time in possession of the ball means players are naturally being asked to complete many more decisions through the game.

CREATIVITY

Creativity is key within small sided game, longer periods in possession less pressure and more player lead environments demands a more creative environment for players to play in

Why Small Sided Games?



EVERYONE Has An Influence

it's easy for young players to hide in a game of 8v8. It's not so easy for them to hide in a game of 4v4. In small-sided games all players must contribute to the play. It stops one or two players dominating in bigger games – they are the ones that play goes through at training and matches. Let's cut that out. Give all your players the chance to develop their skills and influence the game.



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Warm-Up Games

Setup

The Session is setup using 10 players in a 30x30 yard space with a 6v6 inside the box, whilst both teams have a neutral end player at either end of the practice. Players look keep possession and score every time they can move the ball from one green to the other using at least one central player, reward teams who can be direct

Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can the end players move the ball quickly
- Can central players combine quickly

Progression

- Outside player switches with the player that passes the ball outside.

#HeadersAndVolleys v2

A Warm-up Activity Based On Heading, Volleying and Catching

Setup

The Session is setup using a 40x40 yard space with 2 even teams, this can be anything between 4v4 and 8v8, space would need to be manipulated dependent on numbers. Each team plays a standard game of headers and volleys, so if player A throws the ball player B can not catch, he must either head it or volley it to a team mate, however this does have a slight manipulation, in this version there are two ways to score you can either head or volley to the end player to score or set a team mate for a header or volt in to either of the two wide goals for a point.

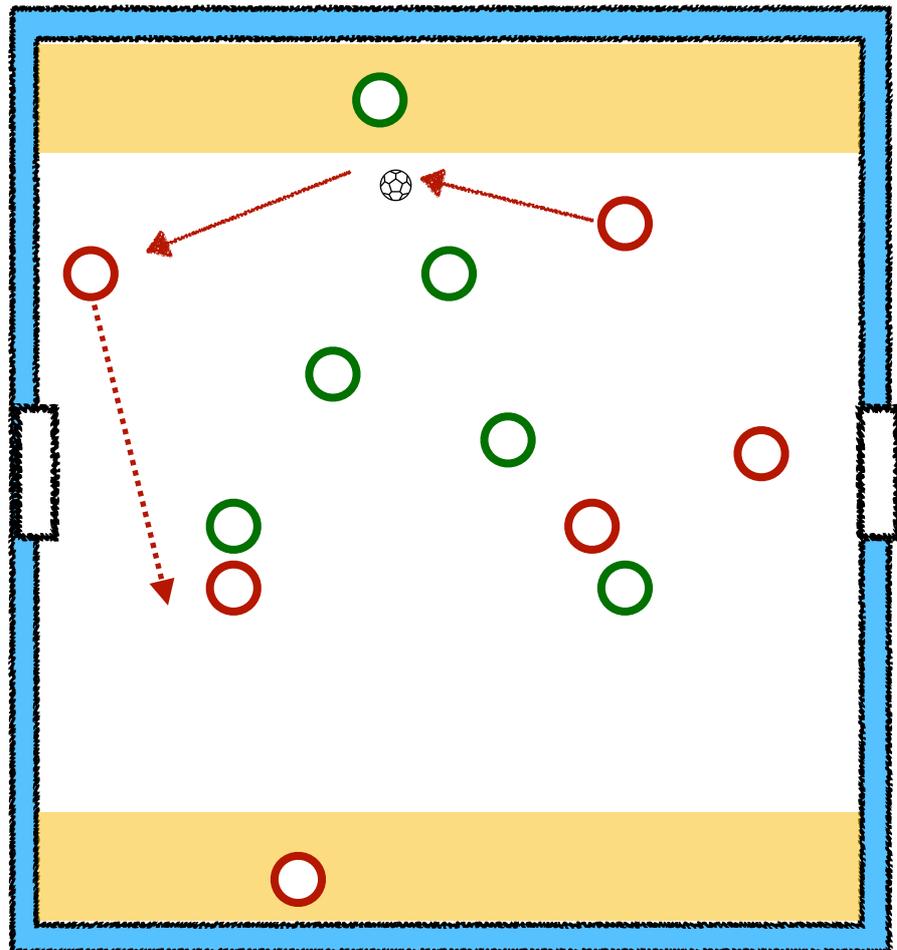
Team Detail

- Can the team in possession try and stretch the opponent to expose all three goals
- Out of possession can teams get bodies around the ball as quickly as possible. The principles are the same

Individual Detail

- Can players disguise change of direction
- Can players recognize when to step in and catch the ball when the opponent plays a pass
- Can players cover the goals with intelligent runs to make sure that they are protecting both goals at all times with cohesive team work

“Volleys with a Difference”



Players 10	Space 40x40	Goals 2
Work 180	Rest 60	Blocks 5
Total 20 Mins		

Handball

A Great activation game for players of any ability or any age including senior

Setup

The Session is setup using 10 players in a 30x30 yard space with a 6v6 inside the box, whilst both teams have a neutral end player at either end of the practice. Players look keep possession and score every time they can move the ball from one green to the other using at least one central player, reward teams who can be direct

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Make sure players recognize the importance of playing forward if we can play forward with one pass then make sure it is one pass

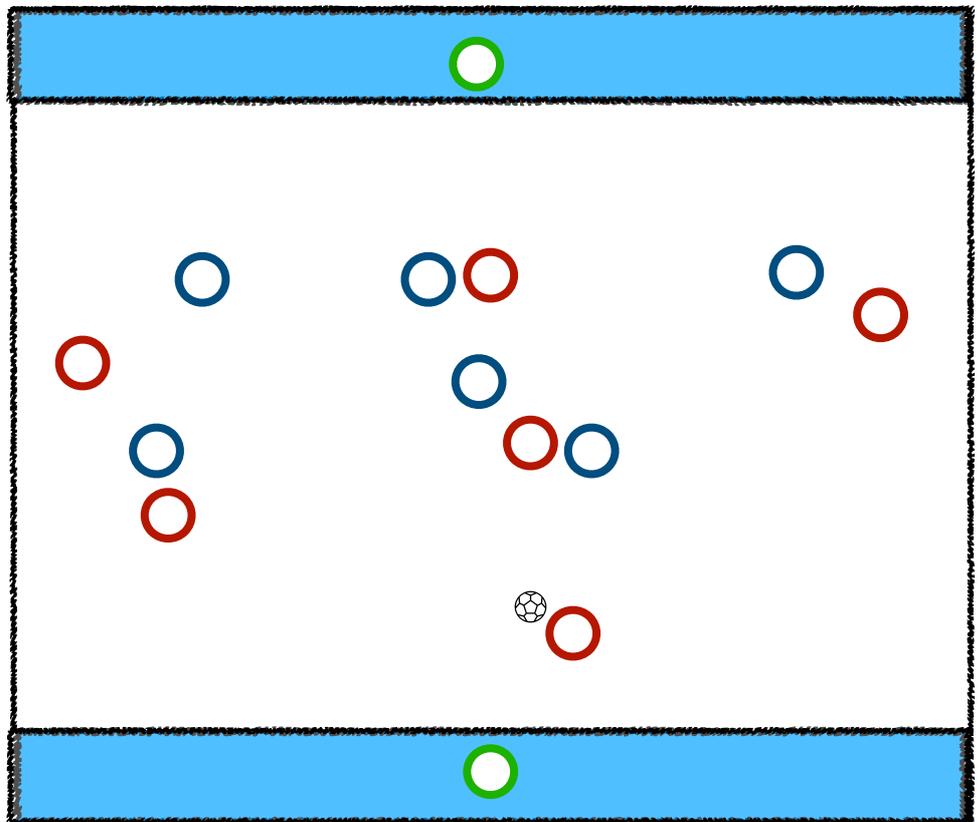
Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can the end players move the ball quickly
- Can central players combine quickly

Progression

- Outside player switches with the player that passes the ball outside.

“Develop Communication”



Players 10	Space 30x30	Goals 0
Work 300	Rest 60	Blocks 2
Total 12 Mins		

#FlagFootball

A Warm-up Activity Based On Coordination and Speed

Setup

The Session is setup using any number of players above 10, teams split in to two groups and perform a game of flag football, this is a non-contact game of American football using the ball. Each team starts with a 1/4 back and looks to throw the ball forward and in to the end zone. This can be played as contact or non-contact at the coaches discretion

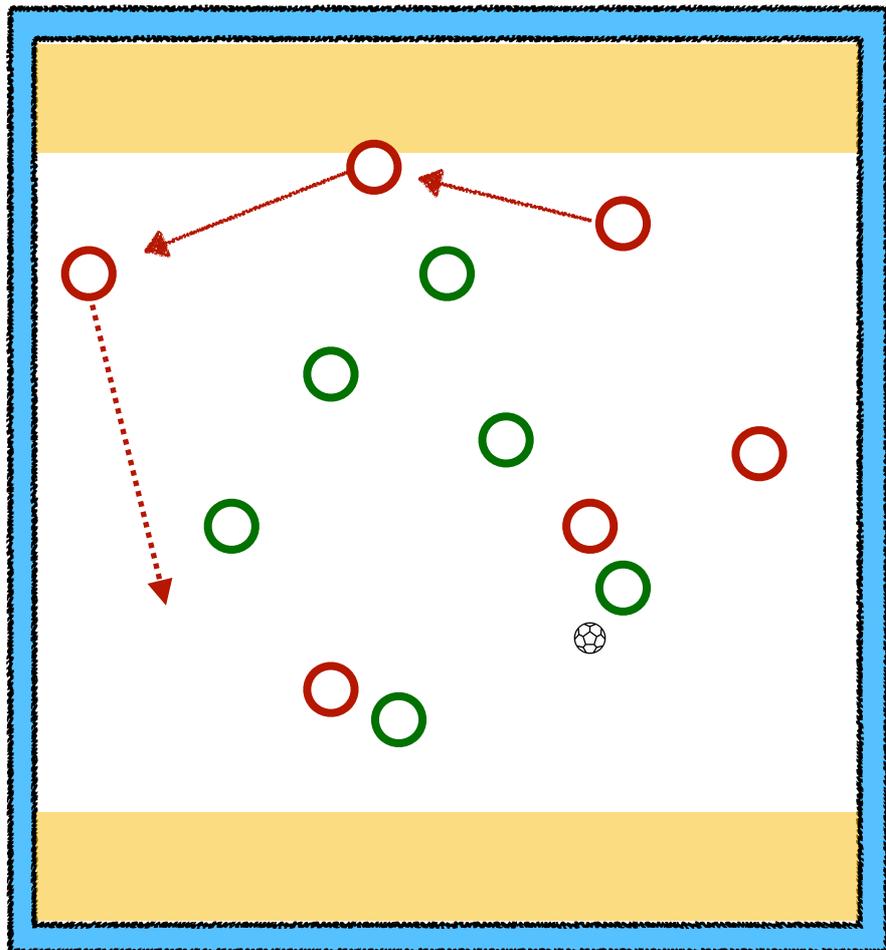
Team Detail

- Ensure the players play competitively and compete to win
- Make sure both teams are able to mix positions and display the physical attributes such as coordination and agility that may be needed to be successful in this practice

Individual Detail

- Can players disguise change of direction
- Can players match opposition players runs and protect the space they look to run it to
- Can players communicate to pass players on when marking and playing alongside runners

“Rewarding Hard Work”



Players 10	Space 40x30	Goals 0
Work 180	Rest 60	Blocks 5
Total 20 Mins		



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Larger Numbered Games

Setup

The Session is setup using 10 players in a 30x30 yard space with a 6v6 inside the box, whilst both teams have a neutral end player at either end of the practice. Players look keep possession and score every time they can move the ball from one green to the other using at least one central player, reward teams who can be direct

Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can the end players move the ball quickly
- Can central players combine quickly

Progression

- Outside player switches with the player that passes the ball outside.

7v7 SSG With Wide Zones

Learn from the Spanish, the most used practice to develop players

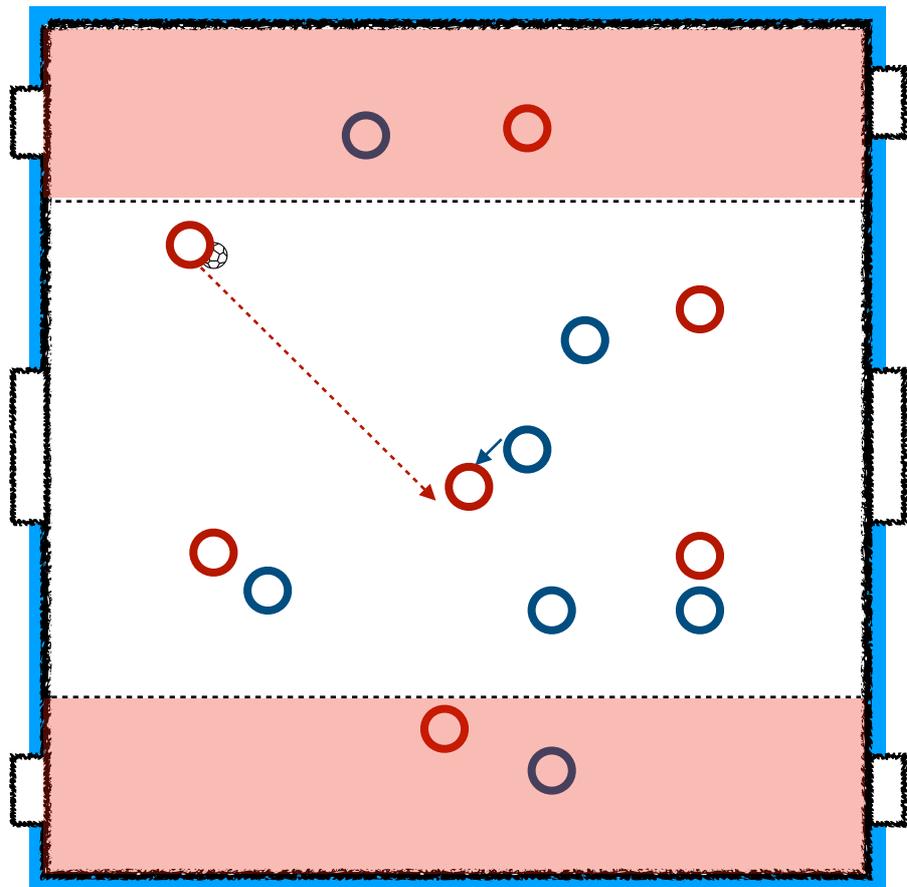
Setup

The Session is setup using 14 players in a 35x35 yard space with a 5v5 in central areas, whilst each wide area contains a 1v1, players are rewarded inline with the outcomes you require, score in central goal = 1, but scoring in a wide area with a 1v1 maybe worth 2 goals, this will be dependent on the outcomes you desire

Team Detail

- Ensure players occupy space as a unit to allow the switch of play
- In possession make sure there are multiple lines of possession
- Can you still ensure that even though the session is around switching play, the first place we should look to play is forward

“Switch Play to Play Forward”

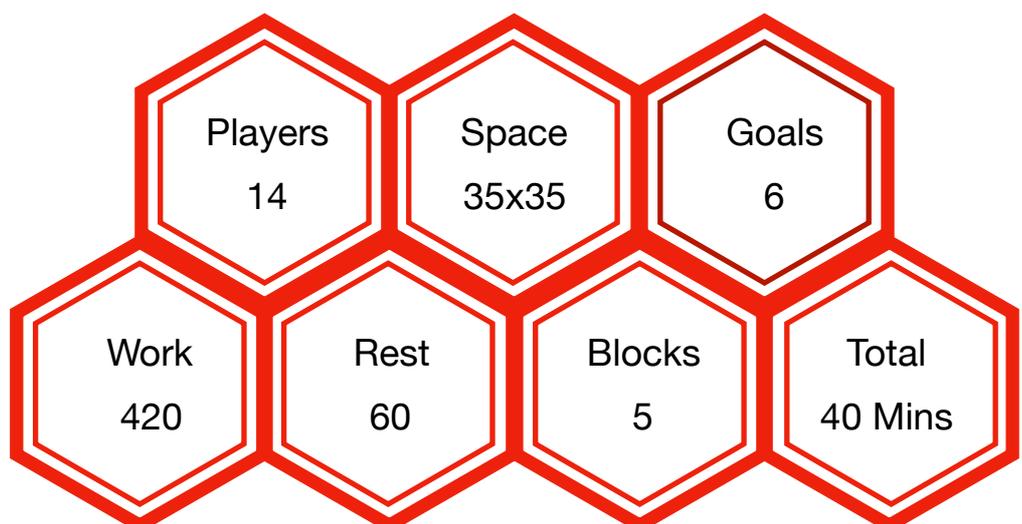


Individual Detail

- Can wide players be dominant and attacking with their first touch in wide areas
- Can individuals receive in a body shape that allows them to play forward

Progression

- Allow defensive team to recover in to wide areas to create 2v1
- Limit Central Players to 1 touch



#ProjectBreakOut

Break out game, can you attack the attacking half with pace.

Setup

The Session is setup using 14 players in a 45x25 yard space with 4 outside players in 3-5 yard channels, play is locked in to one half the team in possession look to play to their high wide players who then trigger the break out where teams race to the other half to attack and score or defend the goal

Team Detail

- Ensure players occupy space as a unit to allow the switch of play
- Ensure players recognize the importance of the attacking transition
- Can We demand an intensity and work ethic around the transitions so players understand its importance

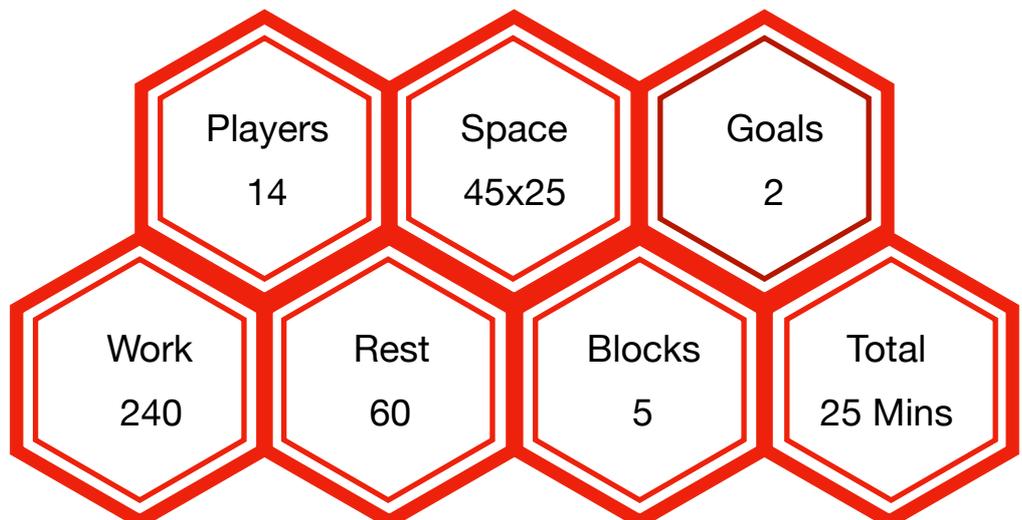
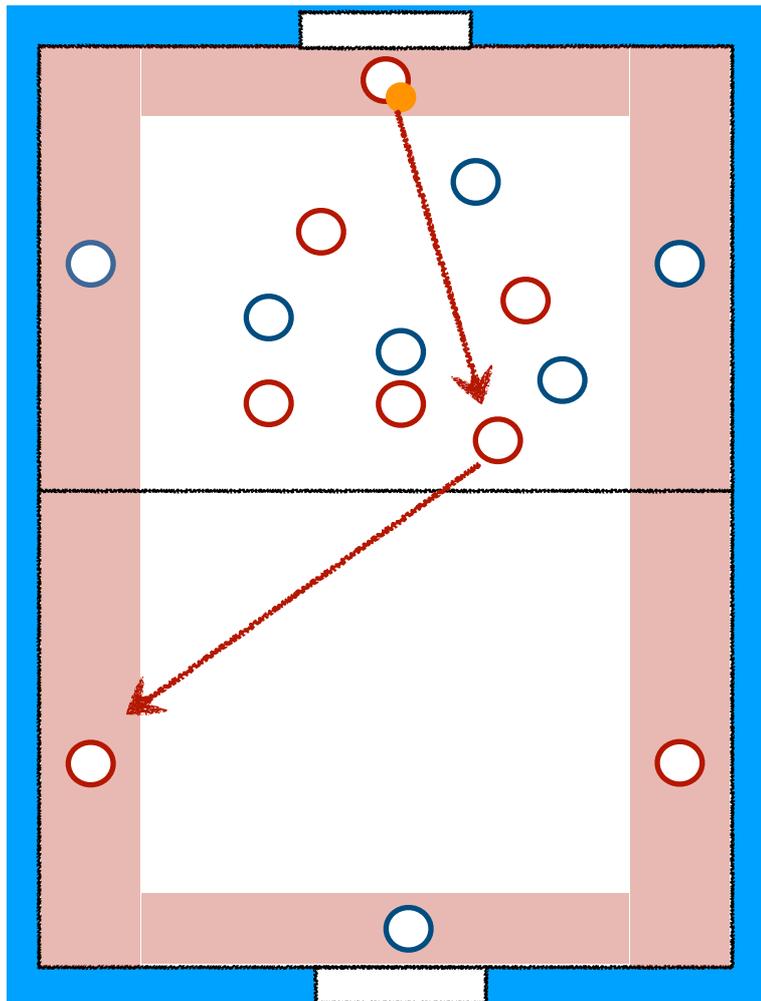
Individual Detail

- Can players play between lines, and brave enough to play forward
- Can individual players combine within tight areas to play forward

Progression

- Create a smaller defensive half
- Limit outside players to one touch to speed the game up

“Break With Pace”



5v5+4 SSG

Using Wide players to play forward and finish

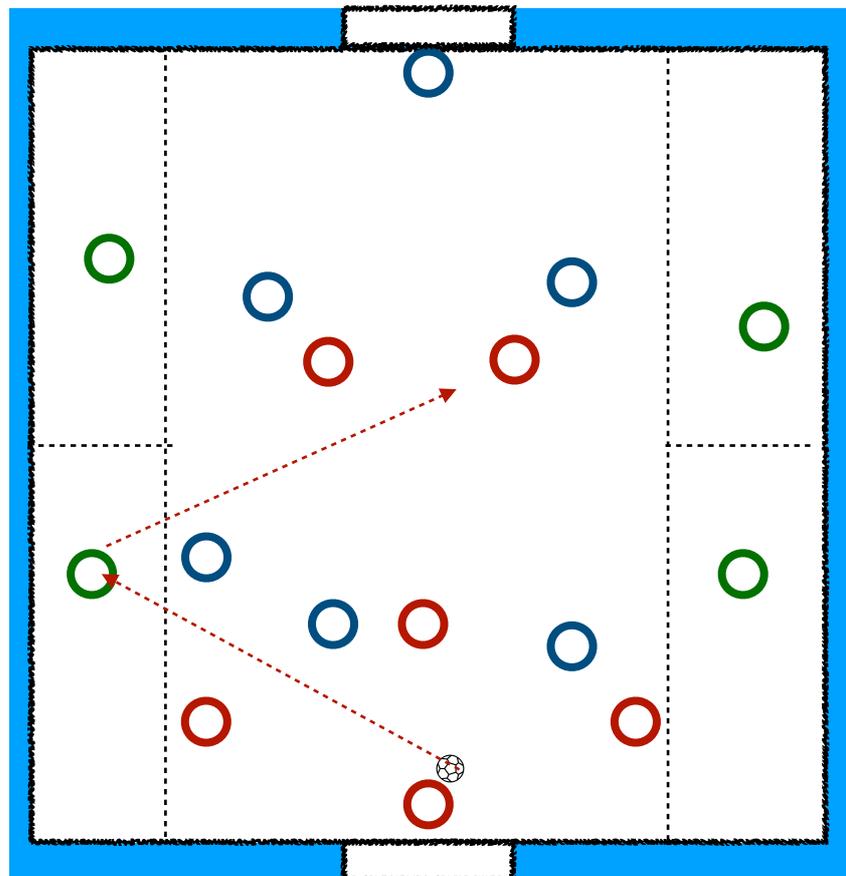
Setup

The Session is setup using 16 players in a 40x40 yard space with 4 outside players in 3-5 yard channels. Inside players play 5v5 whilst looking to use the 4 outside players to combine and play forward, the addition of guaranteed width should allow players to move the ball quickly and stretch the opponent

Team Detail

- Ensure players occupy space as a unit to allow the switch of play
- Remember to include the greens in your shape, dominate the space
- Must play as a group on at least 3 attacking lines

“Use Width to Play Forward”

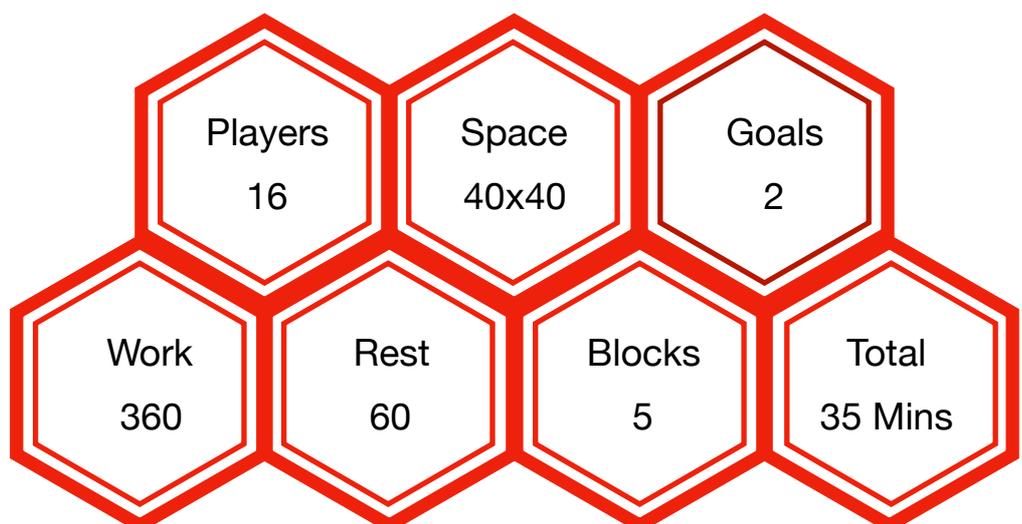


Individual Detail

- Can the 9 look to run behind and receive cut back crosses
- Can we dominate the opponent playing through the,

Progression

- Split the greens in to two reds and two blues to add a decision to the session
- Allow the blue or red outside players to come in side when out of possession



#Burnoutville

Large space create a difficult physical 12 player SSG

Setup

This session should provide a high aerobic challenge for players. It contains 4 outside players and a 4v4 in a central area. The large spaces will allow high transitional phases of the game as the ball will go from one goal to the other with little opportunity to win it until the ball is with the other Goalkeeper

Team Detail

- Encourage and reward hard work
- Demand high standards during the 5 minute work period
- Really concentrate on making runs in to the box
- Once players have made attacking movements enforce the defensive transition

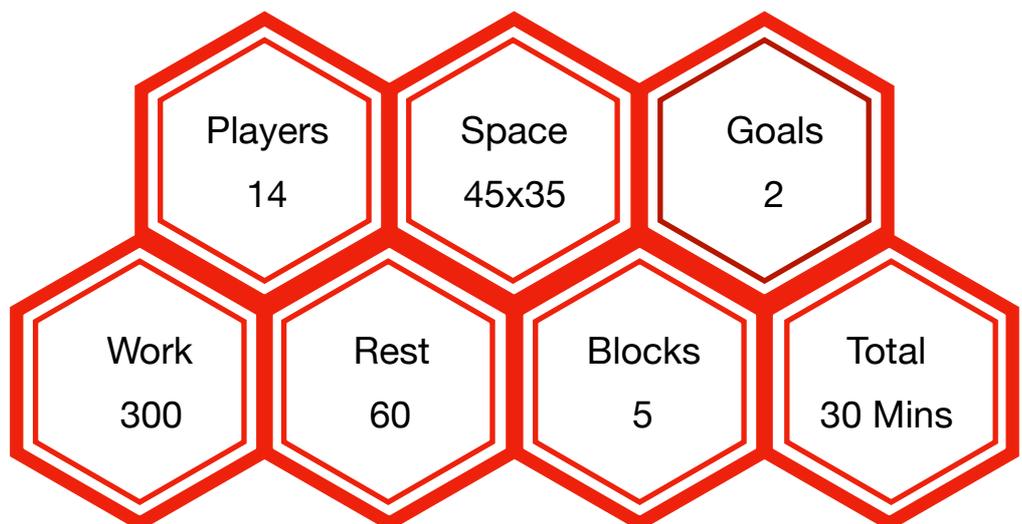
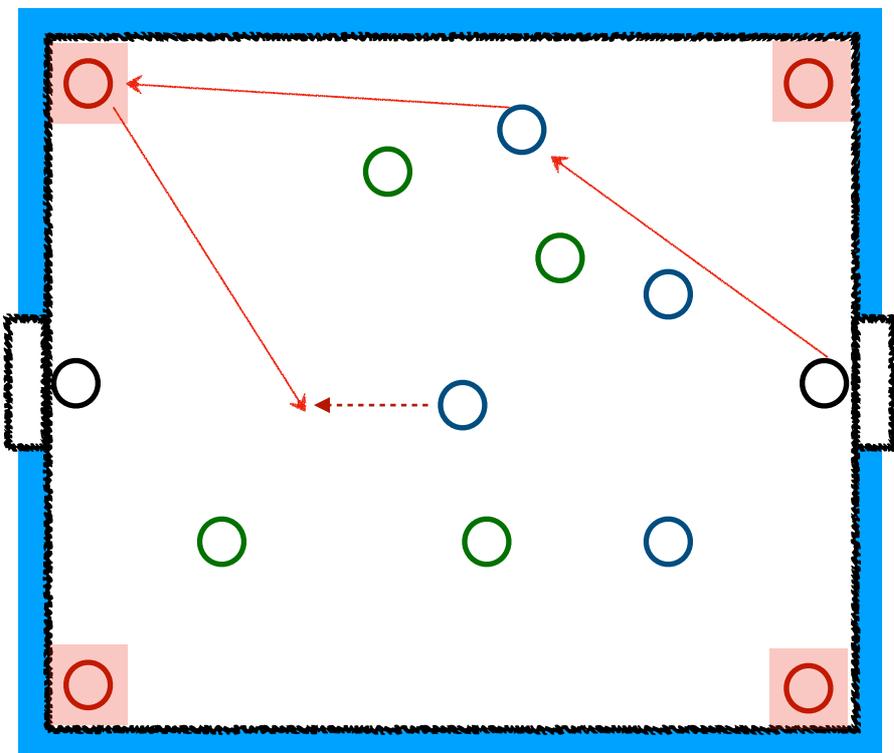
Individual Detail

- Make sure individuals are aware of how to stay calm under physical fatigue
- Reward individuality within the session
- Encourage shooting around the box, idea of the practice is to score

Progression

- Allow end players to drive in to practice
- Limit touches on outside to 1

“Quality under Fatigue”



5v5 + 1v1 To Score

Hard working practice, with 1v1 to score, this develops all aspects of performance

Setup

The Session is setup using 14 players in a 30x30 yard space with a 5v5 inside the box, whilst both teams have 2v2 in each of the wide areas, once a team makes 4 passes they can pass in to the wide area where the player can either compete in a 1v1 in to a shot or combine with a central player to go past the opponent player and score

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Ensure depth is kept within a wide practice
- Encourage 1v1 dominance

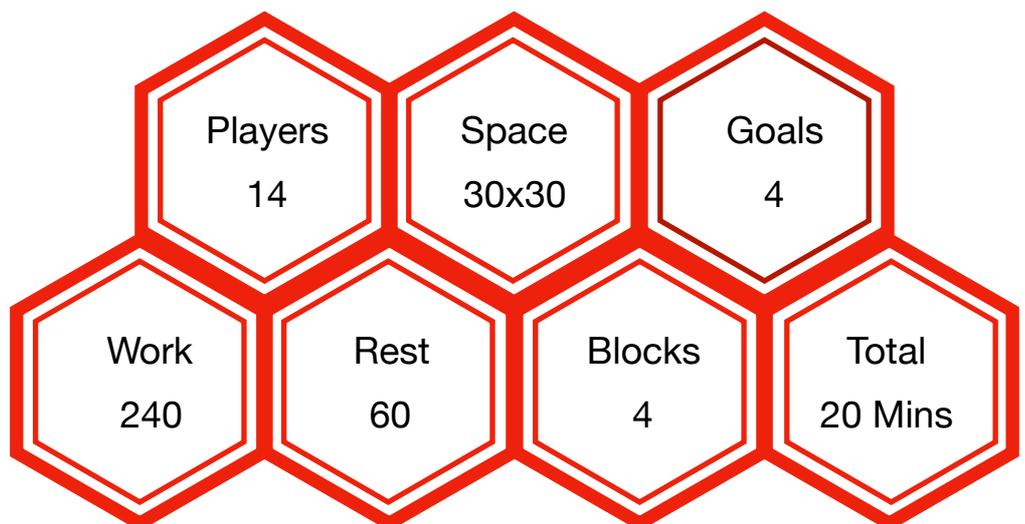
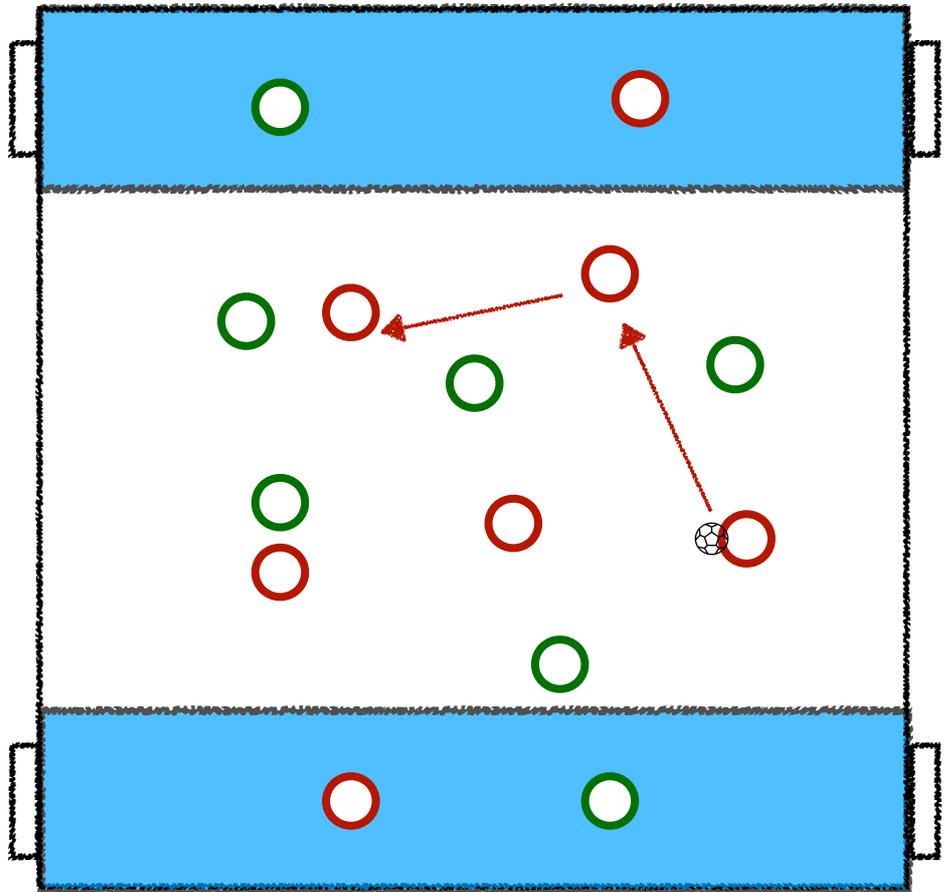
Individual Detail

- Can the wide player take a touch that allows the 1v1 to be on the front foot with pace
- Can midfield players Disguise passes
- Can greens prevent passes wide

Progression

- Allow 2v1 wide
- Limit central touches
- Limit touches outside

“Creating Dominant Players”



7v7 Grid Game

Larger sided SSG developing combination play

Setup

The Session is setup using 16 players in a 40x30 yard space with two 15 yard by 30 yard boxes and a middle section of 4 5v15 yard boxes. Play begins with a 3v1, before being played in to 3v3 in the central zone, only one player is allowed in each area of the grid before playing in to the end zone where midfield players can join the attack

Team Detail

- Ensure players understand how to use rotations in midfield
- Recognize how counter movements can create space to play through

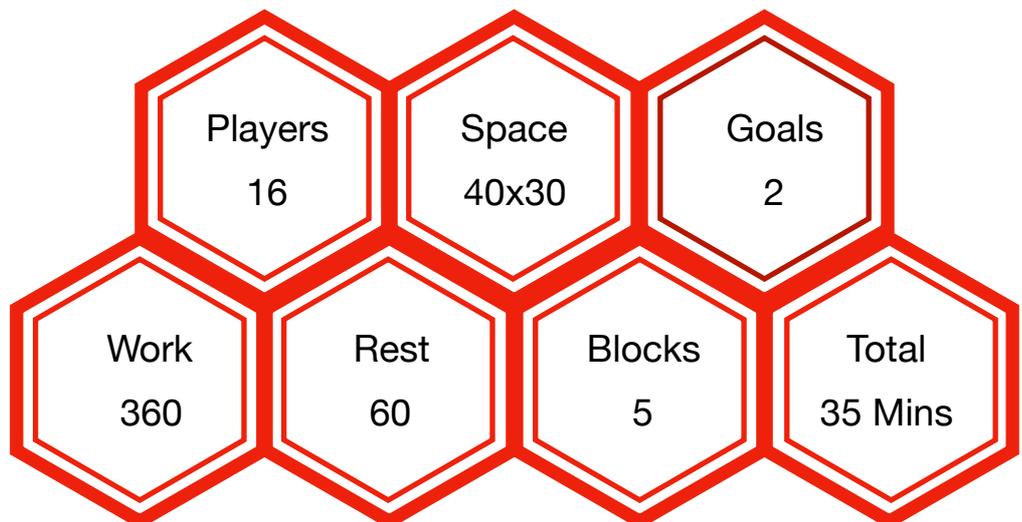
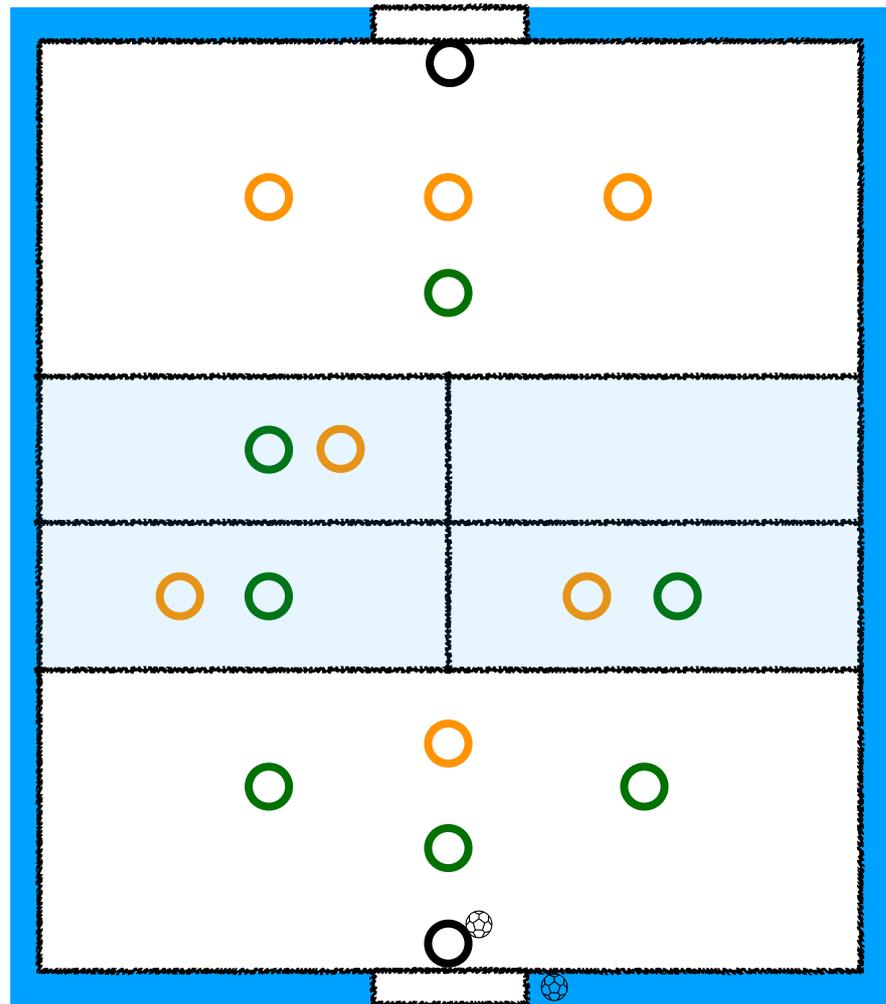
Individual Detail

- Can the players in the 3v1 find the right timing to play forward passes
- Can the midfield players use the empty grid to make the most of the space available
- Can players get in a position to play between lines

Progression

- Remove central grid
- Allow defensive team the opportunity to come out of central zone and apply pressure to the team in possession

“Creating Combination Play”



14 Man Cut Back Game

Use the attacking players on the outside to receive cut backs

Setup

The Session is setup using 18 players in a 40x30 yard space with 8 outside players and a 4v4 in the central area. Players are encouraged to combine with the outside players to create goal scoring opportunities. The practice should develop players ability to play cut back passes from wide areas as well as practice first time finishes from crosses

Team Detail

- Make sure players combine with outside players with the intention of playing forward
- Reward players who play forward within the central area
- Ensure the team in possession plays across 3 lines of possession

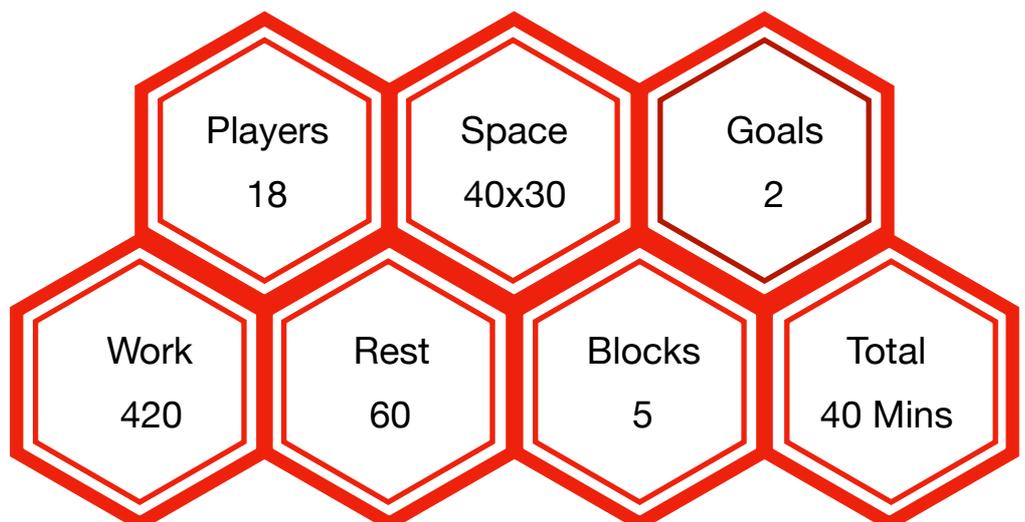
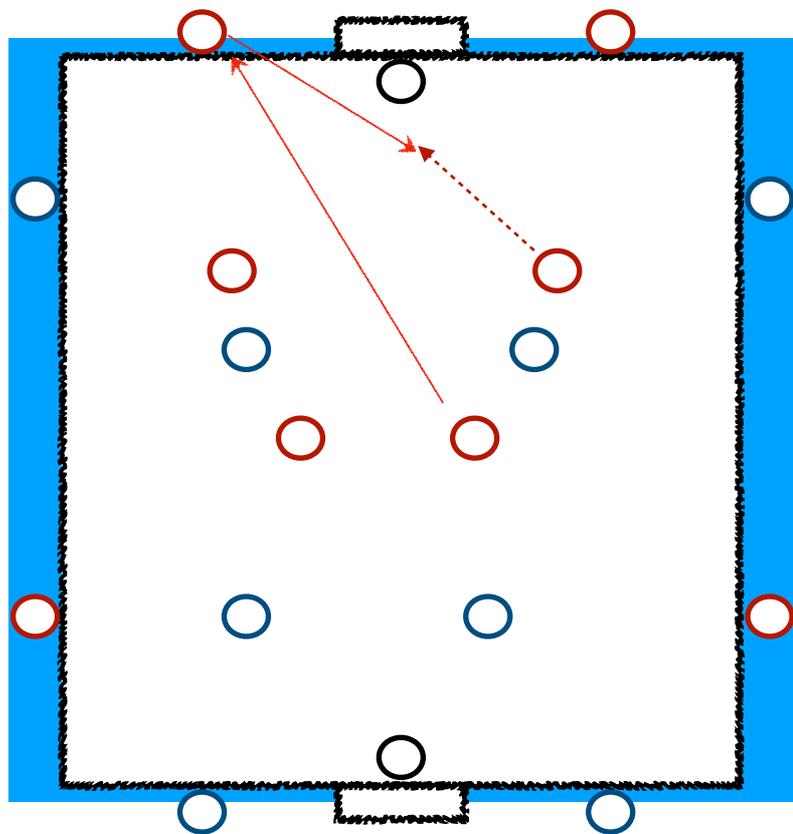
Individual Detail

- Can individuals make forward runs from the back post to the front post to get across defenders and finish first time
- Create individuals who look to pass forward and run forward towards the box penetrating the opposition back line

Progression

- Allow outside players inside
- Enforce first time passes from outside players

“First Time Cut Backs”



Counter Attacking 6v6+ GK's

Developing the ability to counter attack and defend deep

Setup

The Session is setup using 14 players in a 40x30 yard space with two 20x30 zones, one zone contains 3 reds the others contain 9 players 3v6 the reds look to try and play around the blues and play through them whilst they're compact, if the blues win possession they break in to the other half quickly to create a 3v6

Team Detail

- Ensure intensity is maintained through out the practice
- Recognize what the triggers out to counter attack, can you find a misplaced or miss-weighted pass and trigger from there
- Encourage forward passes from reds.

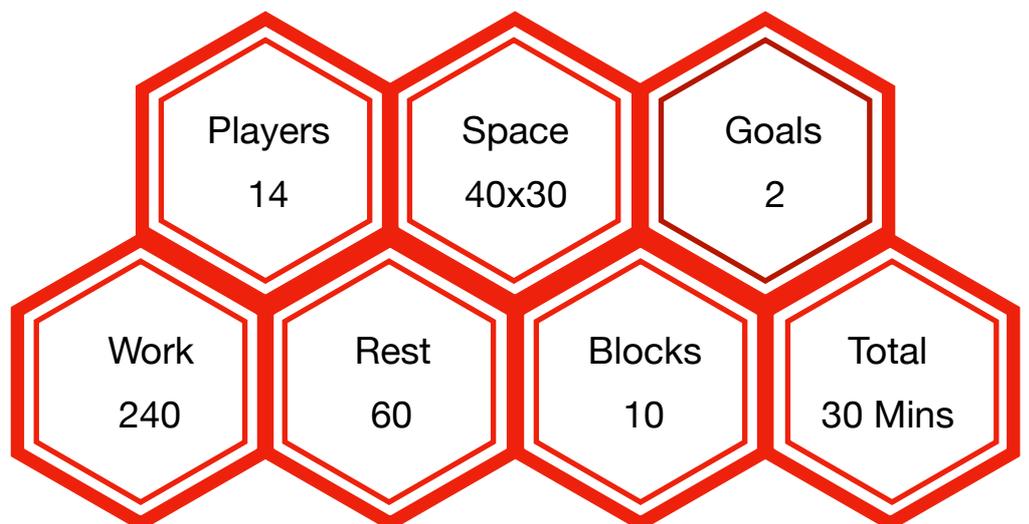
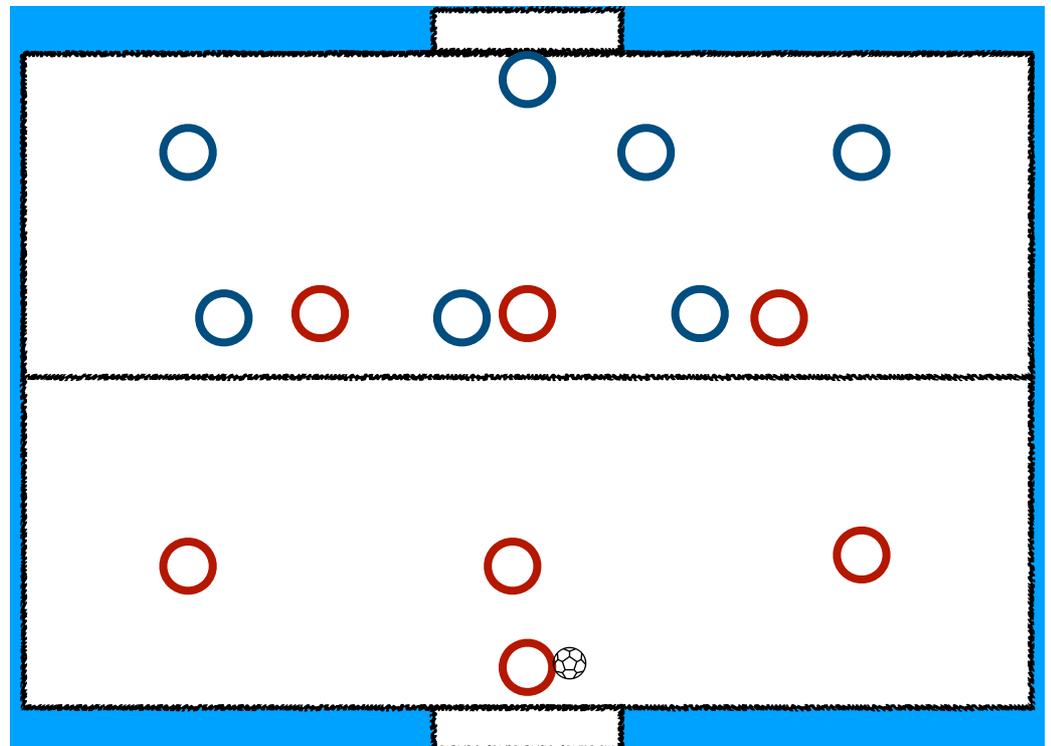
Individual Detail

- Can the reds get between the opposition lines
- Can blues attack in straight lines to penetrate the opposition

Progression

- Move the split to provide a deeper defending block and larger counter attacking zone
- Limit touches inside the attacking zone

“Learning To Defend Deep”



Crossing and Finishing SSG

Developing Crossing and Finishing moments of the game within a SSG

Setup

The Session is setup using 16 players in a 60x40 yard space with 2 groups of 3 in central zones, the groups pass balls from the center of the practice out wide receive a cross to attack, then switch ends, this is a continue practice whilst the reds defend, after 3 minutes the reds and the blues switch allowing a recovery period for the blues

Team Detail

- Ensure intensity is maintained through out the practice
- Ensure groups attack in multiple lines of attack
- Encourage realistic defending positions

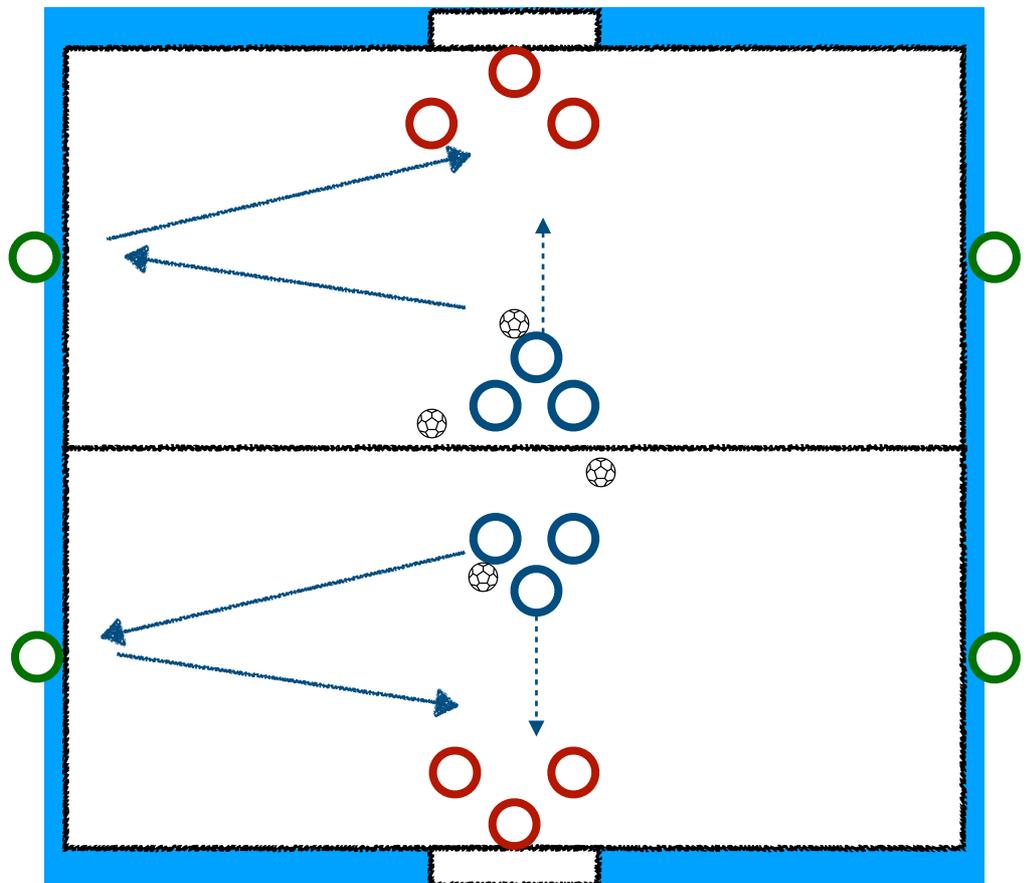
Individual Detail

- Can the crosser create a cross dependent on the quality of the delivery
- Can the runner come across the front post and look to attack the ball
- Can a defender challenge for first contact on the ball
- Can the transition be quick in to the next phase

Progression

- Manage 3 groups working in rotation
- Limit crosser to touches
- Enforce a sprint zone through the middle of the pitch

“Creating Finishing Moments”



Players 16	Space 60x40	Goals 2
Work 180	Rest 60	Blocks 8
Total 32 Mins		

8v8 Rondo SSG

Larger Sided SSG with outside players

Setup

The Session is setup using 18 players in a 50x40 yard space with 6v6 inside the area with 4 players on the outside. The play is locked as a 3v3 in each half providing lower amounts of high speed running but allowing lot of opportunities to make combinations inside the area. The outside players should provide opportunities to switch play and cross

Team Detail

- Ensure intensity is maintained through out the practice
- Ensure the team in possession play on at least 3 lines of possession
- Encourage forward passes

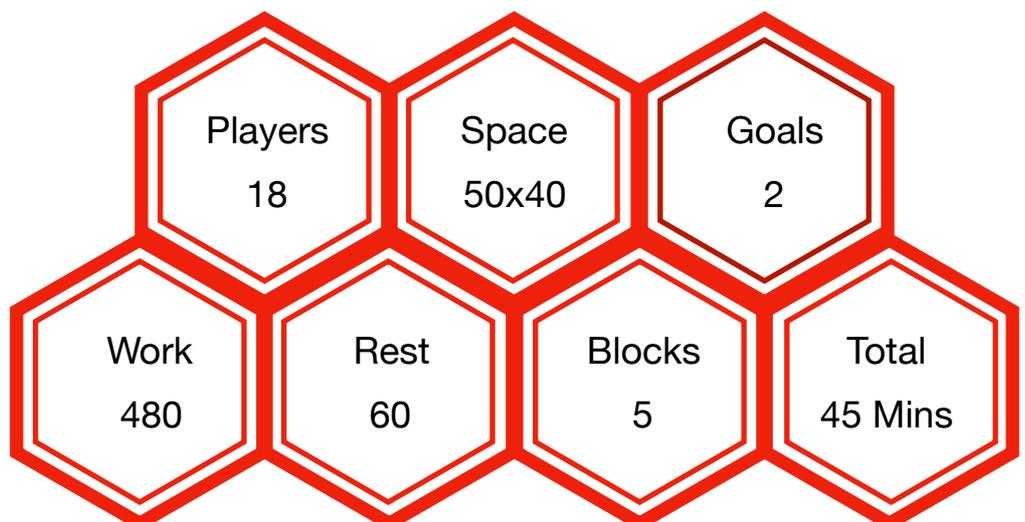
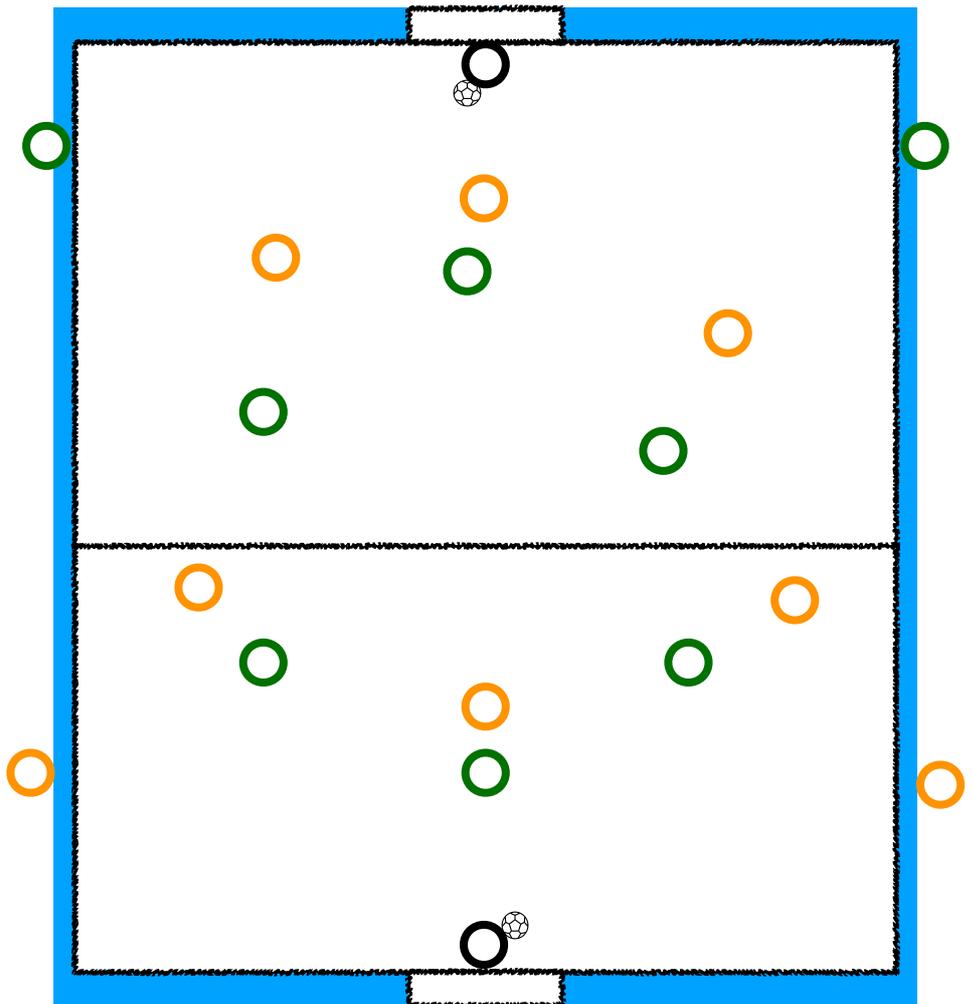
Individual Detail

- Can individuals provide width to the practice
- Can a player receive between opposition lines
- Can the attacking players threat behind

Progression

- Remove central gird
- Allow defensive team the opportunity to come out of central zone and apply pressure to the team in possession

“Speed of Play Is Key”





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Small Sided Games

Setup

The Session is setup using 10 players in a 30x30 yard space with a 6v6 inside the box, whilst both teams have a neutral end player at either end of the practice. Players look keep possession and score every time they can move the ball from one green to the other using at least one central player, reward teams who can be direct

Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can the end players move the ball quickly
- Can central players combine quickly

Progression

- Outside player switches with the player that passes the ball outside.

#Streetball

Classic Street football game, 3v3v3v3 4 goal practice.

Setup

The Session is setup using 16 players in a 40x40 yard space with 4 goals in the middle of each side, the practice is very simple is a pure form of street football, allowing player to compete in chaotic moments with 3v3 and a 3v3 occurring within the same game, this will be chaotic but provide many outcomes for player development

Team Detail

- Encourage individuals to take ownership
- Ensure the practice is company enough to provide chaos
- Can we still ensure players look to dominate 1v1 in compact areas

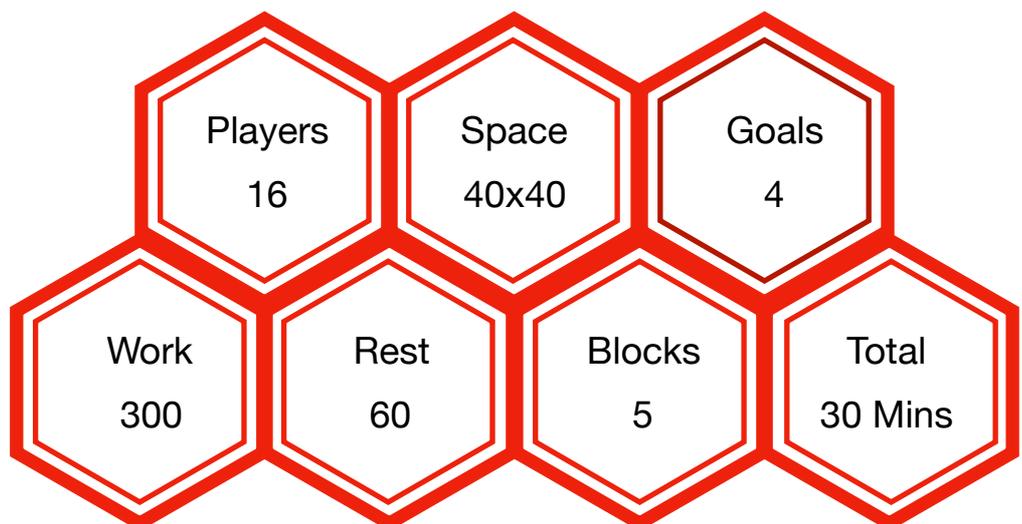
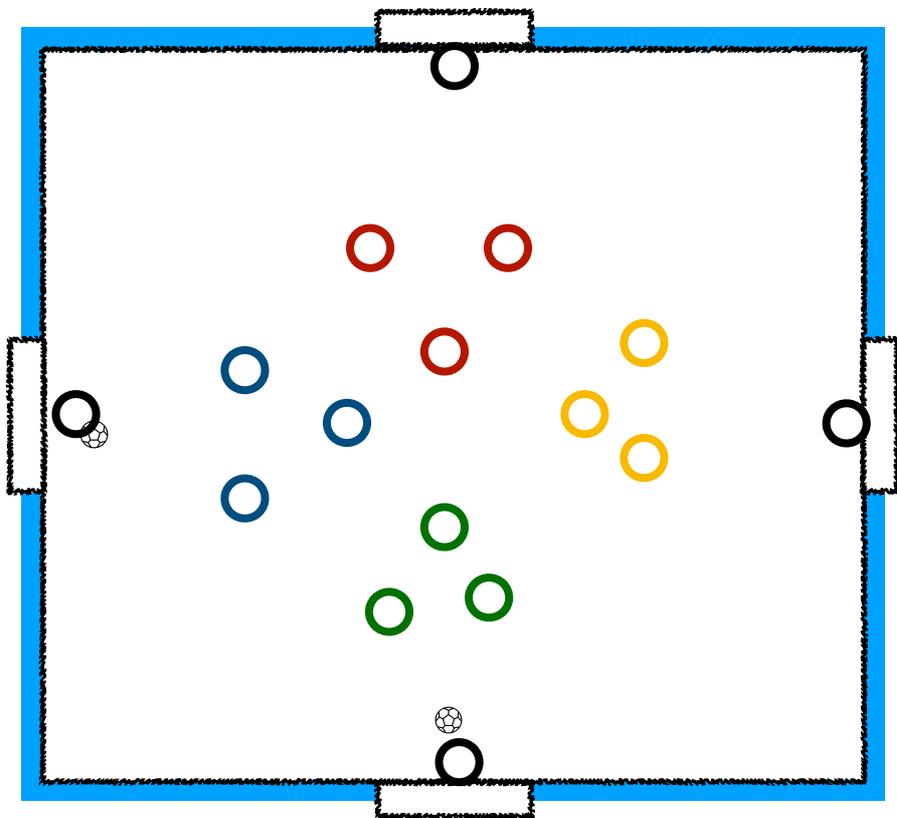
Individual Detail

- Focus on the receiving and retaining skills of individuals within this practice
- Focus on how players scan to find space
- Ensure players **still** react to the defensive transition even when chaos occurs

Progression

- Not Needed.

“Creating Chaos”



4v4 With Width SSG

Learn from the Spanish, the most used practice to develop players

Setup

The Session is setup using 12 players in a 40x40 yard space with 2 wide players in 5 yard lanes, with 4v4 in the central space. Play is played out through the goal keeper and through the greens or orders and played as a standard game with the 4v4+ GK's occurring in the central space

Team Detail

- Ensure players occupy space as a unit to allow the switch of play
- Team in possession must have at least 3 lines in possession
- Can the wide players work to create crossing opportunities for attacking players

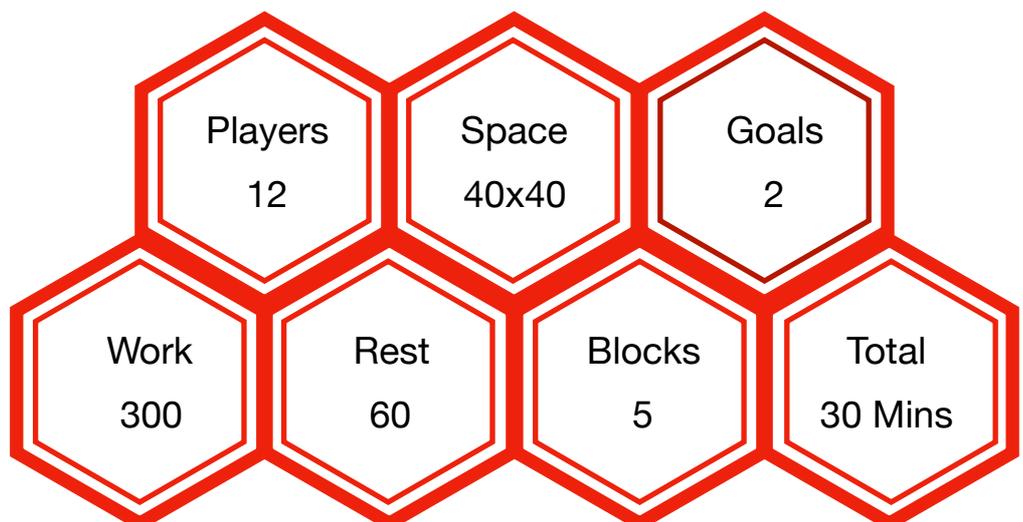
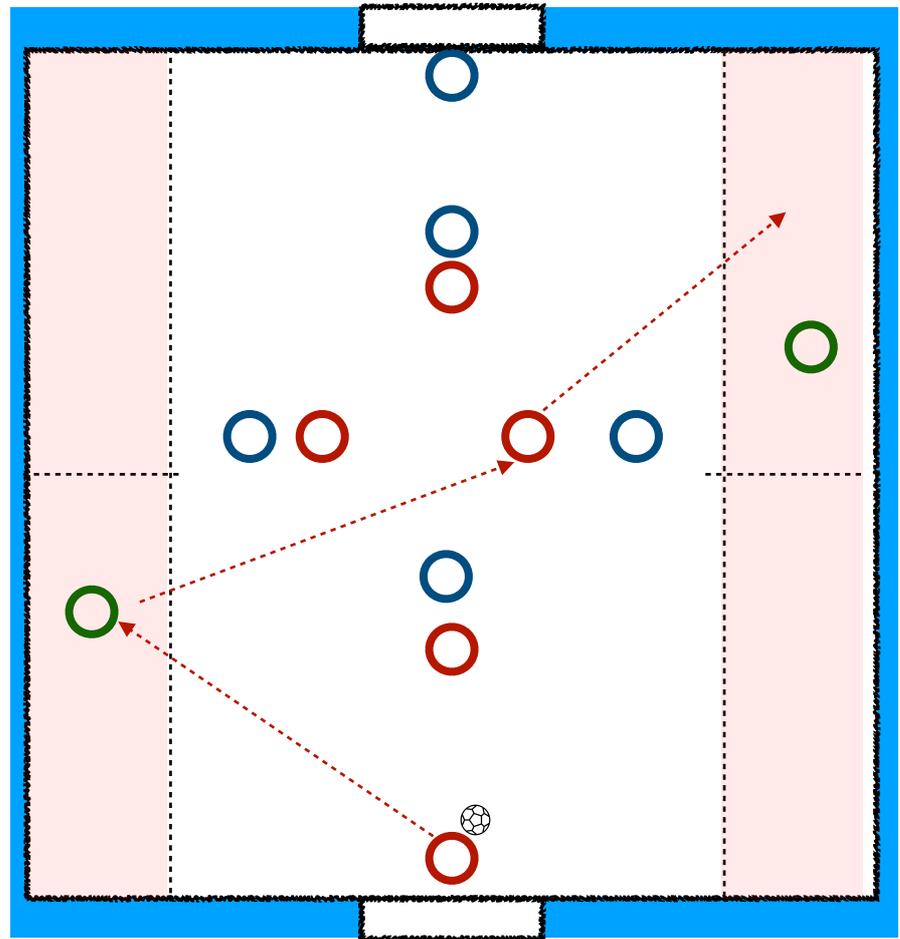
Individual Detail

- Can wide players receive in space and cross first time
- Can central players attack the box and finish first time
- Can wide players receive passes in space
- Can central players present forward passes

Progression

- Limit each side to 1 wide player
- Limit wide player touches
- Limit central players touches

“First Time Finishes”



#3 Team Transition Game

3 teams of 4 transition quickly to create an end to end practice

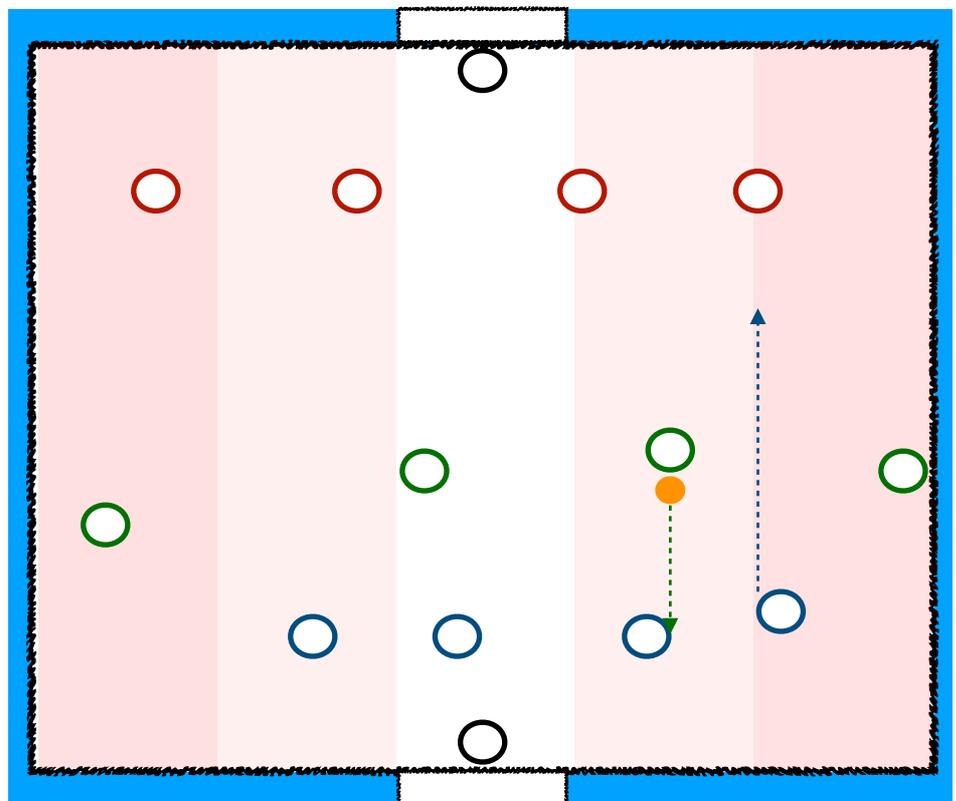
Setup

The Session is setup using 14 players in a 40x40 yard space with 2 GKs and 3 units of 4, the practice is full of transitional moments and involves green attacking blue, the winner of that then attacks the red and so on, it is a constant changing of position for the entire 5 minute block

Team Detail

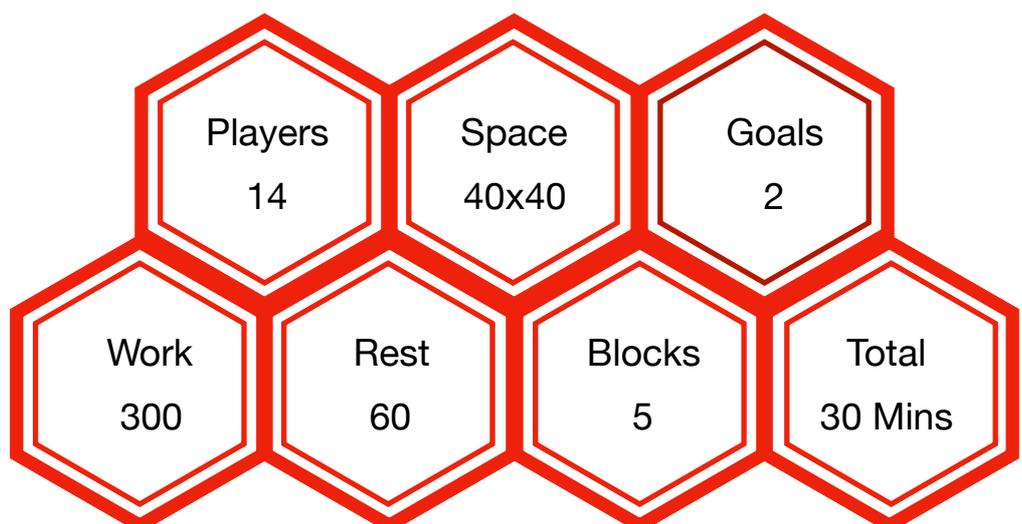
- Encourage players to use space when in possession to ensure the team is able to stretch the opponent
- Encourage teams to be quick with the ball to prevent the opponent become organized

“Training The Attacking Transition”



Individual Detail

- Ask players to dominate 1v1 situations, can you beat the opponent and attack the space left by the opposition
- Can individuals defend confidently in 1v1 situations



Progression

- Time the attack to encourage quick attacking play
- Ban backward passes

#DiamondRunning

4 Players in central parts of the practice, 4 outside players.

Setup

The Session is setup using 10 players in a 30x30 yard space with a 2v2 situated with the diamond area. There are 4 outside players situated in the corners outside the diamond. The central players are challenge to dominate their 1v1's and create goal scoring opportunities or use the outside players to support this

Team Detail

- Ensure two central players work in tandem both in and out of possession
- Ensure defensive team look to emergency defend when required
- Create a cauldron of intensity to this short practice

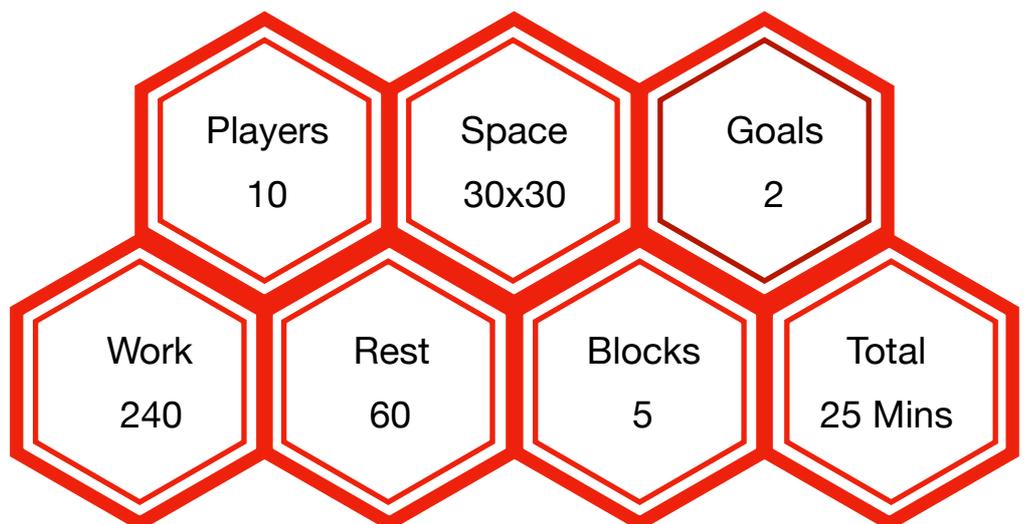
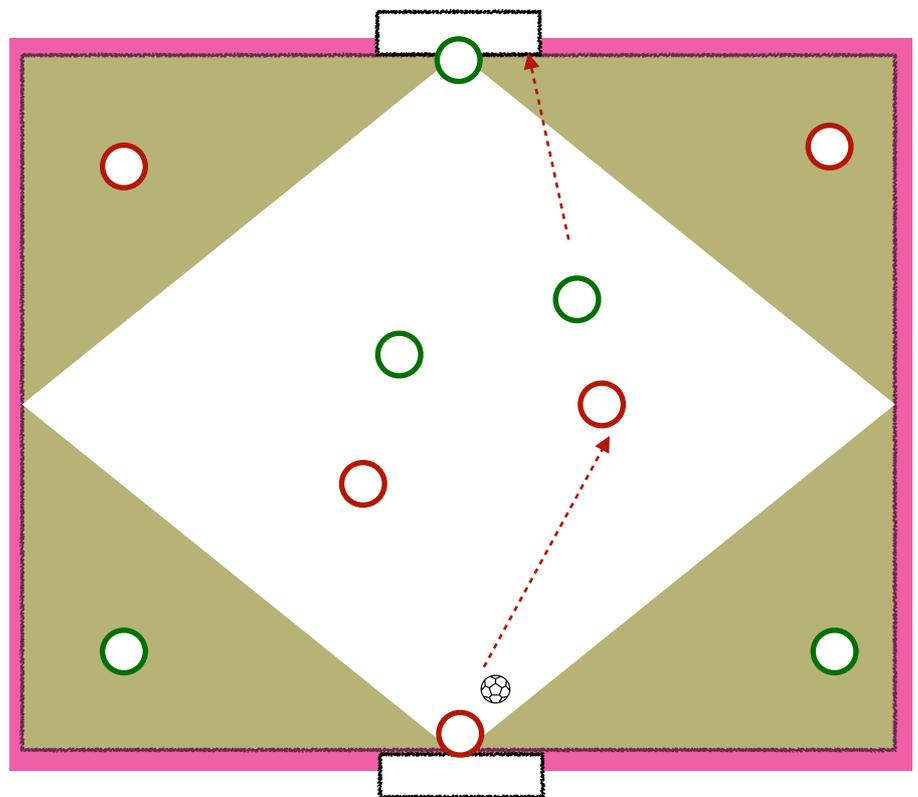
Individual Detail

- Can players look to dominate their opponent 1v1 and score
- Can individuals show the opposition outside
- Can the outside players look to play crosses in to the space left behind

Progression

- Limit outside players to 1 each
- Limit outside players to 1 touch

“Move Quickly To Play Forward”



#2Zones

Two halves of 2v2 with outside players

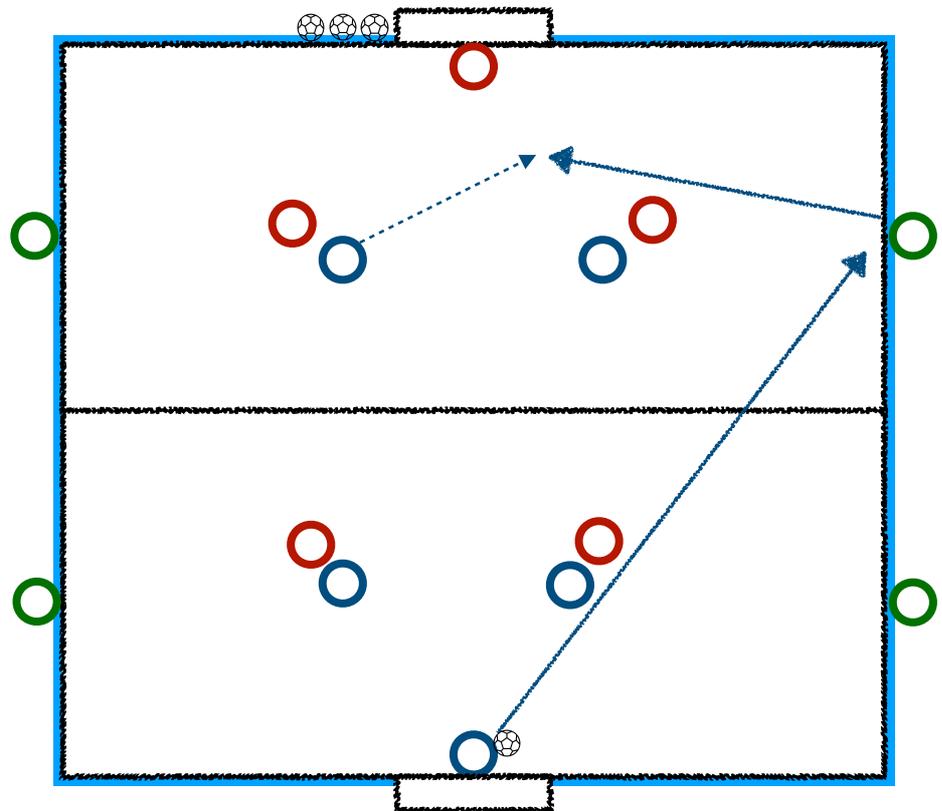
Setup

The Session is setup using 14 players in a 30x30 yard space with 2v2 in each half and 4 outside players, in possession the play should be 8v4. The team in possession look to move the ball quickly and create overloads and score in the attacking half.

Team Detail

- Ensure each team stays with 2 in each half
- Make sure play is quick and the overloads are maximized
- Make sure goalkeepers play their part in ball retention and rotation

“Dominate your 2v2”

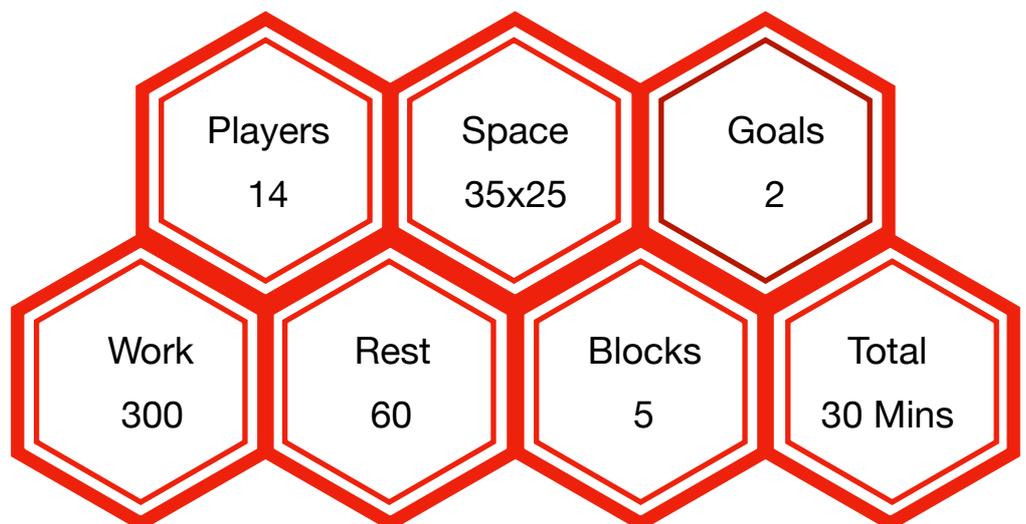


Individual Detail

- Can attacking players create small bits of space to create finishing moments
- Can individual players combine within tight areas to play forward
- Can defensive players move the ball in to forward areas.

Progression

- Create a narrow practice area
- Limit outside players to one touch to speed the game up



6v6 Small Sided Game

Standard 6v6 Practice, a great way to allow playing time

Setup

The Session is setup using 12 players in a 40x30 yard space with 6v6 inside the space. The game is a standard 6v6 being played in a larger space, with a standard end to end game it is important to allow the players an opportunity to play but also provide a constraints approach to coaching to challenge the players in the game

Team Detail

- Ensure intensity is maintained throughout the practice
- Ensure the team in possession play on at least 3 lines of possession
- Encourage forward passes

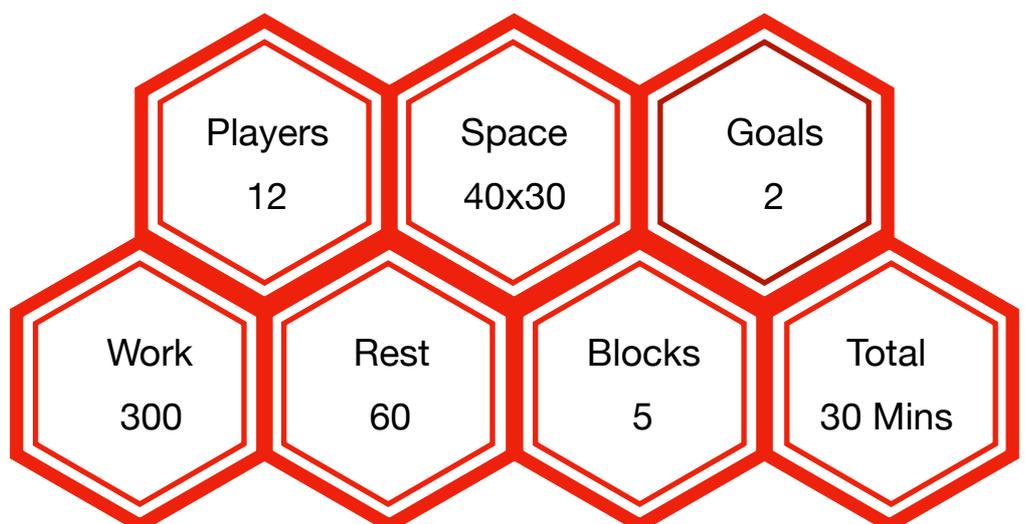
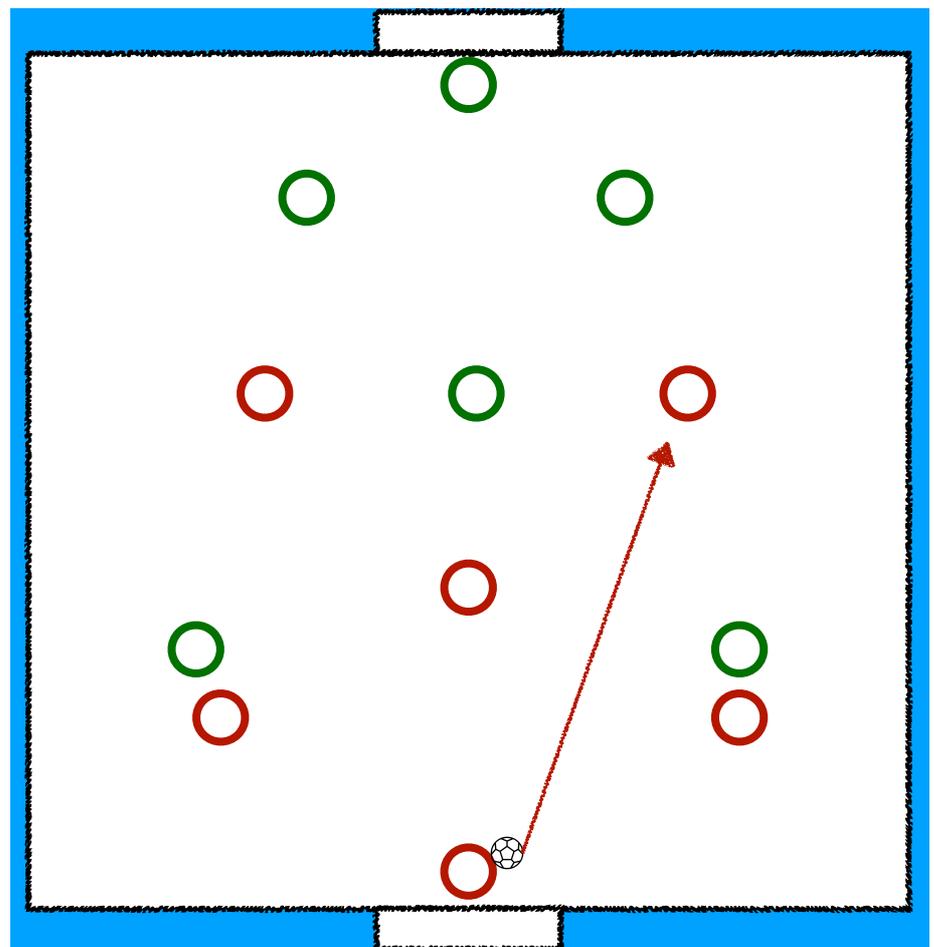
Individual Detail

- Can individuals provide width to the practice
- Can a player receive between opposition lines
- Can the attacking players threaten behind

Progression

- Provide natural players to the practice
- Limit to only forward passes
- Two touch play
- Manipulate space

“Developing Combination Play”



5v5 Back Facing Goal Game

Developing the skill of playing wide, to allow players to play forward

Setup

The Session is setup using 10 players in a 20x30 yard space with 3v3 inside the space. The game then has two areas of 10x30 with goals facing the outside of the practice with 1v1 in those lanes. The central players look to make a specific number of passes before playing wide and looking to pass in to the 1v1, players look to dominate the 1v1 and finish in the color specific goals

Team Detail

- Keep width within the practice
- Look to move the ball quickly
- Encourage 1v1 dominance in the 1v1 area

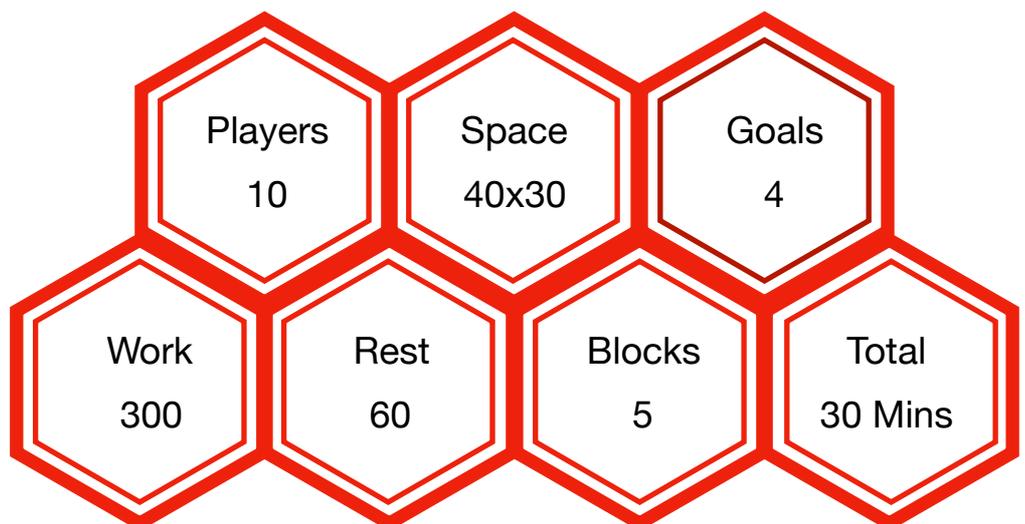
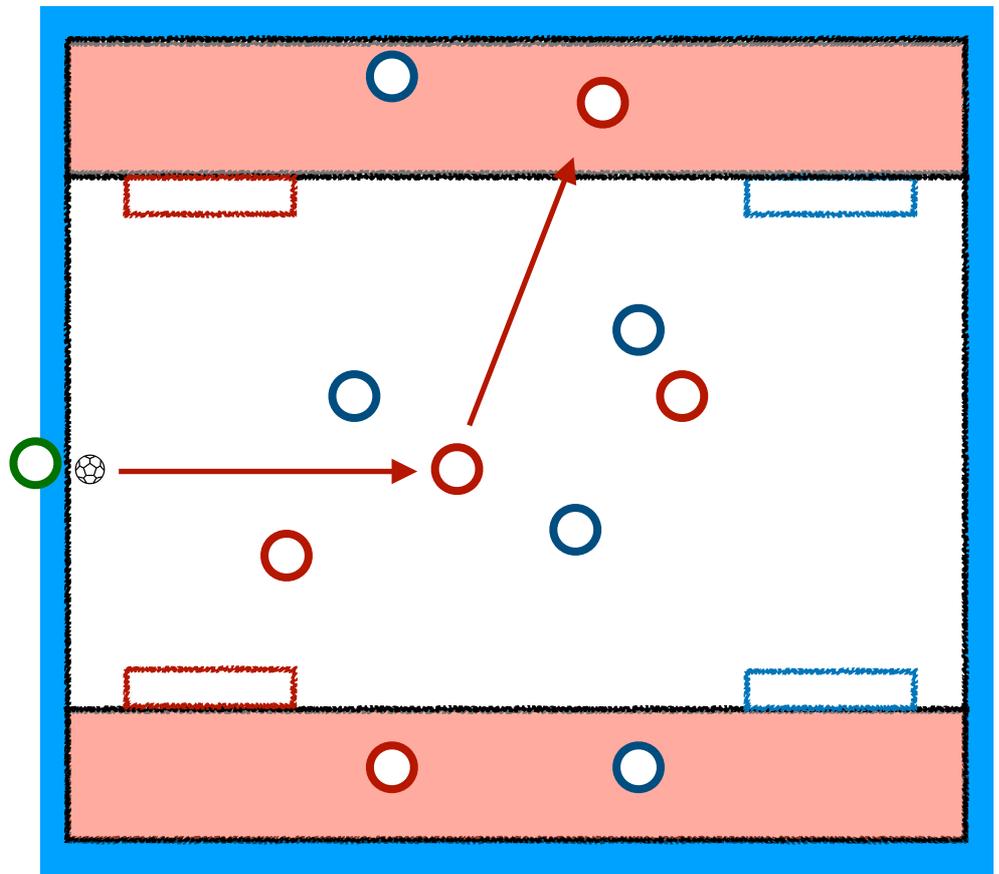
Individual Detail

- Can individuals attack the 1v1 with pace
- Can central players find the right time to disguise passes wide
- Out of possession can individuals block passing lanes wide

Progression

- Move location of goals to make the 1v1 more difficult
- Change the quantity of passes needed to create 1v1 wide

“Timing Passes is key”



6v4 Overload Game

6v4 Overload Game challenging players to deal with overloads and under-loads

Setup

The Session is setup using 11 players in a 40x30 yard space with 6v4 inside with one goal for the 6 to attack and 2 for the team with the 4, the defensive team are challenged to drop deep and defend the box and then counter attack through one of the two wide goals. The reds look to stretch the opposition and try and expose the goal.

Team Detail

- Ensure width is kept through out the practice when in possession to dominate the opposition
- Greens look to stay compact and prevent goal scoring opportunities
- Encourage forward passes

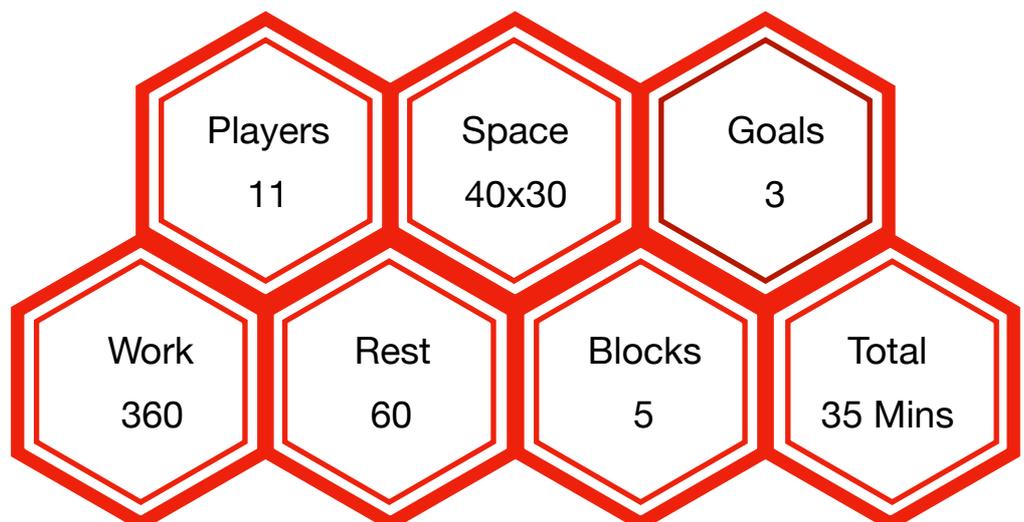
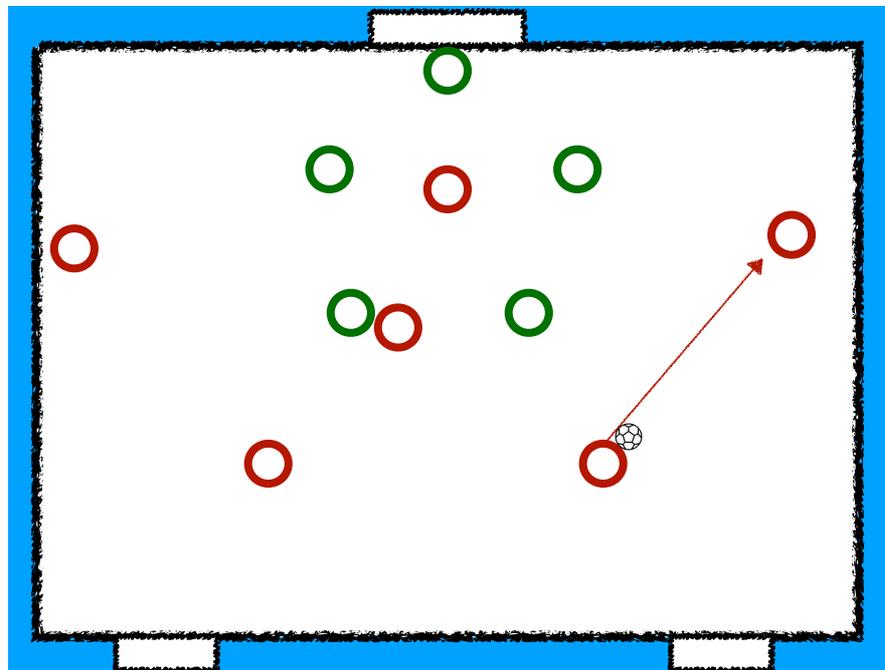
Individual Detail

- Can green defenders be more patient and keep play outside
- Can the red attacker look to play between the two greens
- Can the reds try and pull the two attacking green players out

Progression

- Change the space to allow for wider offensive areas.
- Add additional green to make practice more difficult for reds

“Developing Players Understanding Of Overloads”



#DiamondSpaceGame

Develop combination play to play forward in a tighter space

Setup

The Session is setup using 8 players in a 25x25 yard space with 4v4 inside the diamond shape. The practice has no goalkeepers but requires a one touch finish. The session is within a compact area and requires players to move quickly within the space to stay in possession.

Team Detail

- Ensure intensity is maintained throughout the practice
- Ensure combination play is key within the practice
- Encourage forward passes within the practice
- Celebrate 1v1 dominance

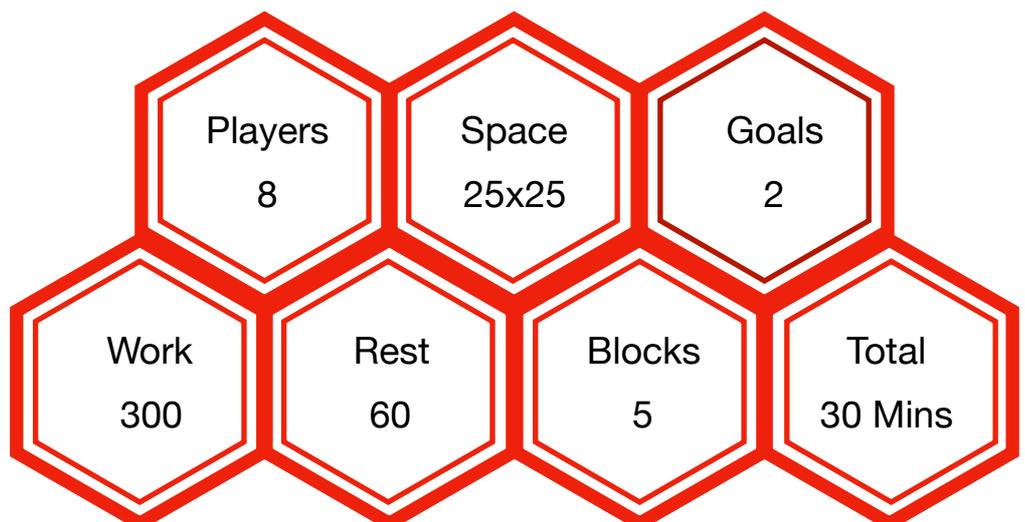
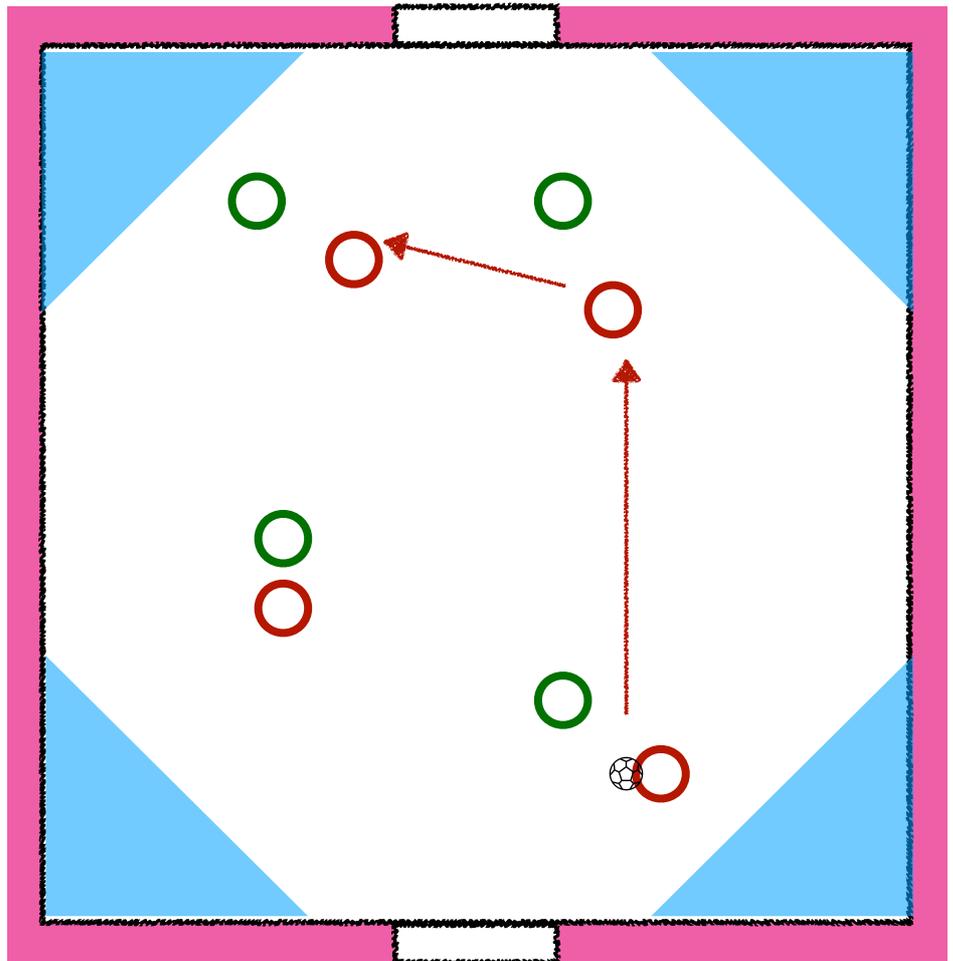
Individual Detail

- Can individuals dominate 1v1 situations
- Can individuals maintain width within the practice
- Can recovering and defending the goal be important and rewarded

Progression

- Increase the closed space in the corner of the practice to make it more compact
- Limit touches within the practice

“Combinations To Play Forward”



4v4 Wide Game Game

Develop forward passing and switches of play within a smaller area

Setup

The Session is setup using 8 players in a 35x30 yard space with 4v4 inside the space. The game is a standard 4v4 being played in a larger space, with a standard end to end game it is important to allow the players an opportunity to play but also provide a constraints approach to coaching to challenge the players in the game

Team Detail

- Ensure intensity is maintained throughout the practice
- Ensure the team in possession play on at least 3 lines of possession
- Encourage forward passes

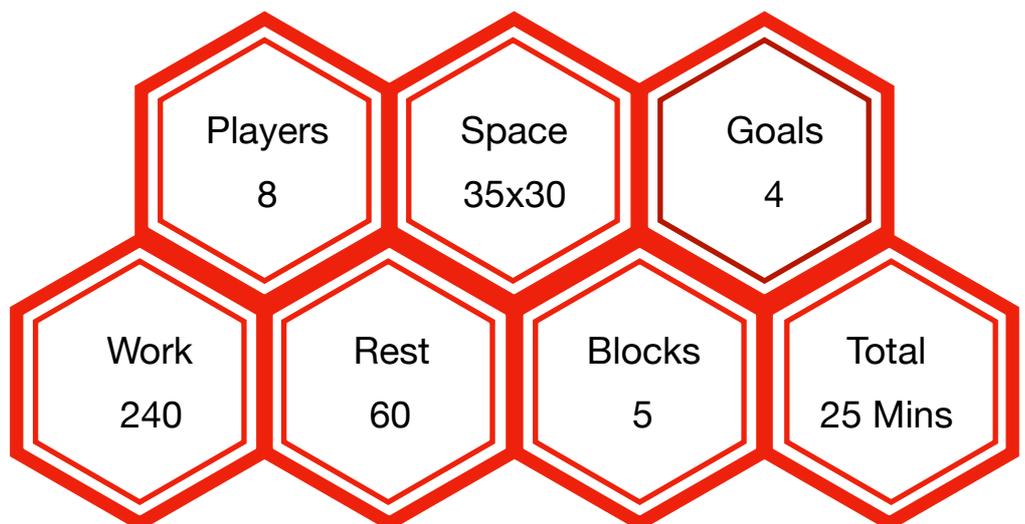
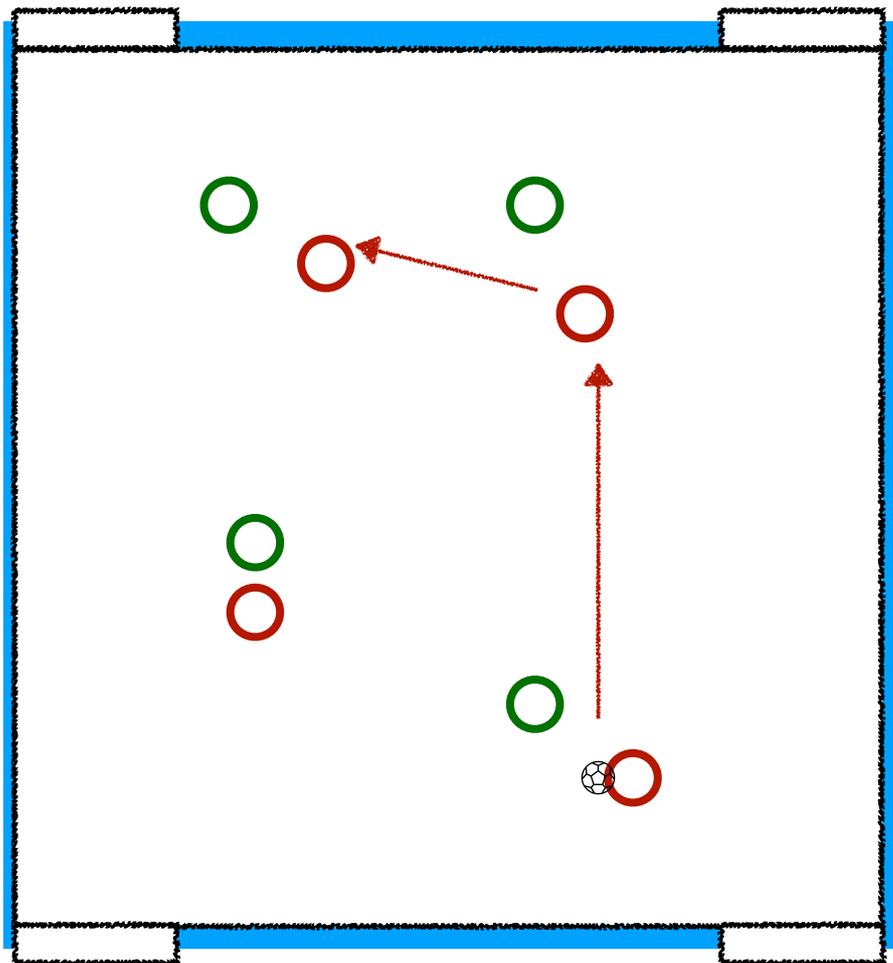
Individual Detail

- Can individuals provide width to the practice
- Can a player receive between opposition lines
- Can the attacking players threaten behind

Progression

- Allow defensive team the opportunity to come out of central zone and apply pressure to the team in possession

“Switching Play To Play Forward”



5v5 4 Corner Game

This four corner game create players capable of playing in any direction

Setup

The Session is setup using 1- players in a. 40x40 yard space with 5v5 inside the space. With 4 goals in each corner of the practice. This practice requires high intensity defending and effective body positioning to defend 4 goals with out the opposition running the ball in to one of the four goals situation in each of the corners fo the 40x40 yard area

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Encourage players to provide width and depth in possession including multiple lines to make it difficult to defend against the team in possession

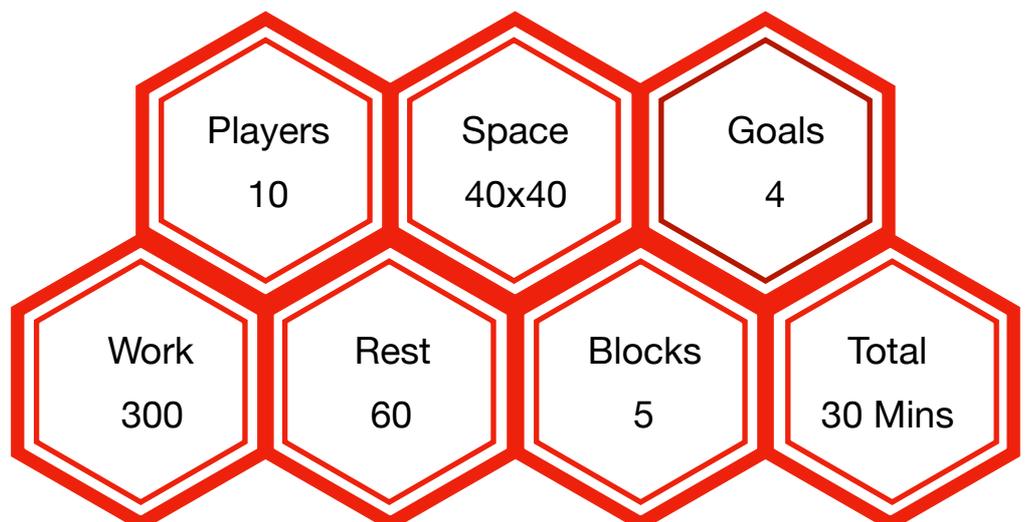
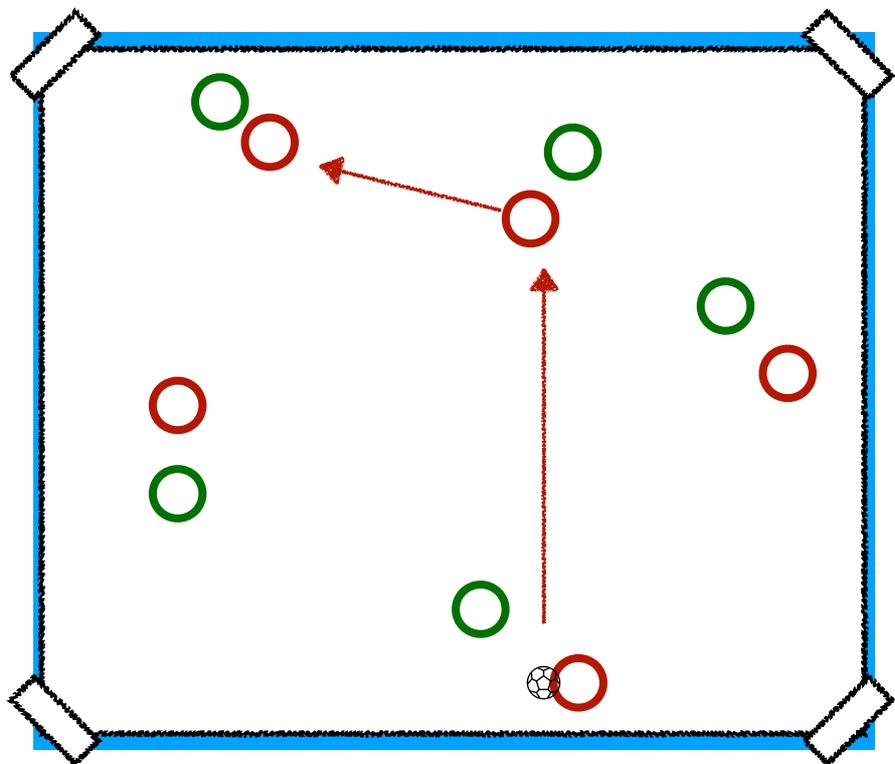
Individual Detail

- Can individuals receive beyond the opponents lines
- Can a player receive between opposition lines
- Can the body position allow players to roll their opposition players

Progression

- Limit each team to two goals

“Developing Technically Competent Players”



6v6 4 Goal Game

Multi Directional game developing technically competent players

Setup

The Session is setup using 12 players in a 40x40 yard space with a 4v4 inside the box, whilst both teams have two outside players they can use, there are 4 goals and the team in possession must look to move the ball quickly, using central and wide players to score in any of the 4 goals, many balls are needed to ensure a flowing and high intensity game.

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Make sure players recognize the need to still transition, no blocking goals out of possession there must be clear changes in shape

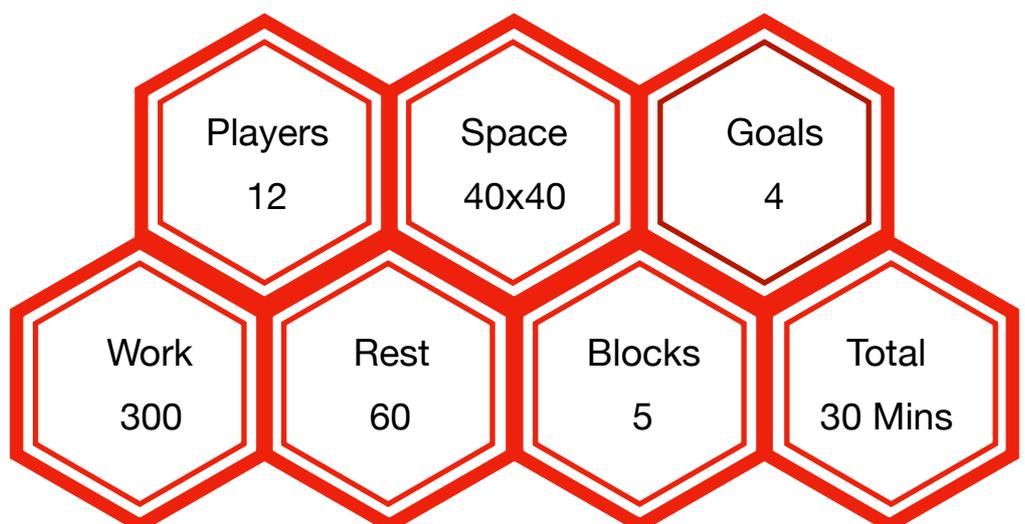
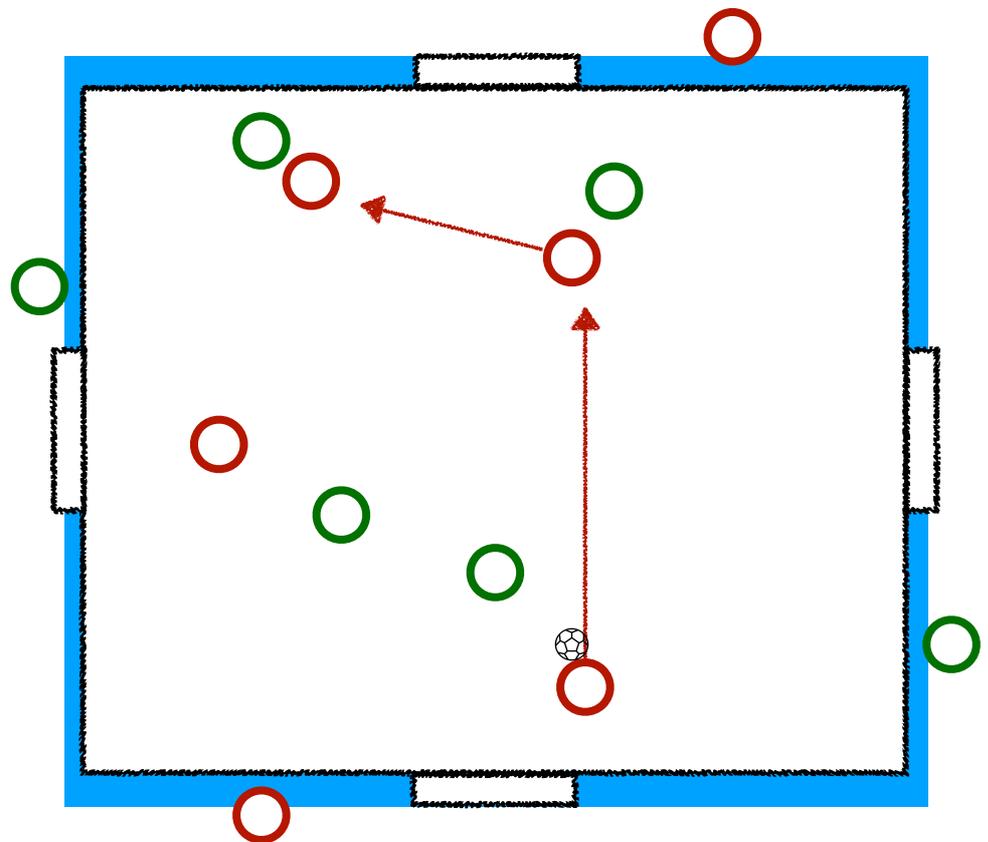
Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can outside players recognize when to set a goal scoring and when to pass to a player in space opportunity
- Can disguised passing create space for goal scoring opportunities

Progression

- Limit each team to two goals
- Limit touches inside
- Limit touches outside

“Create Space Using The Space”



4v4+4 Small Sided Game

4 Goal game to create a highly energetic practice

Setup

Very similar to the previous session. The Session is setup using 12 players in a 40x40 yard space with a 4v4 inside the box, whilst both teams have 4 outside players they can use, there are 4 goals and the team in possession must look to move the ball quickly, using central and wide players to score in any of the 4 goals, many balls are needed to ensure a flowing and high intensity game.

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Make sure players recognize the need to still transition, no blocking goals out of possession there must be clear changes in shape

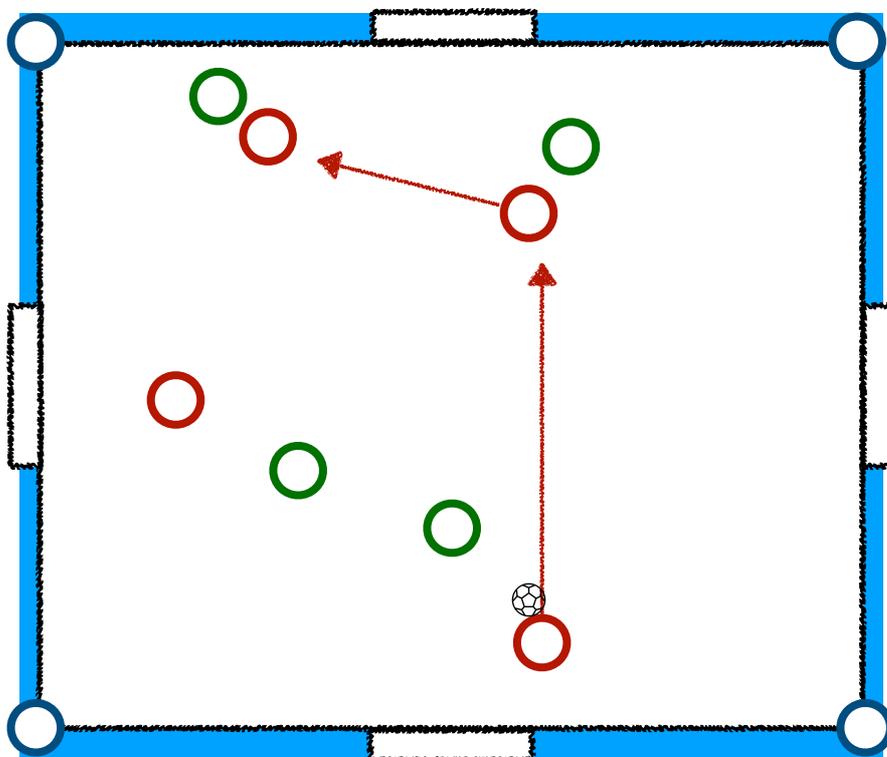
Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can outside players recognize when to set a goal scoring and when to pass to a player in space opportunity
- Can disguised passing create space for goal scoring opportunities

Progression

- Limit each team to two goals
- Limit touches inside
- Limit touches outside

“Develop Highly Aware Players”



Players 13	Space 30x30	Goals 4
Work 240	Rest 60	Blocks 6
Total 30 Mins		

#BackToBack

Develop players ability move he ball under pressure

Setup

The Session is setup using 12 players in a 30x20 yard space with a 4v4 inside the box, whilst both teams have 4 natural players they can use, there are 2 goals back to back and must look to move the ball quickly, using central and wide players to score in any of the 4 goals, many balls are needed to ensure a flowing and high intensity game.

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Make sure players recognize the need to still transition, no blocking goals out of possession there must be clear changes in shape

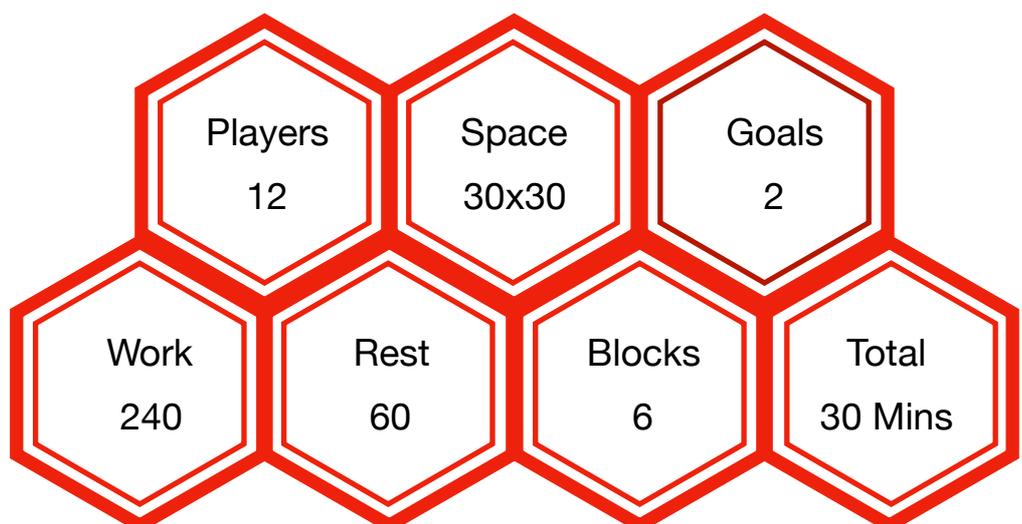
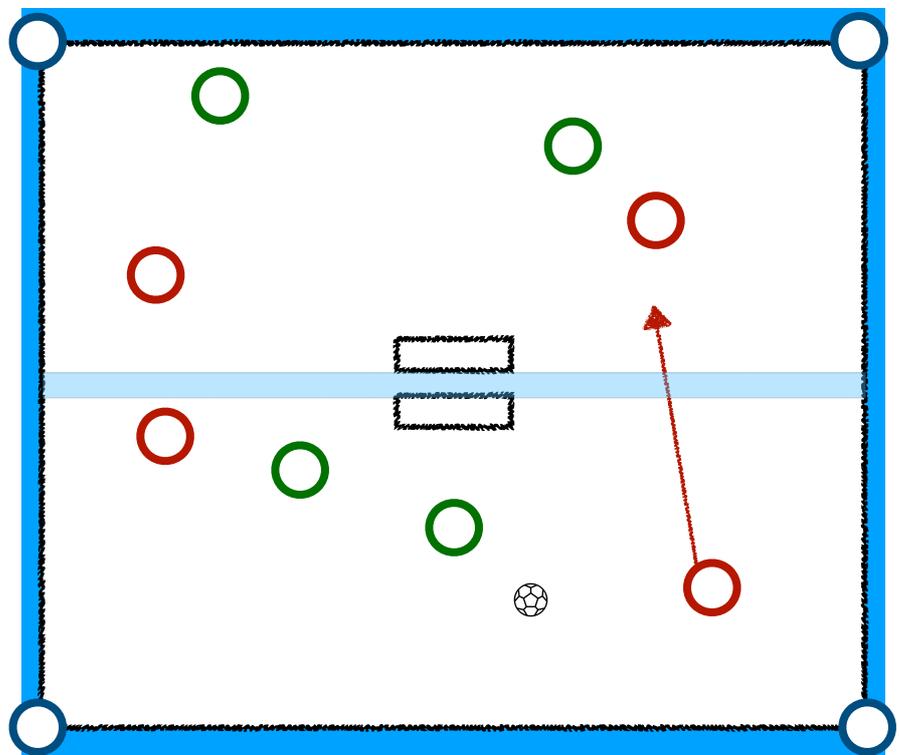
Individual Detail

- Can individuals use their body to manipulate their first touch to allow them to score
- Can outside players recognize when to set a goal scoring and when to pass to a player in space opportunity
- Can disguised passing create space for goal scoring opportunities

Progression

- Limit touches inside
- Limit touches outside

“Creativity Is Key”



Playing Through Central Areas SSG

Develop players ability to play through compact areas to score

Setup

The Session is setup using 10 players in a 30x20 yard space with wide goals at each end of the practice, the practice is oblong shaped and intentionally narrow, this narrow shape forces players to use the depth in the pitch, by creating depth players should naturally look to dominate their 1v1 and use combination play to play through the opponent

Team Detail

- Ensure intensity is maintained through out the practice through out the larger space
- Make sure players recognize the need to optimize width within a narrow space
- Make sure players recognize how to use depth

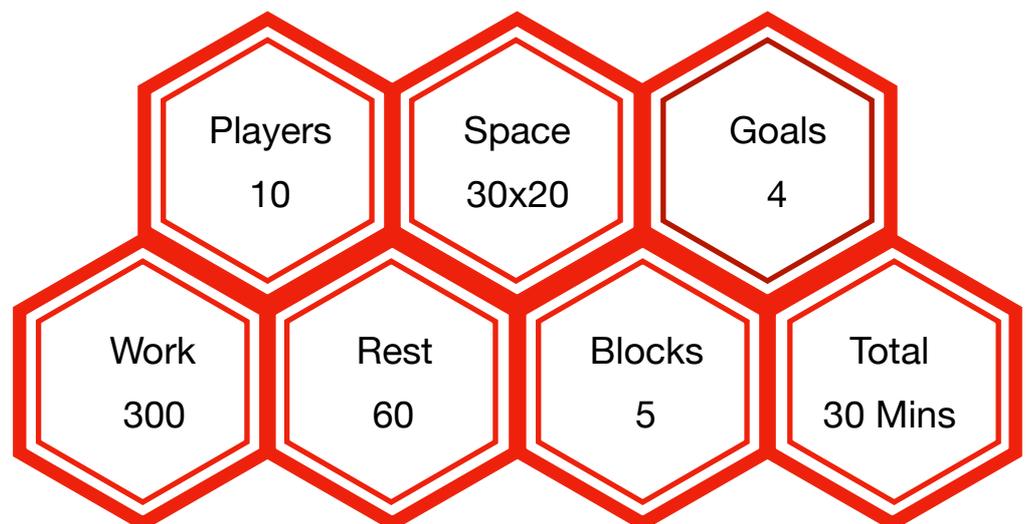
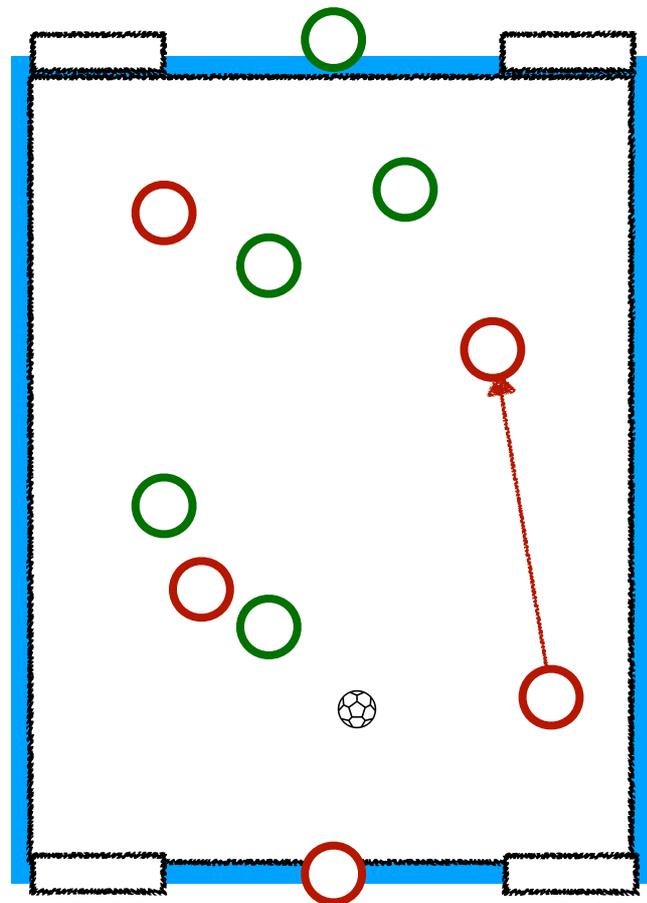
Individual Detail

- Challenge central attacker to stay high
- Challenge midfield players to still provide width
- Can up back and through passes be used to play through the opponent

Progression

- Limit each team to one goal
- Limit touches inside
- Ban backward passes

“Developing Creative players”



#9ManFrenzy

A Rewarding practice for individuals who can win the ball back early

Setup

The Session is setup using 9 players in a 30x30 yard space with 6 reds and 3 greens, the reds are challenged to keep possession and score every time they complete 7 passes, once the greens win possession they need to transition instantly and look to score in either of the two goals situated at both ends of the practice.

Team Detail

- Ensure the reds look to stretch the greens and play through them stopping them from being able to suffocate play
- Ensure Greens stay compact and lock the reds in to small areas of the pitch to stop them playing in large spaces and keeping the ball

Individual Detail

- Can greens arch their runs to stop switches of play
- Can Reds allow the ball across their body to prevent being locked in compact areas

Progression

- Manipulate numbers to keep realistic
- Change location of goals

“Rewarding Hard Work”

