



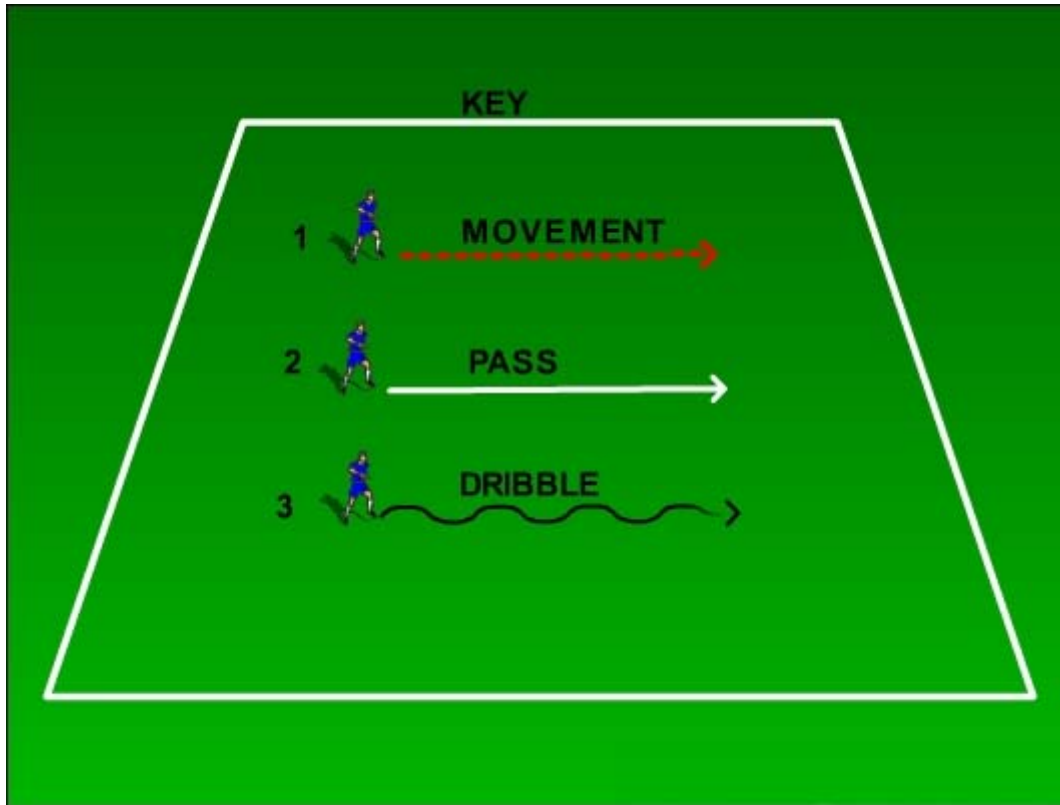
ACL Soccer 4 v 4 Small Sided Games (SSG's)

4 v 4 Small Sided Games (SSG'S)



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KEY TO THE DIAGRAMS





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Introduction

In recent years, the 4v4 method has rapidly increased in popularity however this method is certainly not a new one.

The method was introduced by the Dutch Football Association back in the 1980's under the guidance of Rinus Michel's, the creator of total football. The Dutch recognised the decline in street football and the damaging effects it would have on developing players in future generations. This is how the 4v4 method was born and it's widely known as "the Dutch way"

In this manual there are over 60 different 4v4 games. The games are tried and tested with both grassroots beginners and top youth players in professional academies. The games are designed to stimulate the players and lead them down a path of learning – all part of guided discovery. These games bring the 4v4 concept into a new era and will develop your players in a fun, player led environment.

Below is a list of benefits for the 4v4 method

- No coaching, the game is the teacher
- Simple to set up
- Simplifies the choices in possession [pass, dribble, shoot]
- More player participation
- Different games bring different problems to solve and skills used
- More touches of the ball
- More passes attempted
- More 1v1's attempted
- More goals scored
- When used, keeper participation is greatly increased
- No refs
- No results recorded
- No positions, just footballers
- Children take responsibility



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4V4 GAMES

- Two goal game
- 2 goal game – one touch finish
- 2 goal game – score in the end zone
- 2 goal game – rotate positions
- 2 goal game – any keeper
- 4 goal game – must score in every goal
- Skinny pitch
- Target man
- Sweeper game
- Switch goals
- Triangle goal game
- Volley and catch
- Wide pitch
- Possession v pressure
- Possession game
- Possession add one
- Play out, go out
- Overload continuous
- Overload game
- One team possession, one team score
- Gates game
- Free your team mate
- Half field possession
- Multi ball game
- Multi goal game
- End zone game
- Directional game
- Centre circle game
- Switch play, role reversal game
- Angled goals
- four goal – 10 attacks
- 4v4 + wide players
- 3 zone “playmaker” game
- 4 goal game
- Passers v Defenders – rewards game
- 2 goal – 10 attacks
- 4v3 + 1 switch play
- 4v4 ice hockey
- Role reversal
- 4v4 through pass game
- 2v2v2v2 game



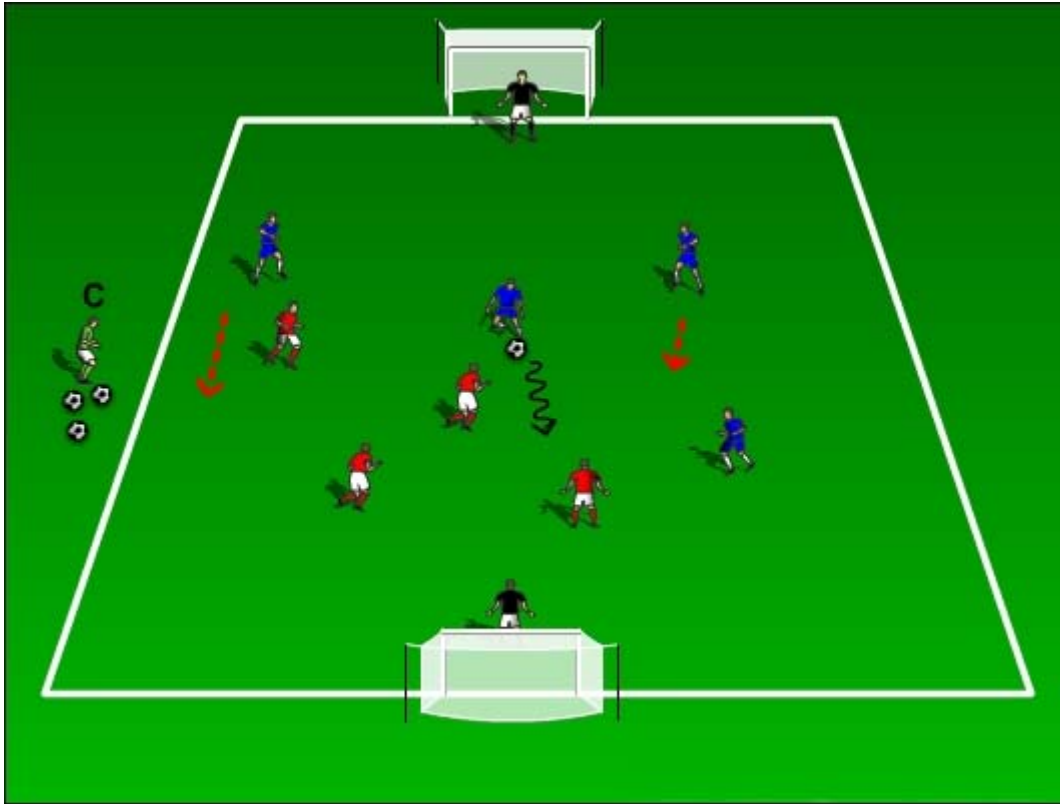
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- Two in, two wide
- Middle or wide advantage
- One big, two small
- 1v1 continuous
- 2v2 continuous
- Throw to pass, head to score
- Two goal, end zone combination
- 4 goal game, 2 goal game combination
- 4 games in one
- 3 games in one
- 4 goal game, end zone and half field combination
- Ultimate 4v4 challenge [5 games in one]
- 4v4 attack v defence
- 4v4 defenders play out
- 4v4 build up play
- 4v4 defending overload
- 4v4 front and back goal
- 4v4 continuous 2v1 situations
- 4v4v4 team 1v1 battles
- 4v4 life's
- 4v4 – score and get a player



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2 GOAL GAME



Set up/ rules

- Four v four
- 2 keepers
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

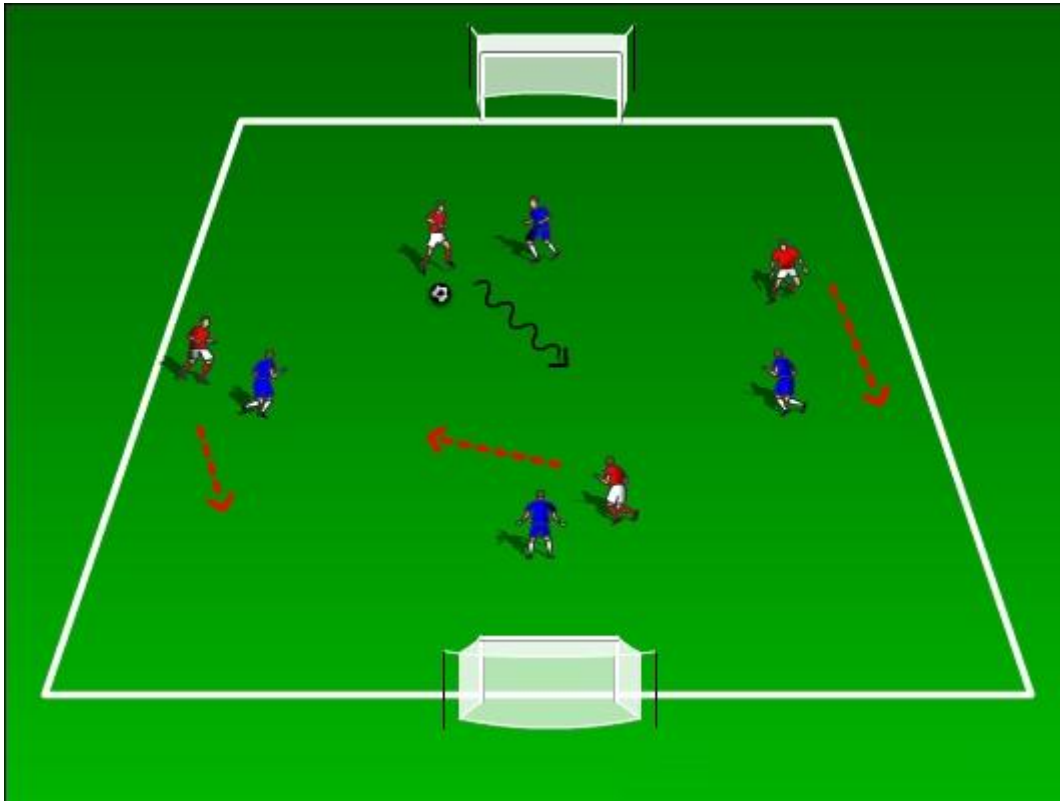
Play for a set time period and then change ends

The keepers can change with the team or stay in the same goal and now play for the opposite team



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TWO GOAL GAME – 1 TOUCH FINISH



Set up / rules

- Two teams of four players
- No offside
- Can only score by using a first time shot
- If ball leaves play, the coach has a few re-start options

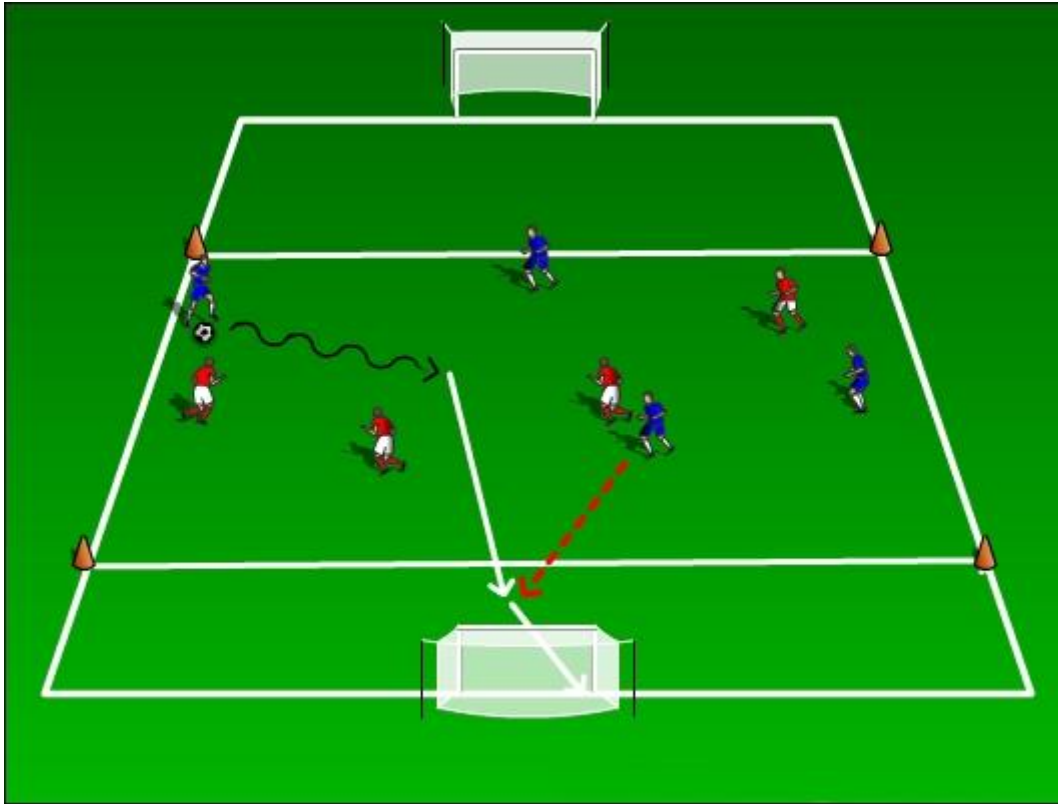
- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

The game is played for a set time period



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TWO GOAL GAME – SCORE IN THE END ZONE



Set up / rules

- Two teams of four players
- The pitch has two end zones and two empty goals
- A goal can only be scored from inside the end zones
- No keepers
- If ball leaves play, the coach has a few re-start options

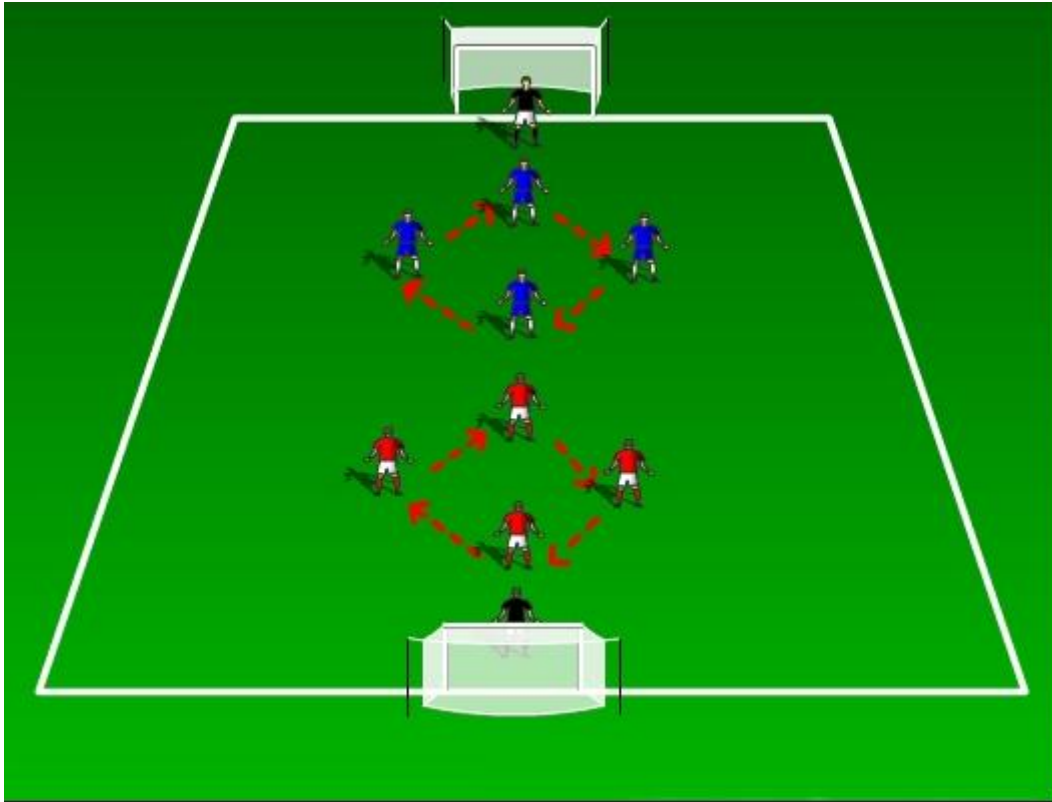
- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

The game is played for a set time period



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TWO GOAL GAME – ROTATE POSITIONS



Set up / rules

- Two teams of four players
- Two keepers
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

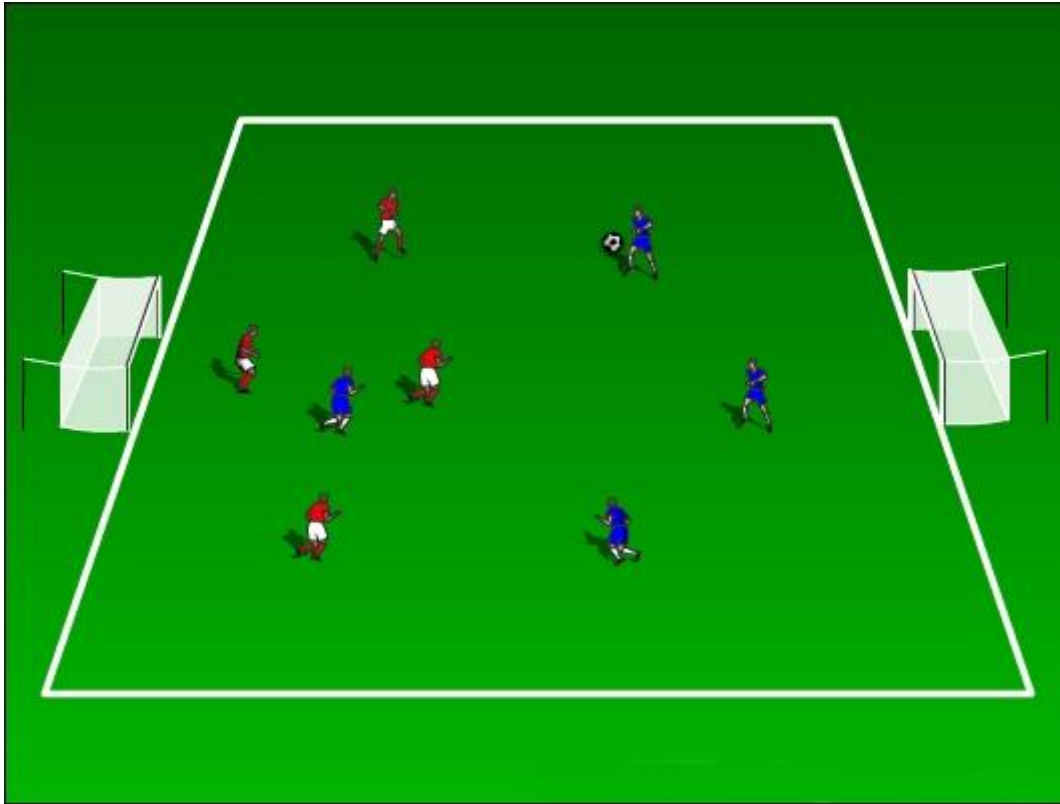
The game is played for 15 minutes. This is broken down into 4x3 minute periods with one minute breaks in between.

After each 3 minute period the players rotate to the next position on their right. This rule will see the players playing in all four positions of the diamond [top, bottom, left and right] also the players will also come up against a different opponent in each period of the game



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TWO GOAL GAME – ANY GOALKEEPER



Set up / rules

- Two teams of four players
- The nearest player[s] to the goal become the keeper[s]
- No offside
- If ball leaves play, the coach has a few re-start options

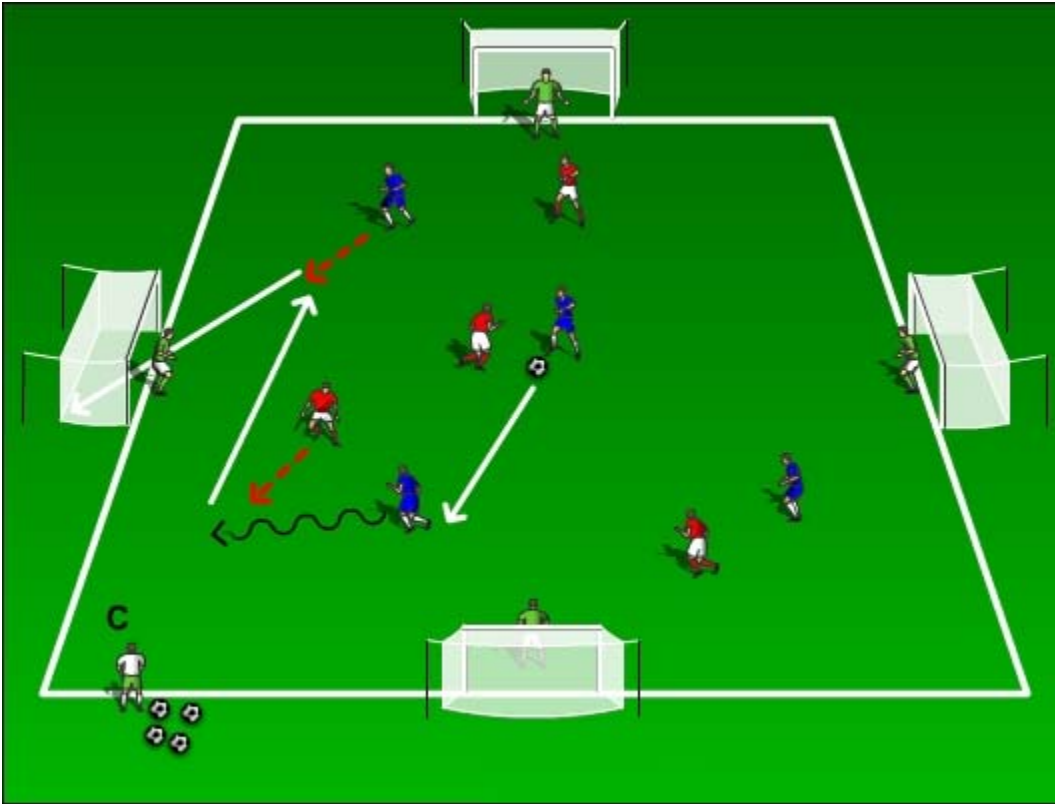
- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

The game is played for a set time period



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FOUR GOAL GAME – MUST SCORE IN EACH GOAL



Set up / rules

- Two teams of four players
- Four keepers
- No offside
- If ball leaves play, the coach has a few re-start options

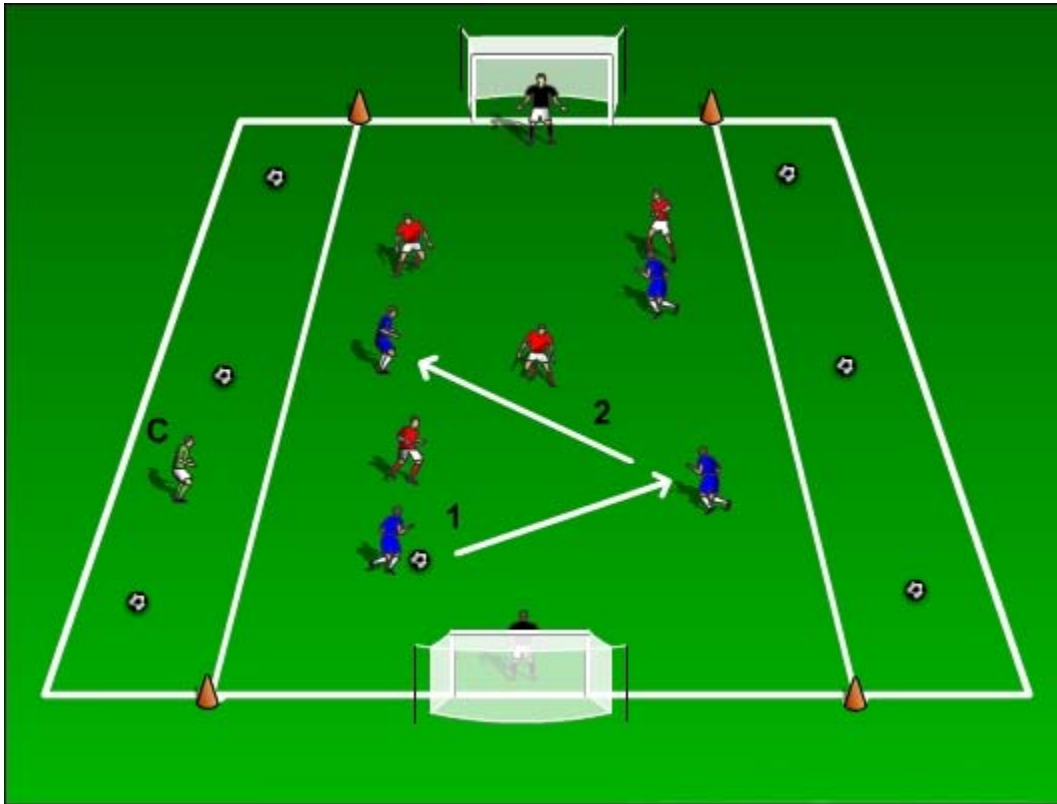
- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

The aim for both teams is to score in all four goals. The team to complete this task first is declared the winners



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TWO GOALS – SKINNY PITCH



Set up / rules

- Two teams of four players
- Two keepers
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

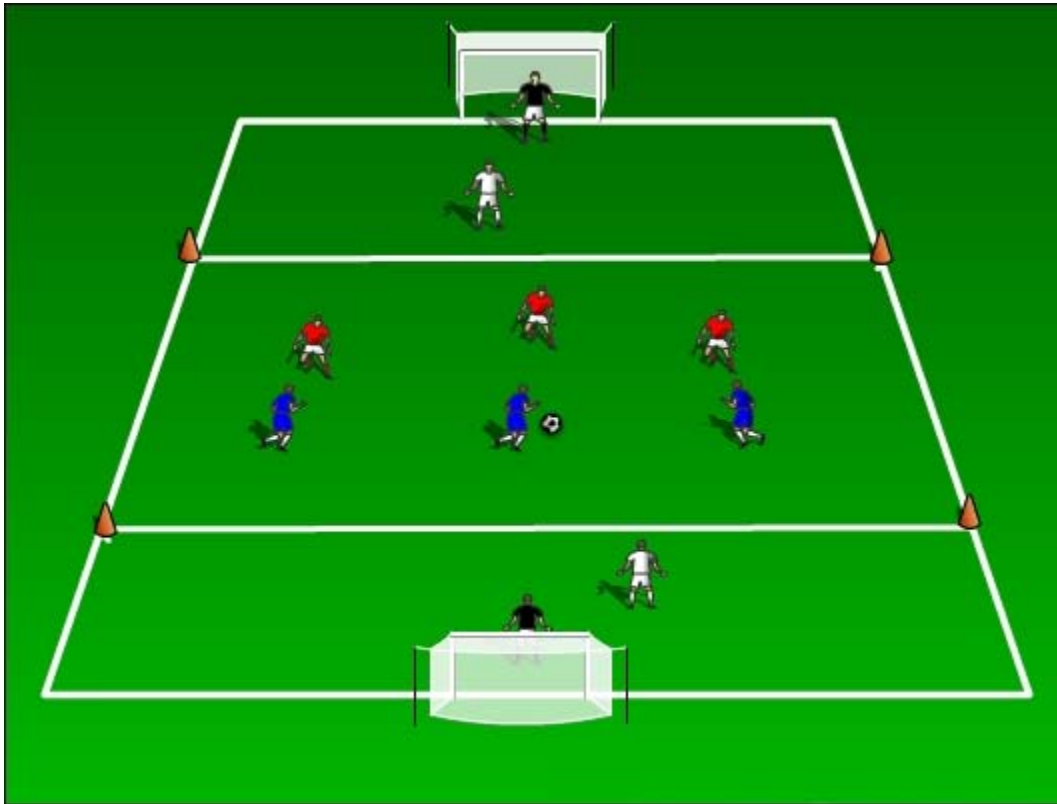
The pitch is long in length but short in width. This forces the teams to try to build up through the middle of the pitch using quick skill and passing combinations

The game is played for a set time period



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TWO GOAL GAME – TARGET MAN



Set up / rules

- Two teams of four players
- Two keepers
- Three zones
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

Each team sends one player to be the “target man”. This player stands in the attacking end zone. The aim of the game is to play a pass into your target man and then receive a lay off pass in order to shoot at goal.

After a shot is made the shooting player changes positions with the target man. The game is played for a set time period



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TWO GOAL GAME – SWEEPER SYSTEM



Set up / rules

- Two teams of four players
- Two keepers
- Three zones
- No offside
- If ball leaves play, the coach has a few re-start options

1 –The coach passes a new ball onto the pitch

2 –The players take a roll in

4 –The players make a pass in

5 –The players dribble in

Each team sends one of their players into their defensive zone to become the sweeper / covering defender.

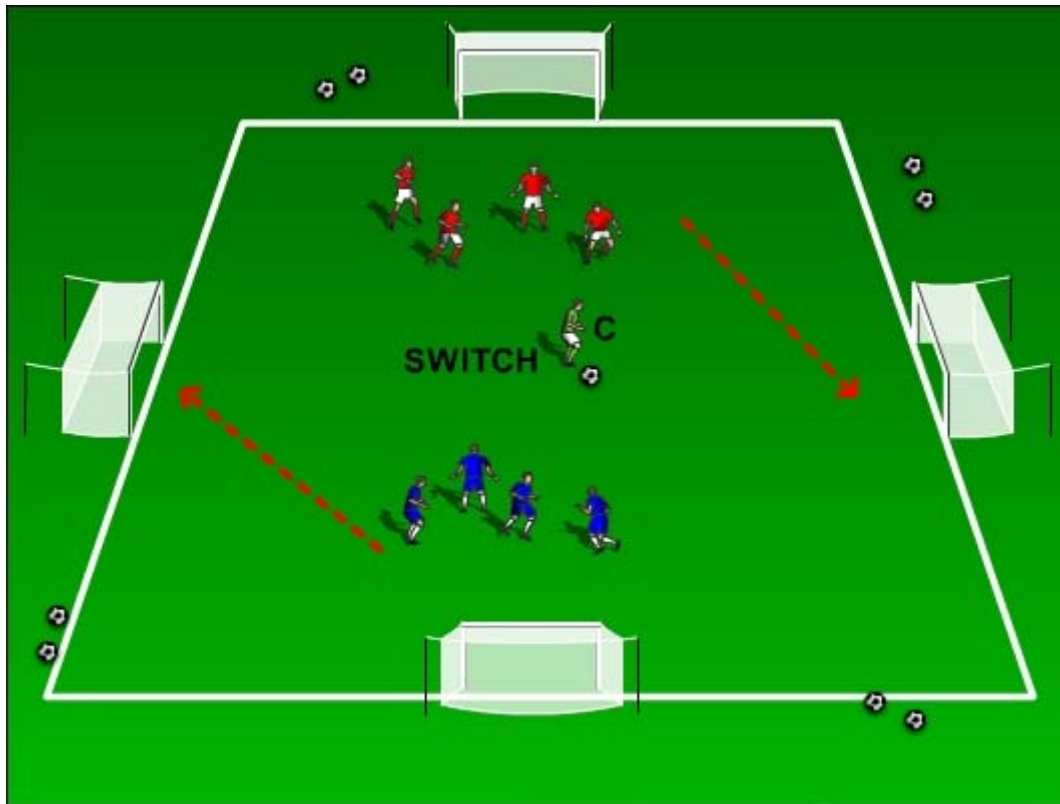
The aim of the game is to dribbling through the middle zone and into the opponent's defensive zone. Now the player in possession has a 1v1 against the sweeper / covering defender.

Rotate the players so that each player spends time in the sweeper position. The game is played for a set time period



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SWITCH GOALS



Set up / rules

- Two teams of four players
- Four goals
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

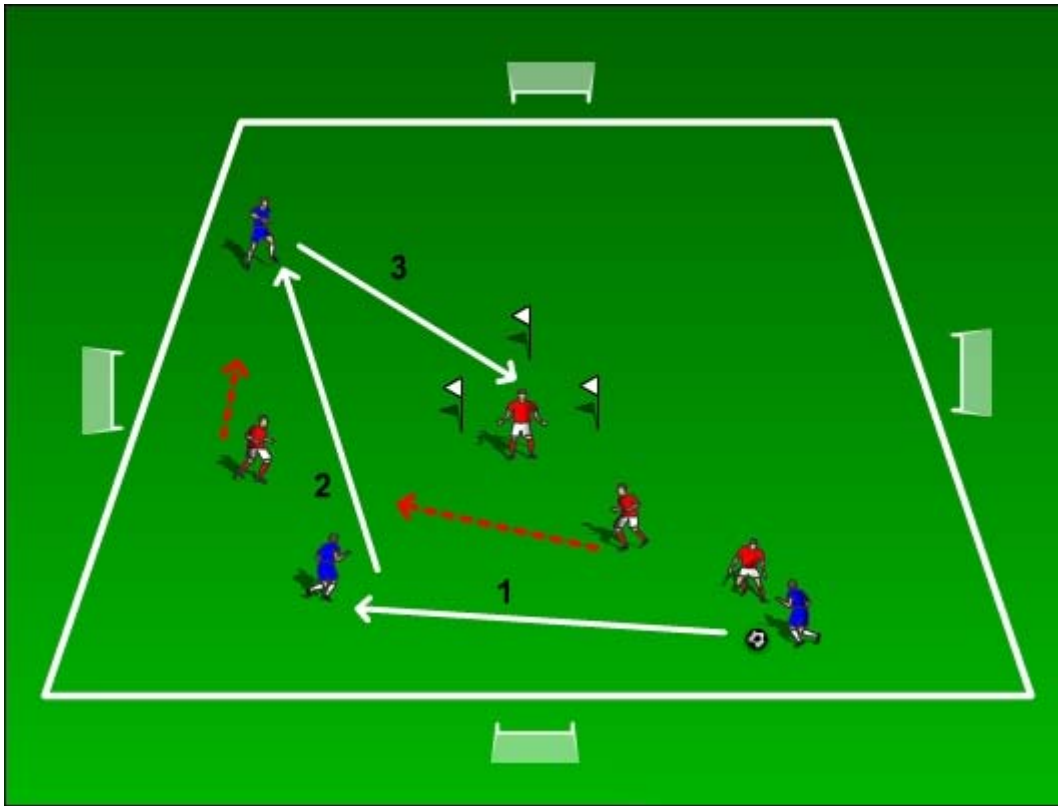
To start the game, the coach gives each team a goal to defend. The nearest player to the goal can act as the team's goalkeeper. When the coach calls out to "switch". Both teams must quickly switch the goal that they are defending and attacking. In the diagram above, the teams must switch and defend the goal to their left.

The game is played until both teams have defended all four goals



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TRIANGLE GOAL



Set up / rules

- Two teams of four players
- Four mini goals
- Three flags to make a triangle goal
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

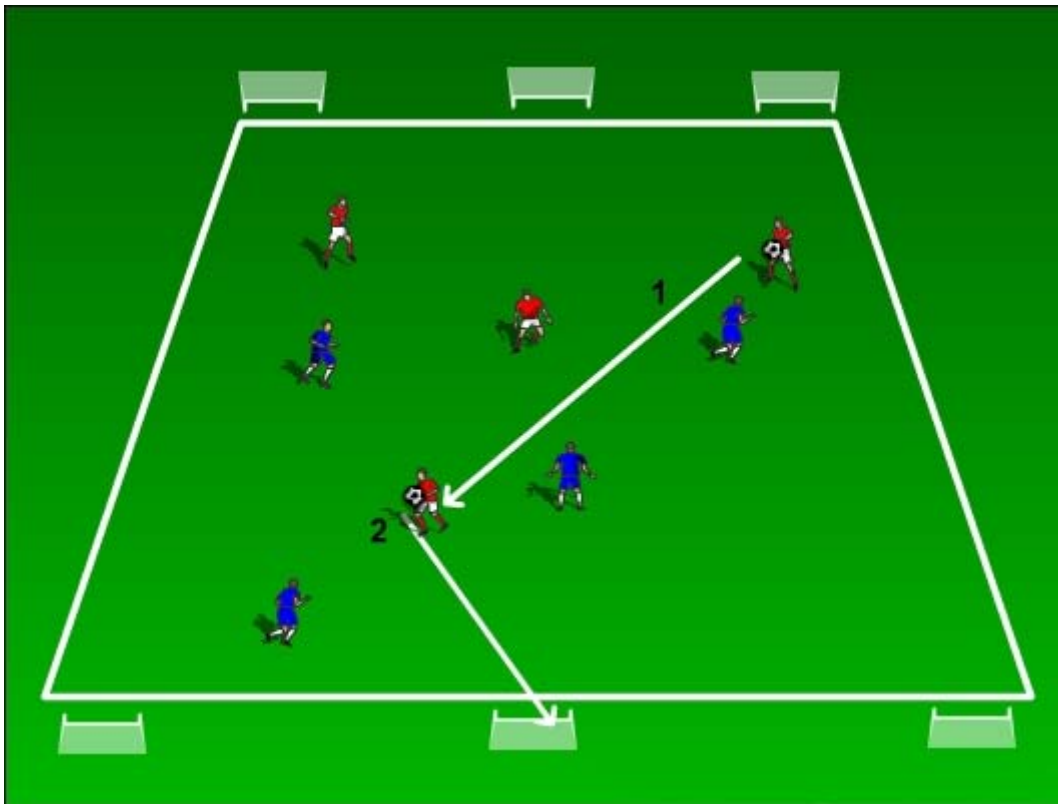
One team is defending the triangle goal and one team is defending the four mini goals. The team that is defending the triangle goal must nominate a goalkeeper whilst the other three players try to pressure and win the ball.

The game is played for two periods. The roles are reversed for the second period



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VOLLEY AND CATCH



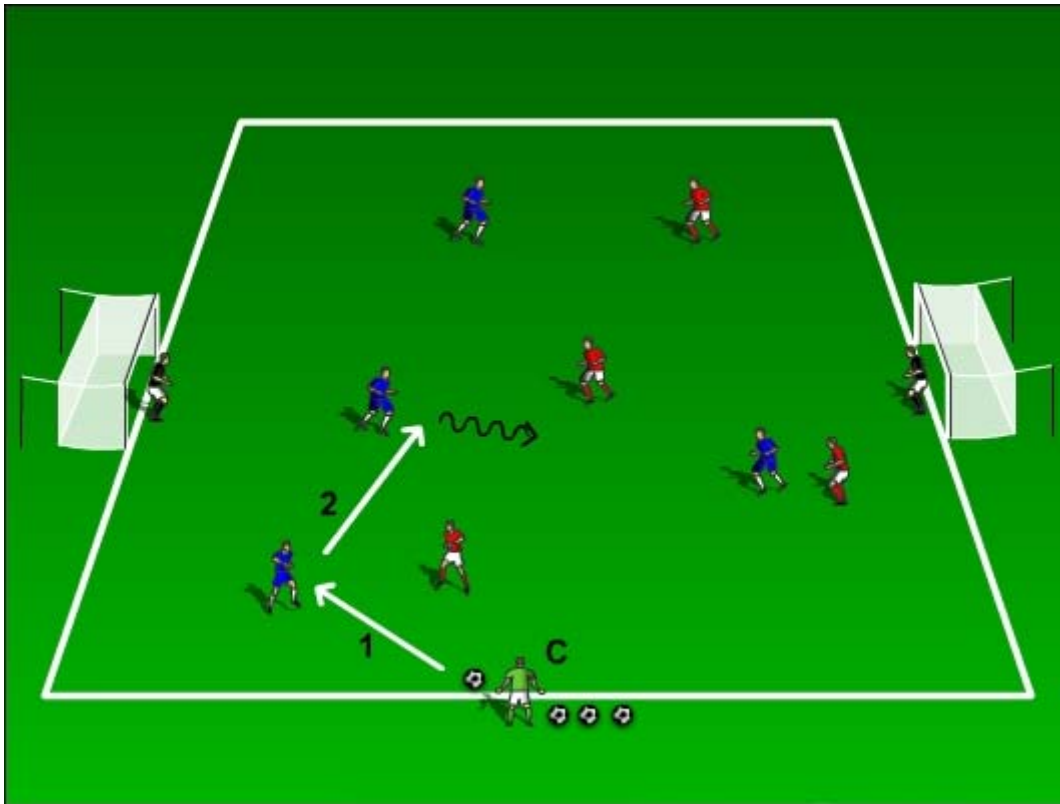
Set up / rules

- Two teams of four players
- No offside
- If the ball leaves play, the game is re-started by a volley pass
- The player in possession is allowed to make a one, one bounce movement [basketball style]
- To pass the ball, the players must make a volley pass out of their hands to one of their team-mates
- To score a goal, the players must make a volley shot into one of the opponent's goals.
- The game is played for a set time period



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WIDE PITCH



Set up / rules

- Two teams of four players
- Two goalkeepers
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

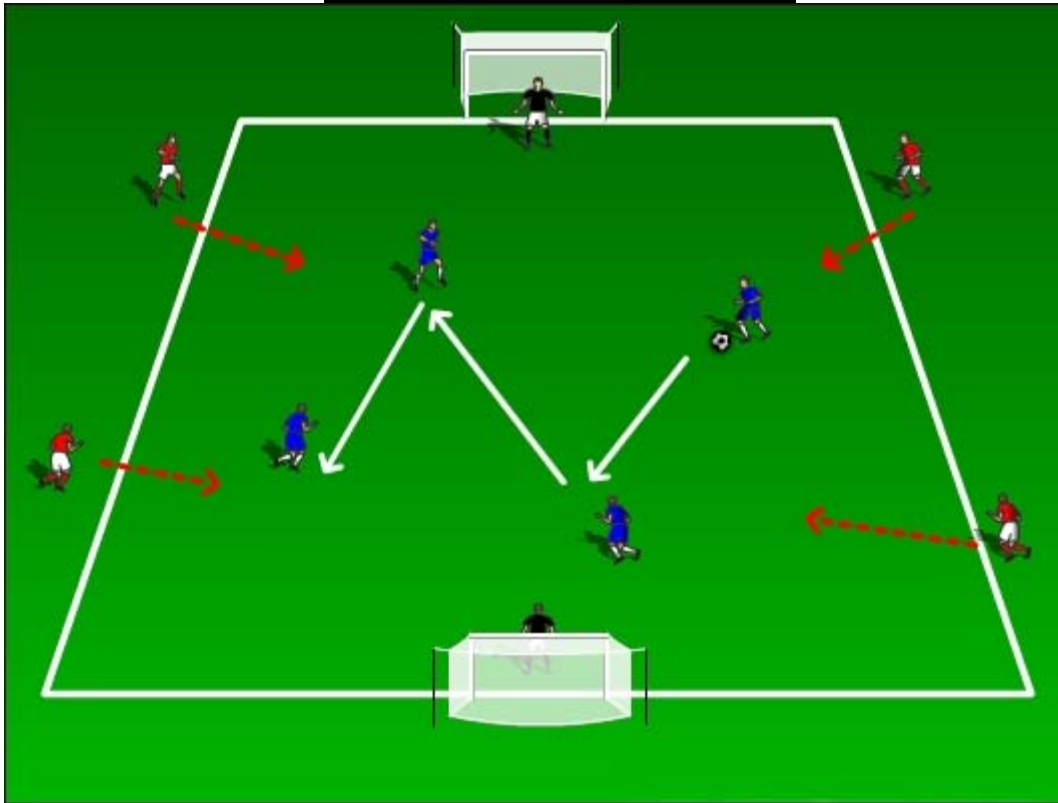
The game is played on a wide pitch that is short in length. This encourages the following tactics from the teams

- 1 –Shoot from distance
- 2 –Pass the ball into wide areas and create crossing opportunities



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POSSESSION V PRESSURE



Set up / rules

- Two teams of four players
- Two keepers
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players make a pass in
- 4 –The players dribble in

One team starts on the pitch and passes the ball. On the coaches' whistle, the team on the outside must race onto the pitch and try to win the ball and then score a goal. The passing team must try to keep possession.

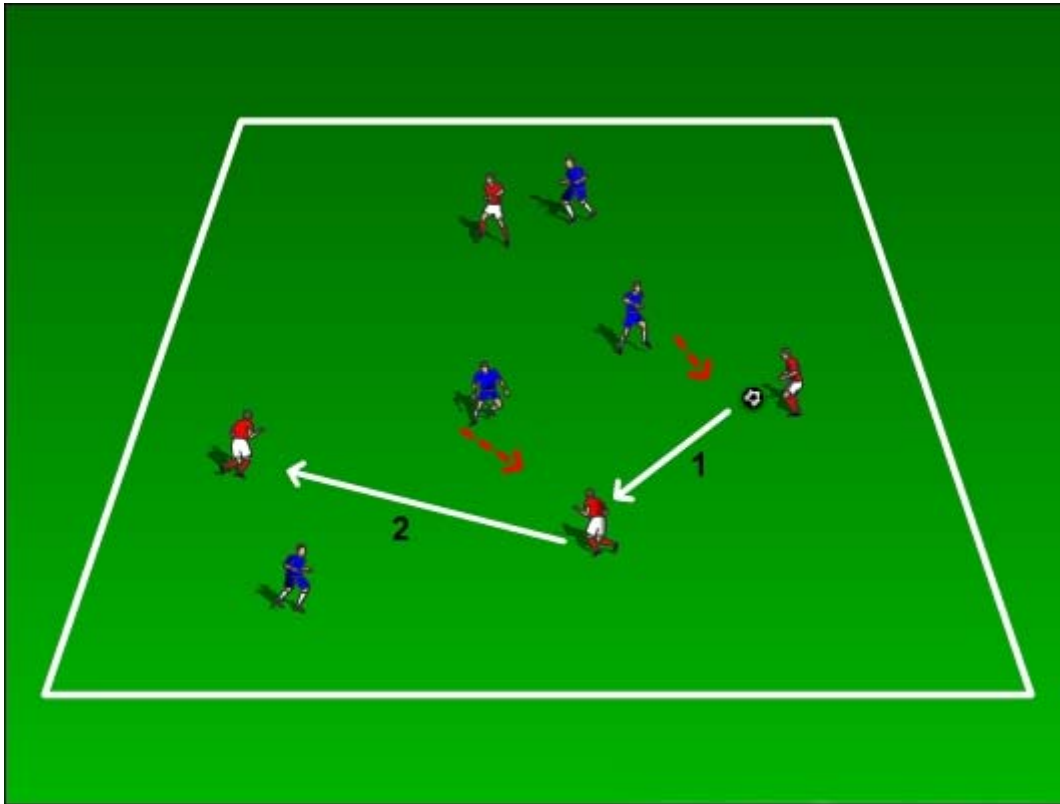
The passing team can use the keepers to keep possession of the ball. The pressing team have 30 seconds to win the ball and score a goal, if they fail then the passing team gets awarded the goal

Rotate the teams for the next game



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POSSESSION GAME



Set up / rules

- Two teams of four players
- No offside
- If ball leaves play, the coach has a few re-start options

- 1 –The coach passes a new ball onto the pitch
- 2 –The players take a roll in
- 3 –The players take a throw in
- 4 –The players make a pass in
- 5 –The players dribble in

The teams must keep possession of the ball

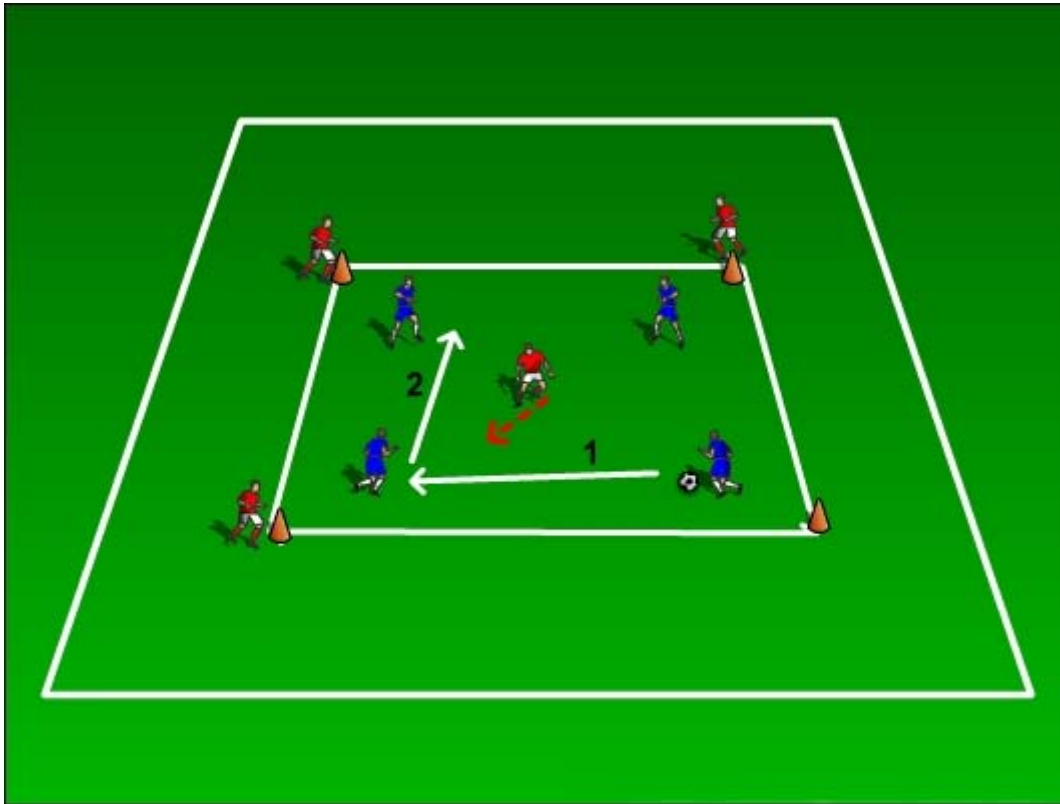
A goal is awarded to the team that completes a certain number of passes. This acts as an extra incentive to both teams

The game is played for a set time period



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POSSESSION - ADD ONE



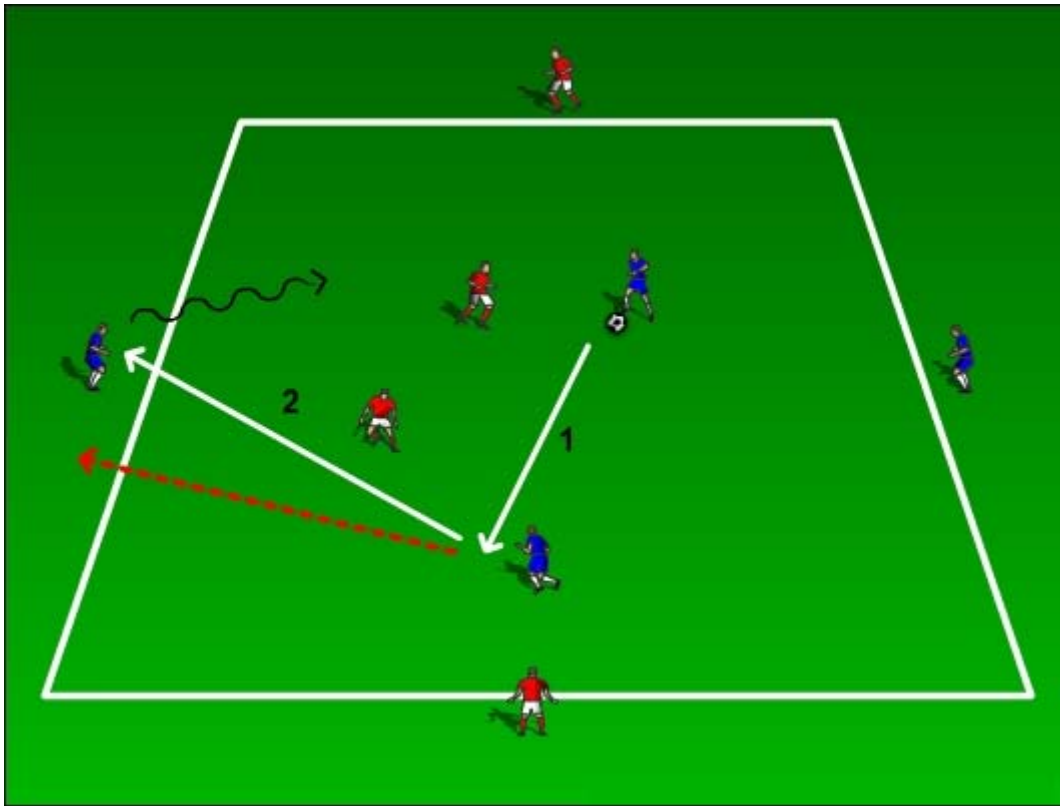
Set up / rules

- Two teams of four players
- One team act as the passing team
- One team act as the defending team
- The passing team spread out into the 15 x 15 yard area and begin the game by playing 4v1
- After 30 seconds, an extra defender is added to make the game 4v2, 4v3, 4v4
- The game is played for 2 ½ minutes
- The passing team must count the number of successful passes that they make
- The teams rotate roles for the next game and the new passing team tries to beat the number of passes made by their opponents



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PLAY OUT, GO OUT



Set up / rules

- Two teams of four players
- If ball leaves play, the coach passes a new ball onto the pitch
- Both teams must have two players on the pitch and two players on the outside of the pitch
- The aim of the game is to make a pass out to a team-mate. The passing player then goes to the outside whilst the receiving player dribbles into the area
- A goal is awarded for each successful pass to an outside player
- The game is played for a set time period



The diagram shows a green soccer field with white boundary lines. At the top center is a goal with a goalkeeper. At the bottom center is another goal with a goalkeeper. On the left side, a group of blue players is clustered near the bottom-left corner, with a red arrow pointing towards the center. On the right side, a group of red players is clustered near the top-right corner. A wavy line with an arrow points from the blue players towards the red players, labeled with the number '1'. Another wavy line with an arrow points from the red players towards the top goal, labeled with the number '2'. A third wavy line with an arrow points from the blue players towards the bottom goal, labeled with the number '3'. The letter 'C' is placed on the left side of the field.

- Two teams of four players
- Two goalkeepers
- To start the game, the first player on the red team has three touches to score against the blue goalkeeper. Immediately after this ball has been played, two blue team players enter the pitch and make a 2v1 situation against the red player. The game continues until all the players are on the pitch. The series of attacks is as follows

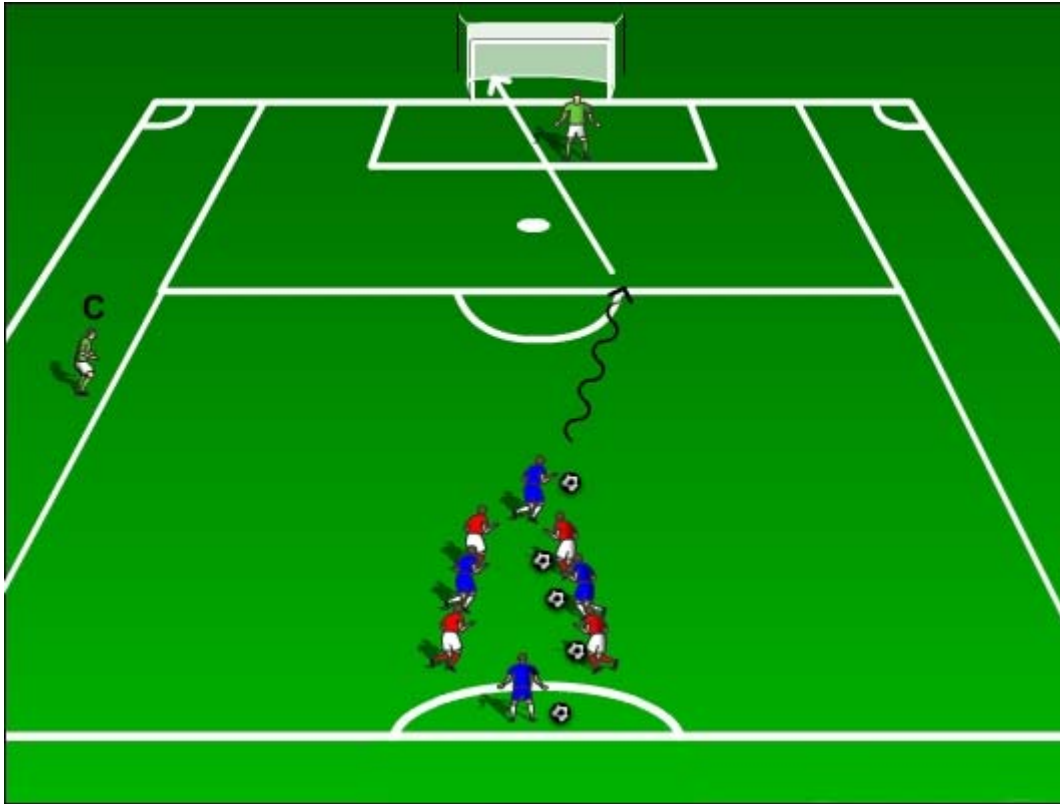
Red	V	Blue
1	V	Gk
1	v	2
3	v	2
3	v	4
4	v	4

- Once all the players are on the pitch, the game continues for a set time period.
- The next game starts with the Blue team attacking first



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OVERLOAD GAME



Set up / rules

- Two teams of four players
- One goalkeepers
- To start, the first player must dribble towards goal and try to score. The player is limited to three touches. Immediately after this ball has been played, tow new players enter the pitch and attempt to score in a 2v1 situation. The series of attacks is as follows

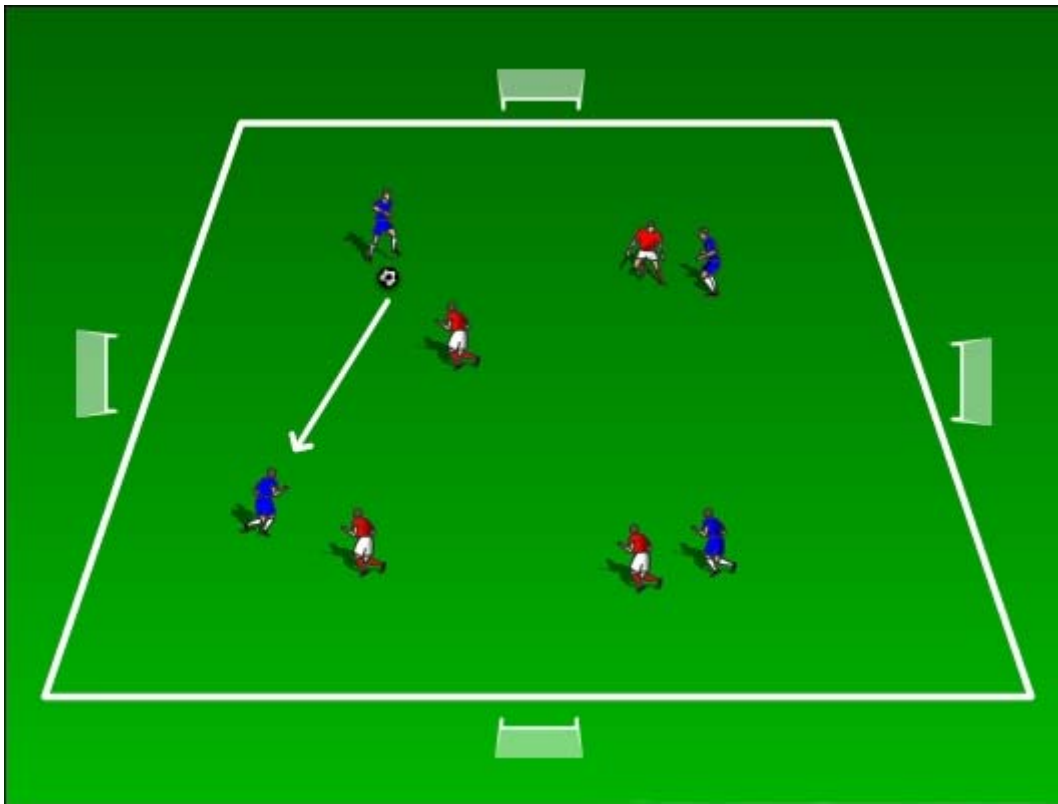
Blues	V	Reds
1	V	Gk
1	v	2
3	v	2
3	v	4
4	v	4

- After all the balls have been played, the score is counted and the teams rotate positions for the next game



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ONE TEAM POSSESSION – ONE TEAM SCORE



Set up/rules

- Two teams of four players
- Four mini target goals
- One team attempts to keep possession
- One team attempts to win the ball and score a goal

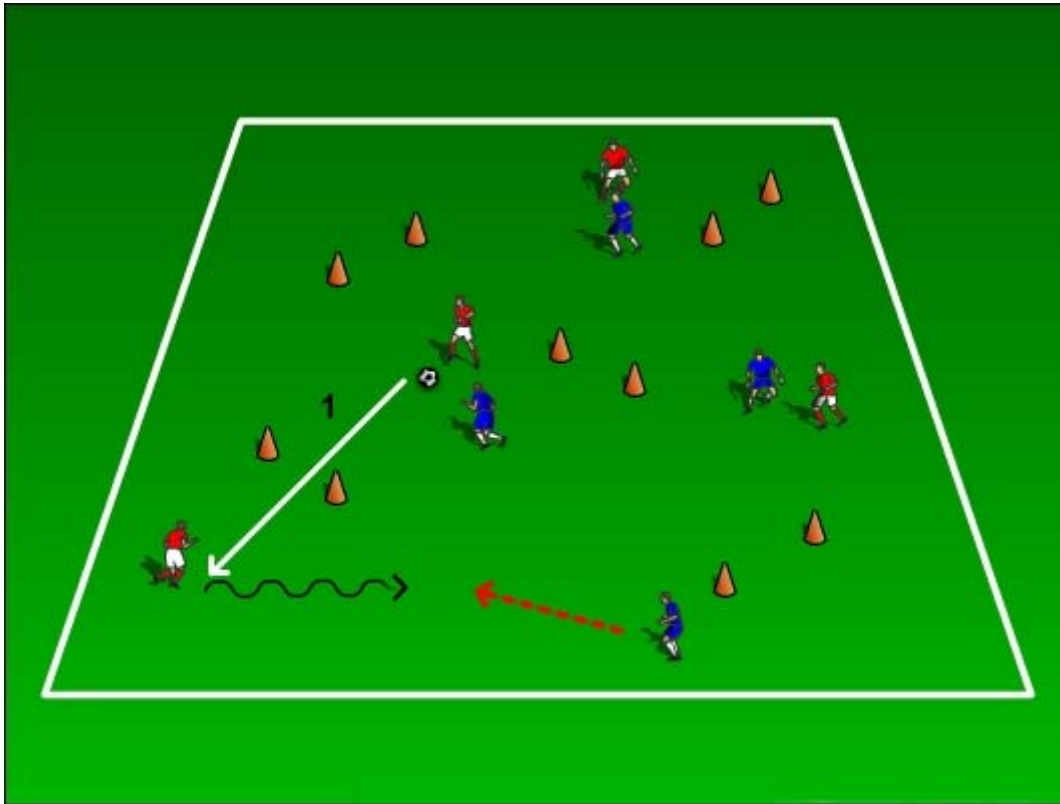
There is a number of ways to play this game

- 1 The team passing has to make 6 passes to score a goal, the defending team get a goal for each time they shoot into the mini target goals
- 2 The roles are reversed each time the defending team win the ball, and shoot into the target goals.
- 3 The teams work for a set time period at each role [3 mins possession, 3 mins defending]



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GATES GAME



Set up/rules

- Two teams of four players
- Four gates

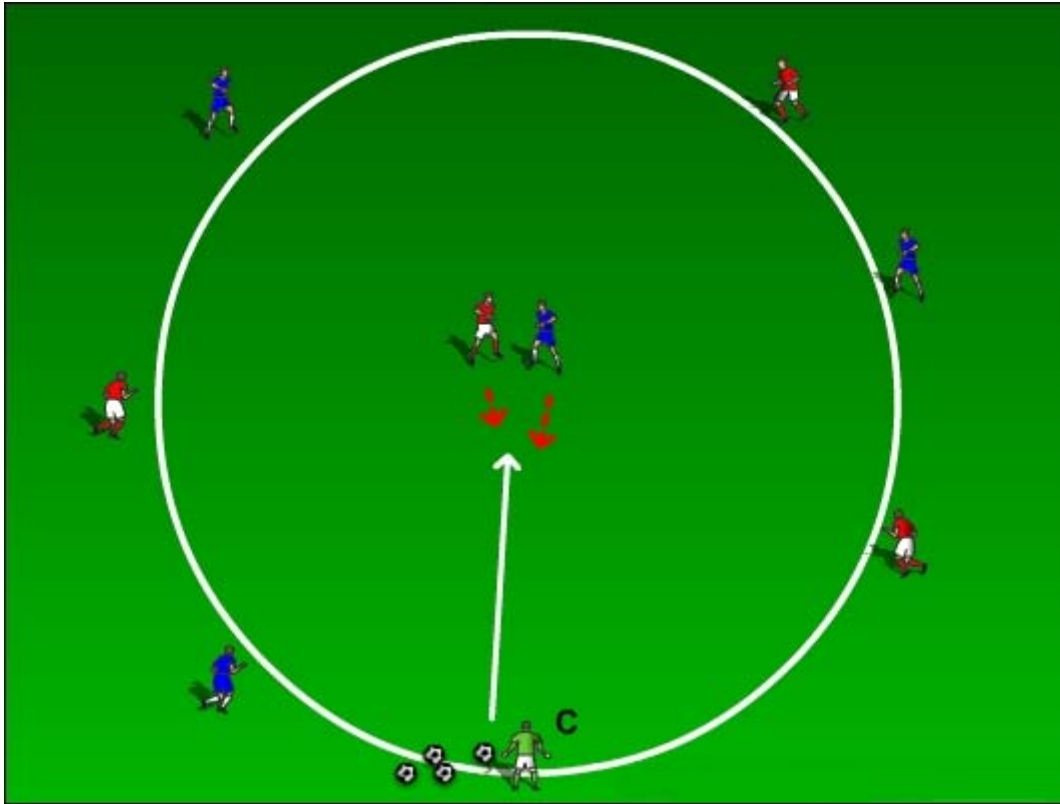
There is a number of ways this game can be played and scored

- 1 The player in possession must dribble through a gate to score
- 2 The player in possession must make a pass through the gate to a team mate
- 3 The player in possession can use both of the choices above



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FREE YOU'RE TEAM MATE



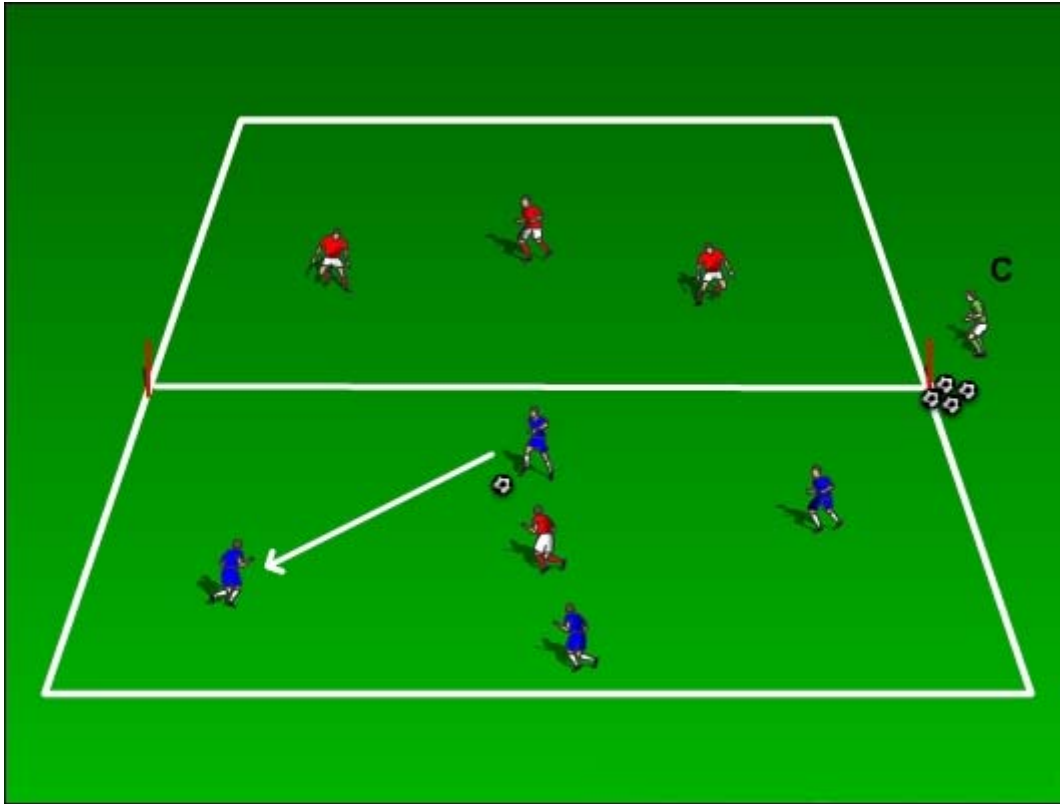
Set up/rules

- Two teams of four players
- Each team has one player on the pitch and three players on the outside
- To start, the coach passes a ball into the pitch. the two players compete for possession
- The player who wins the ball attempts to pass out to a team mate
- If successful, the team mate enters the pitch and makes a 2v1
- The winning team is the one that has all four players on the pitch and completes 6 consecutive passes



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HALF FIELD POSSESSION



Set up/rules

- Two teams of four players
- The pitch is cut into two half's , one team in each

To start, the coach passes into one of the teams, and calls for a player to go into that half and defend

If the team manages to make five passes, the coach calls for another player to go and defend in a 4v2

If the ball is dispossessed then the game transfers to the opposite half and the roles are reversed

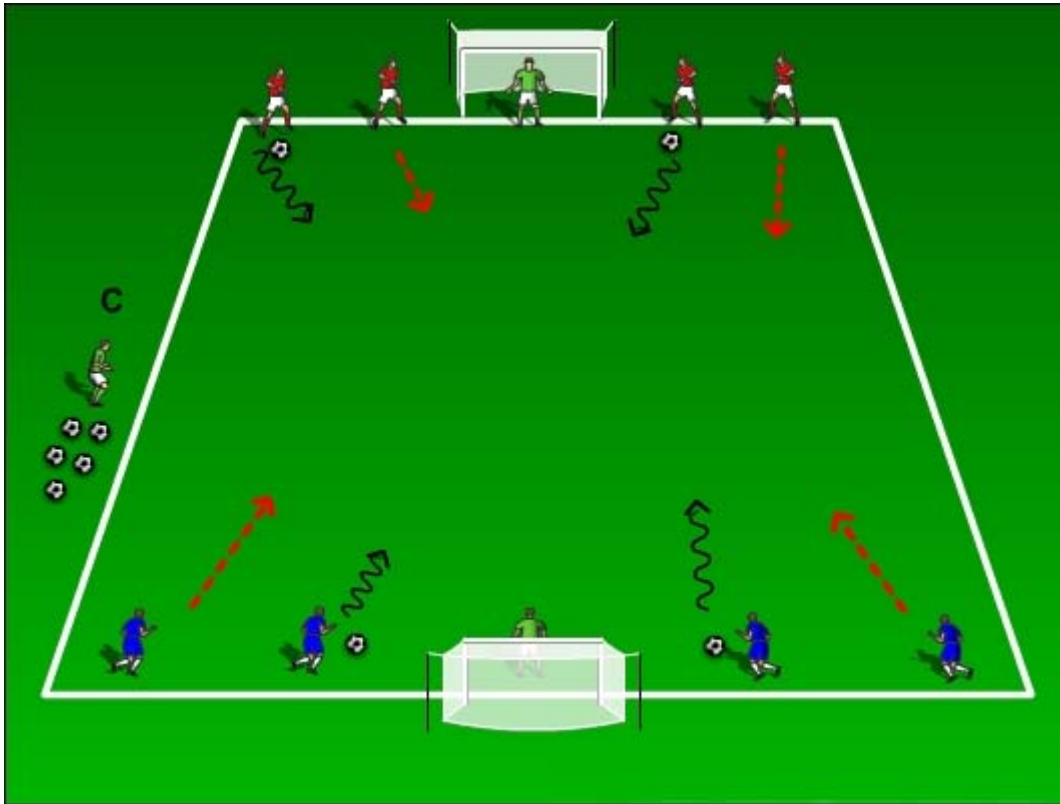
The player guilty of losing possession must now run and defend in the other half

The winning team is the one that has all four of their opponents in their half and manages to make 5 passes.



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MULTI BALL GAME



Set up/rules

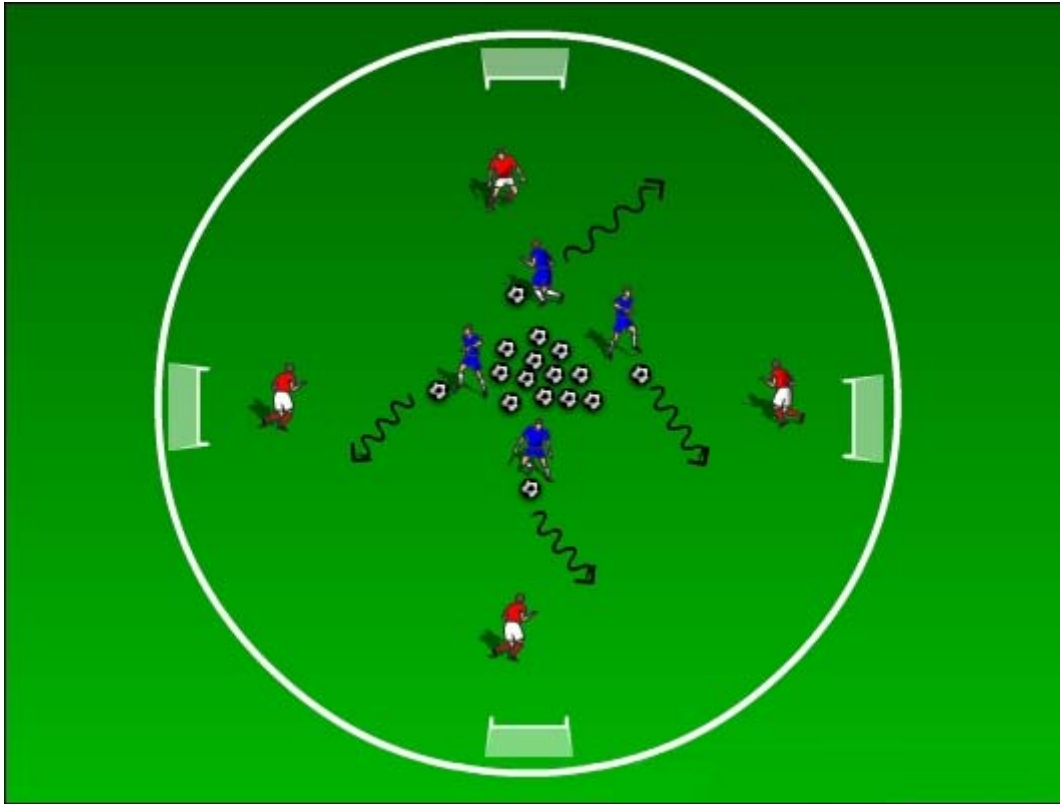
- Two teams of four players
- Two keepers
- Each team has two balls
- To start, the coach blows the whistle and both teams enter the pitch
- Each team has two balls to attack with but must also defend two balls
- The game continues until all four balls have left the pitch
- The coach then continues the game for a further five balls which are played one at a time
- Once all five balls have been played, the coach counts the goals scored and declares the winning team

"Stick with this game. The players will soon learn to communicate as to who should defend and who should attack. The players will also learn that they must react to the next ball and quickly support their team mates"



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MULTI-GOAL GAME



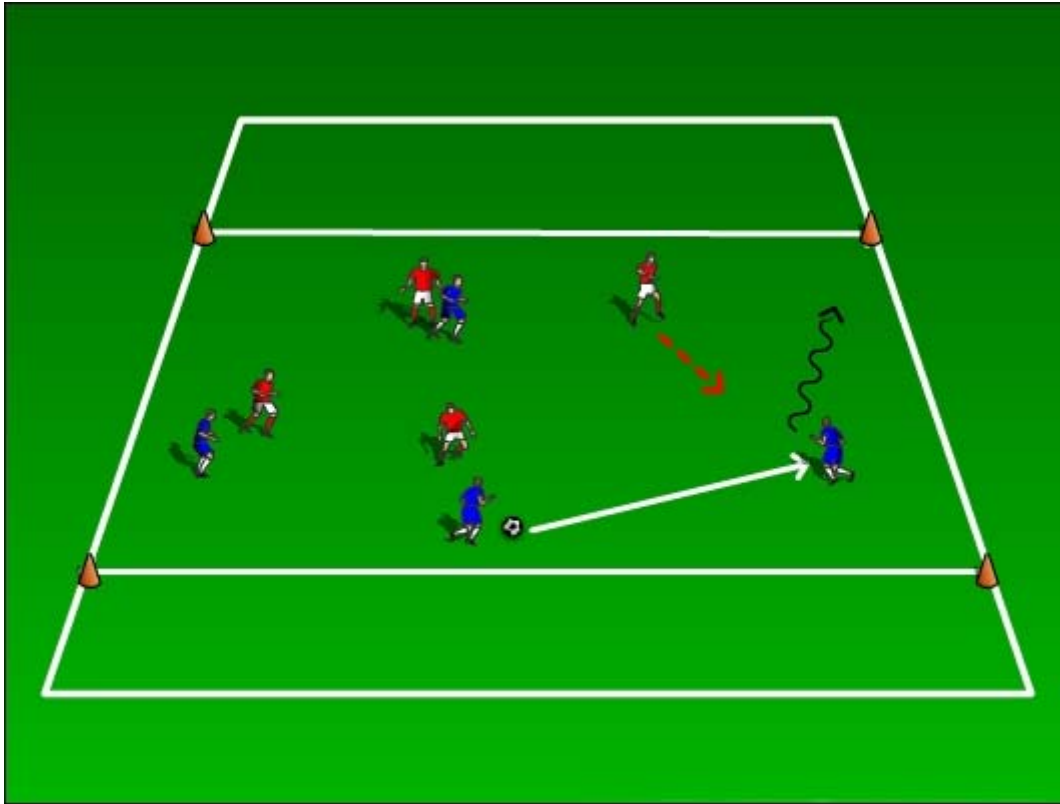
Set up/rules

- Two teams of four players
- Four mini target goals
- A number of footballs in the centre of the pitch
- One team work as the attackers
- One team work as the defenders
- The attacking team attempt to score as many goals as possible until all the balls have been played
- The defending team must try to stop the attacking team
- To start, the attacking players have a ball each and must try to score in the mini goals. Once the ball has been played the attacking player must quickly race back to the centre and retrieve a new ball and attack again.
- The game will start with four 1v1 situations but, as the balls decrease it will become a variety of 2v1, 2v2, 3v2's etc
- Once the last ball has been played, the coach counts the goals scored and the roles are reversed for the next game



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END ZONE GAME



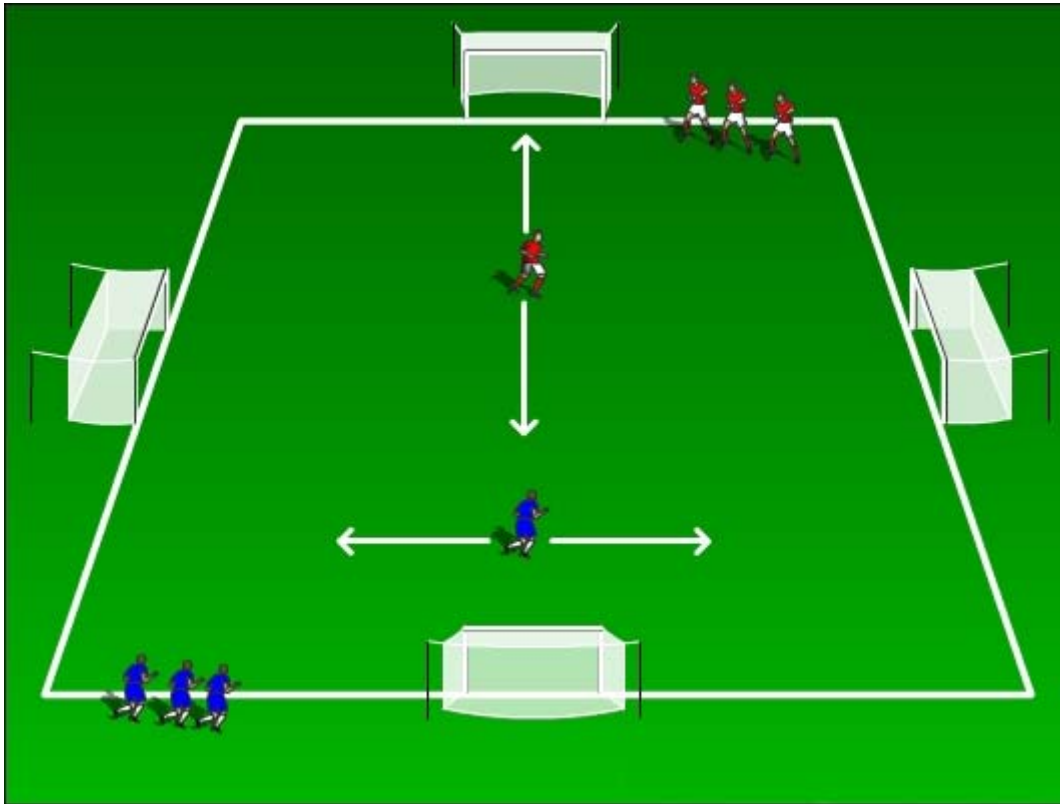
Set up/rules

- Two teams of four players
- The aim of this game is to dribble and stop the ball in the end zone
- The team that scores the goal, now turns and attacks the opposite end zone
- If one team is dominating the game then, the rule above can be removed enabling the opposite team to attack



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DIRECTIONAL GAME



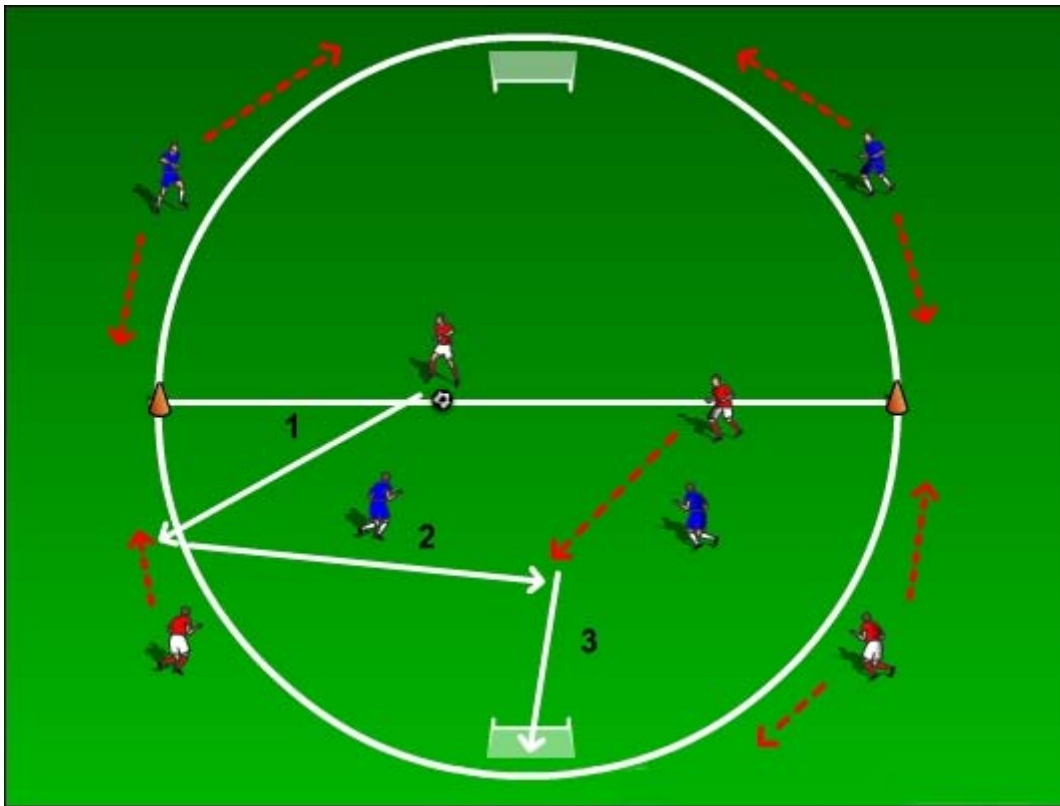
Set up/rules

- Two teams of four players
- Four mini goals
- One team attack the goals across the width of the pitch
- One team attack the goals down the length of the pitch
- The game is played for a set period of time
- If a ball is scored or leaves play, the coach passes a new ball onto the pitch



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CENTRE CIRCLE GAME



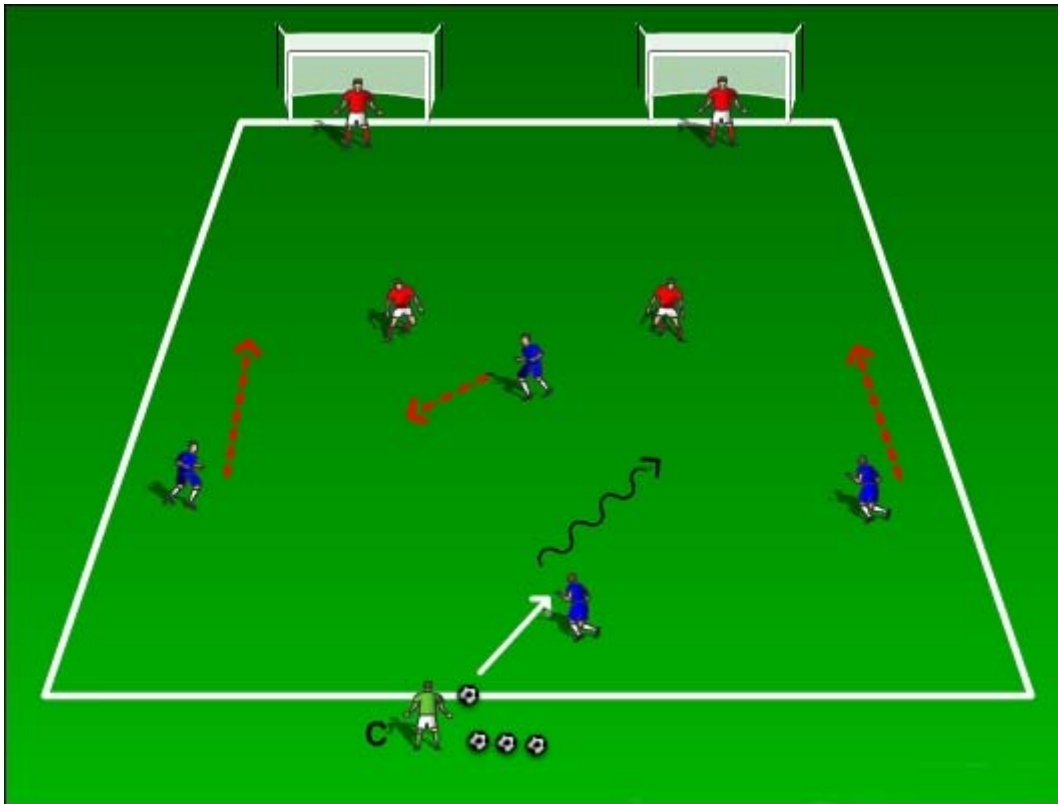
Set up/rules

- The game is played in the centre circle
- Two teams of four players
- Each team has two players on the pitch and two players on the outside [in the attacking half]
- The players on the outside can move up and down the side and look to receive a pass
- The outside players are only allowed to use one touch
- The game is played for four periods of two minutes
- After each period, the players on the pitch reverse roles with their team mates on the outside



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SWITCH PLAY – ROLE REVERSAL GAME



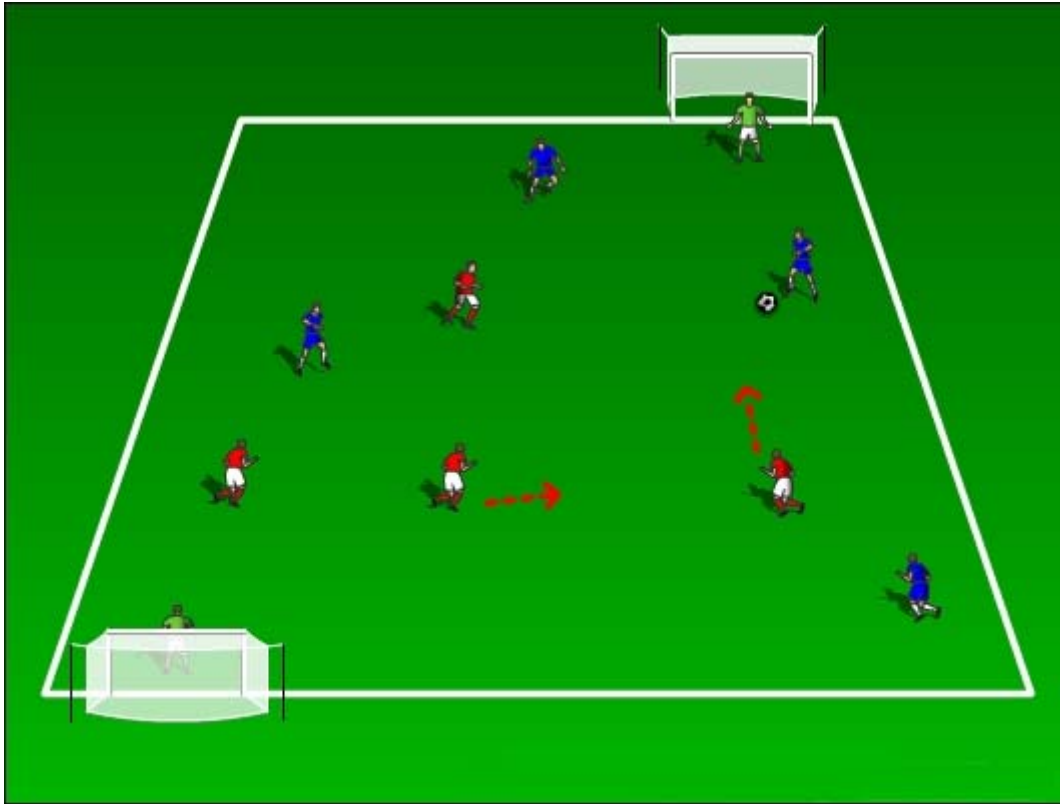
Set up/rules

- Two teams of four players
- Two full size goals
- One team acts works as defenders and has two keepers and two defenders
- One team works as the attackers and spread out to attack
- To start, the coach passes into the four attackers who attempt to score in one of goals
- If they are successful, they receive a new ball from the coach and attack again
- If the defenders manage to win the ball or stop the attackers scoring then, the roles are reversed
- The defenders now race out to receive a ball from the coach and the attackers drop back to defend
- The game continues for a set time period



ACL Soccer 4 v 4 Small Sided Games (SSG's)

ANGLED GOALS



Set up/rules

- Two teams of four players
- Two keepers
- Two goals place on opposite corners of the pitch

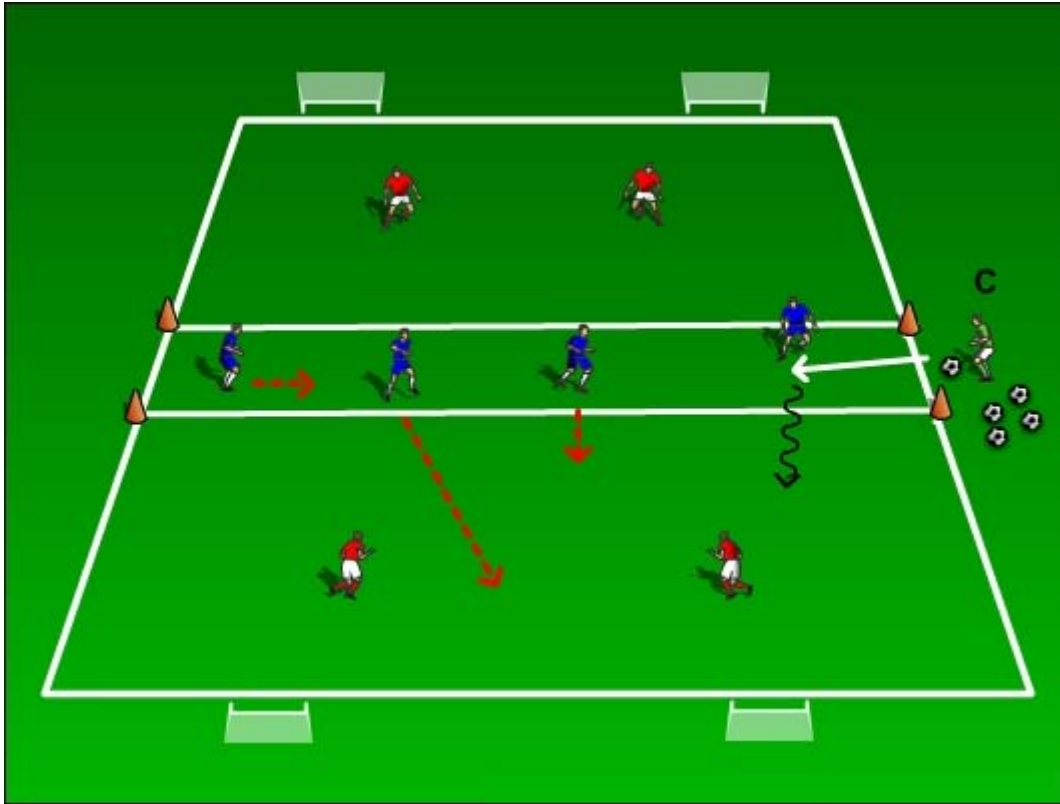
This practice is played as a game. It gives the players hints as to where they need to pressure and force there opponents when they are defending.

When attacking the team in possession should look to switch the ball quickly or to use the wing and get into good crossing positions



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FOUR GOALS – 10 ATTACKS



Set up/rules

- Two teams of four players
- One team work as the attackers
- One team split into two pairs and work as the defenders
- The pitch is cut into two attacking zones that have two mini target goals

The attacking team has 10 consecutive attacks [5 at each end]. The aim is to try and score as many goals as possible against the two defenders

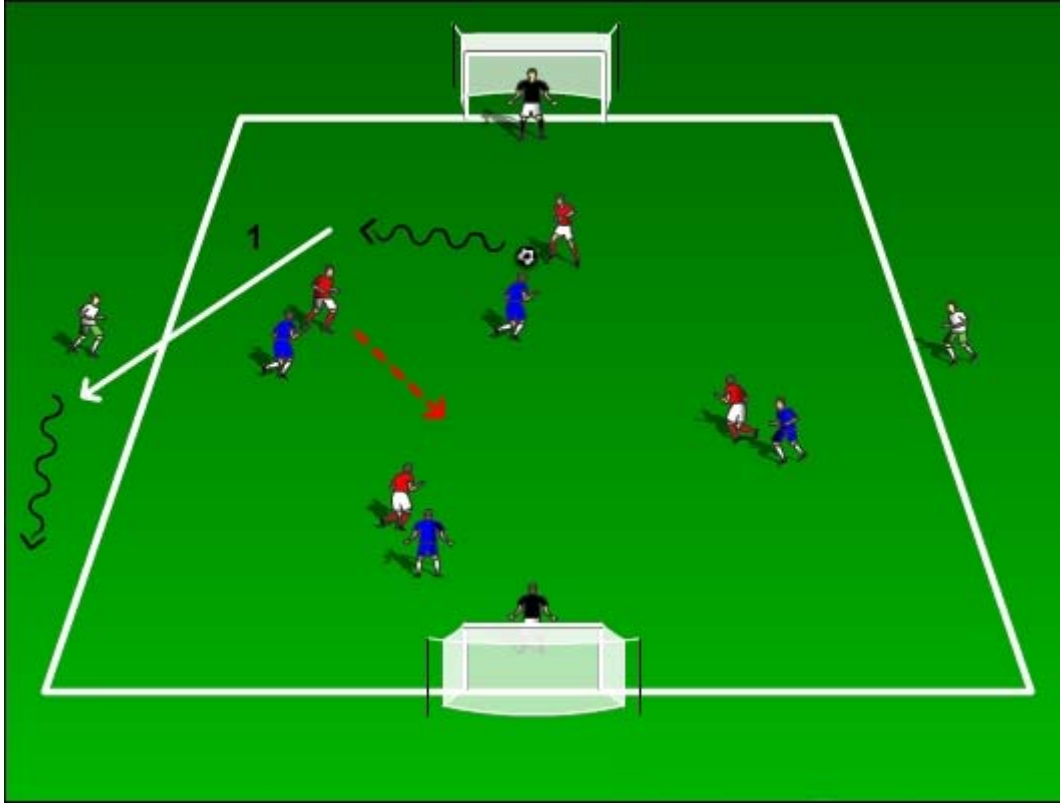
After each attack, the players turn and receive a new ball from the coach

Once the ten attacks are complete. The score is counted and the roles are reversed



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FOUR V FOUR + WIDE PLAYERS



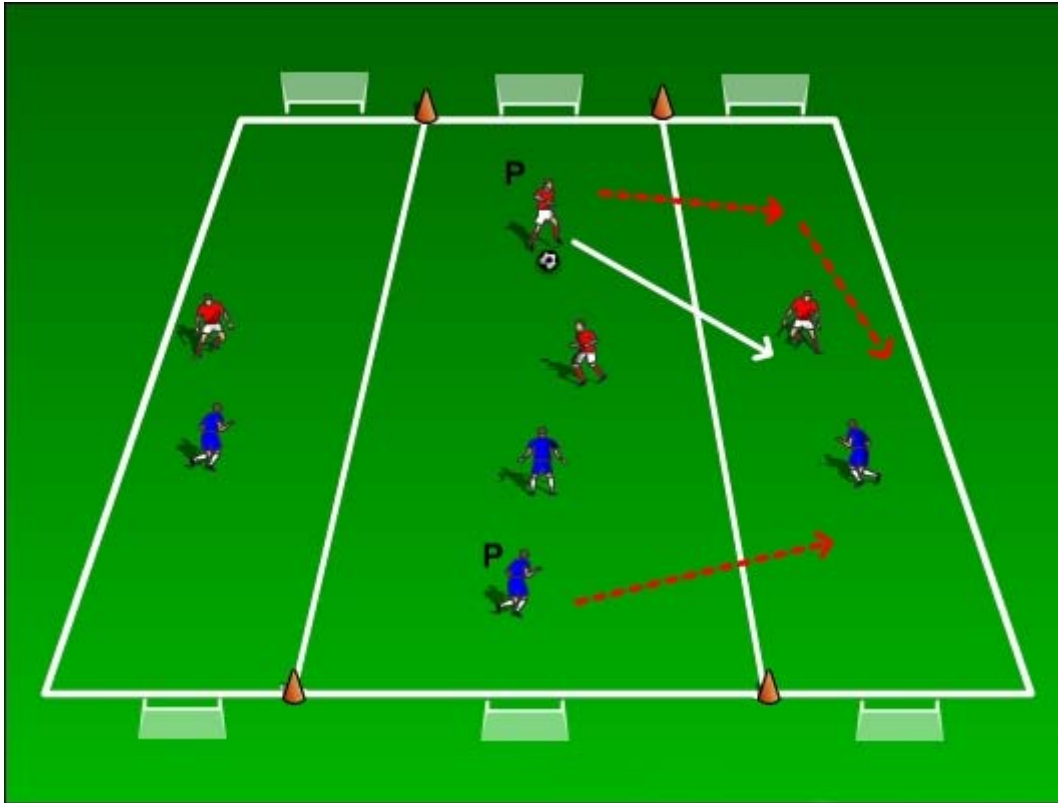
Set up/rules

- Three teams of four players
- Two teams play the game
- One team acts as the keepers and crossing players
- The crossing players are allowed 3 touches [control, dribble, pass/cross]
- The game is played for a set period of time
- The teams are rotated for the next match



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3 ZONE PLAYMAKER GAME



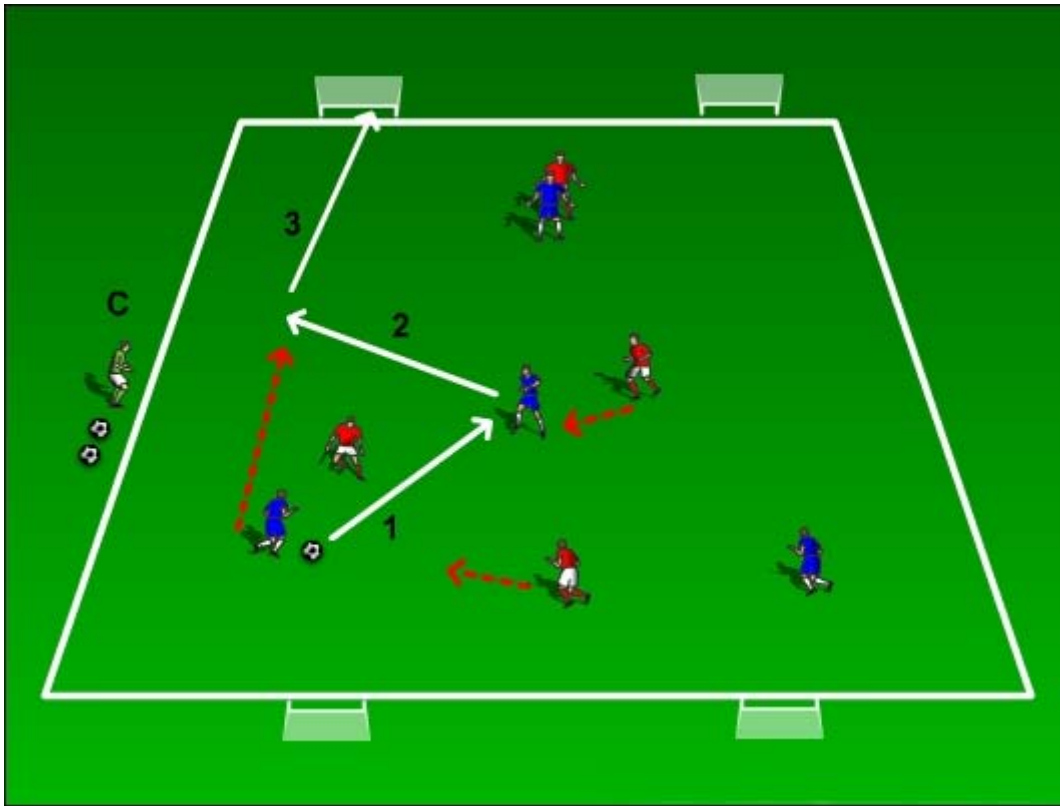
Set up/rules

- Two teams of four players
- The pitch is divided into three 1v1 zones
- Each zone has two target goals
- Three players on each team go into their own 1v1 zone
- One player from each team is the "playmaker"
- The playmaker is the only player allowed to leave and enter a new zone
- The playmakers job is to pass to a team mate and support them to make a 2v1 situation
- The opponents playmaker can now support their defender to make it a 2v2 situation
- The game is played for four periods of 2 minutes all players have one period as the playmaker



ACL Soccer 4 v 4 Small Sided Games (SSG's)

FOUR GOAL GAME



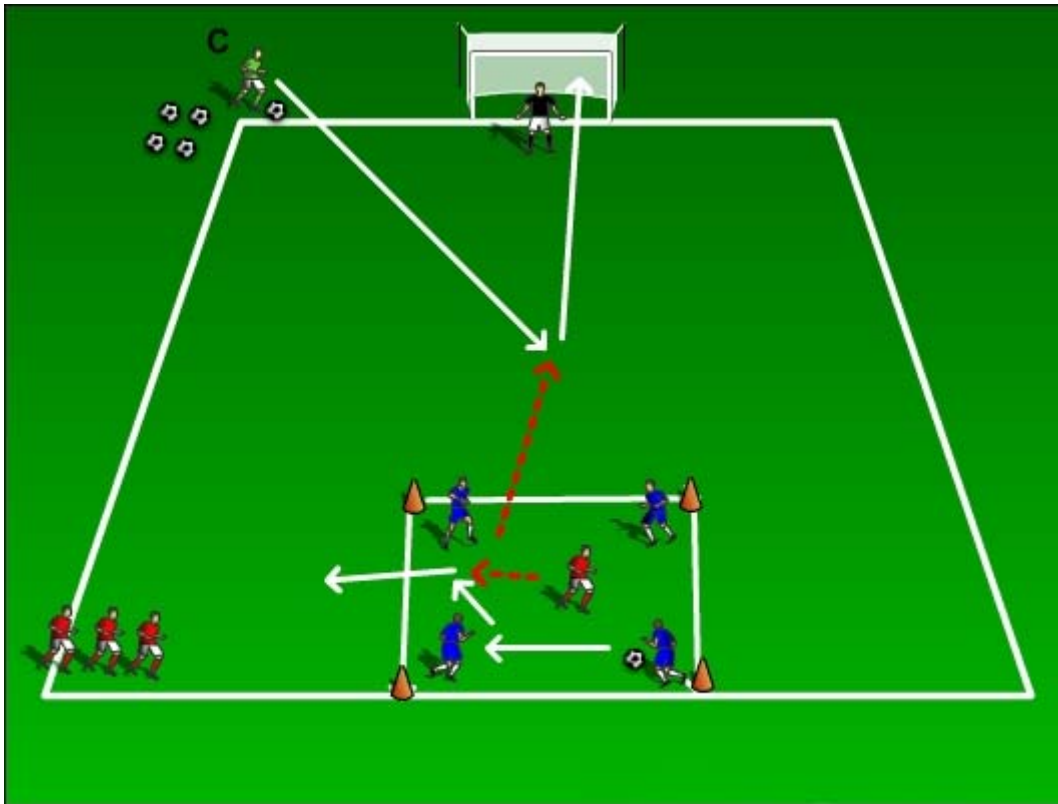
Set up / rules

- Two teams of four players
- Four mini goals
- Each team defend two goals and attack two goals
- The game is played for a set time period



ACL Soccer 4 v 4 Small Sided Games (SSG's)

PASSERS V DEFENDERS – REWARDS GAME



Set up / rules

- Two teams of four players
- One keeper
- One team work as the passing team
- One team work as defenders

The passing team work in a 10x10yd area

Each player in the defending team has two turns at attempting to win possession from the passers

If the defending player manages to force a mistake or win possession, then they break out of the 10x10yd area and receive a pass from the coach in order to shoot at goal

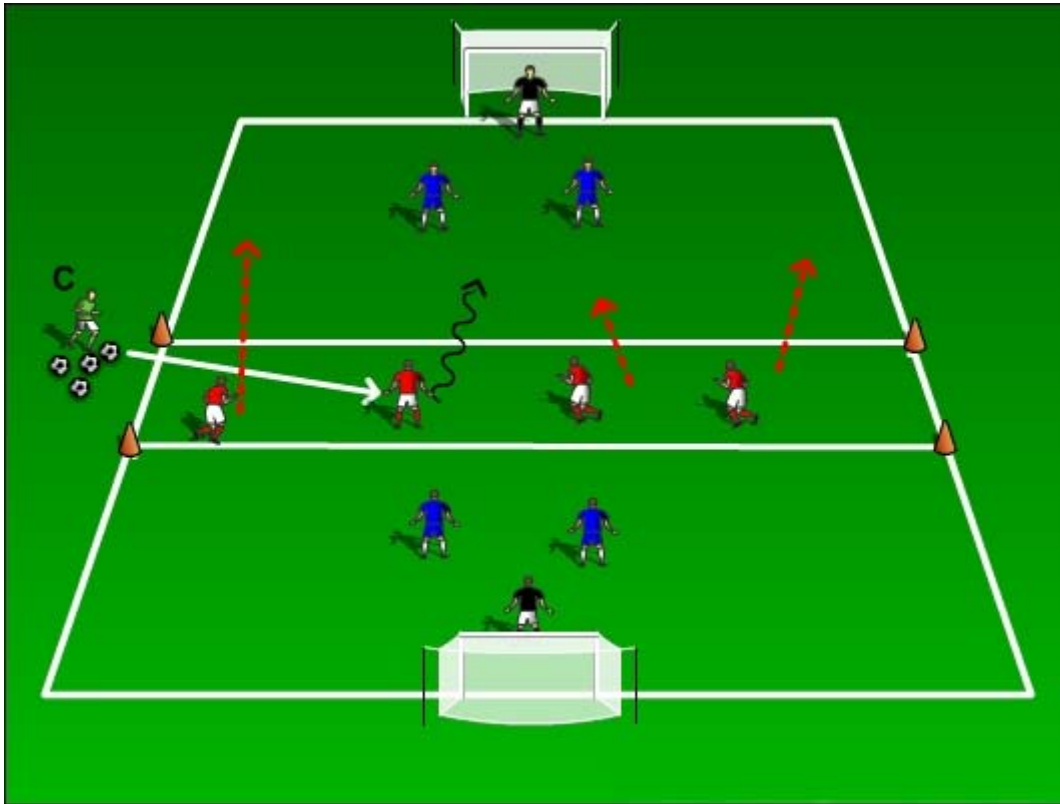
If the passing team manages to make 10 consecutive passes, then the defender is ejected

The passing team scores a point for each set of 10 consecutive passes. The defending score a point for each goal scored off a pass from the coach. Once each defender has had two attempts at defending, rotate the teams



ACL Soccer 4 v 4 Small Sided Games (SSG's)

TWO GOAL GAME – 10 ATTACKS



Set up/rules

- Two teams of four players
- Two keepers
- One team work as the attackers
- One team split into two pairs and work as the defenders
- The pitch is cut into two attacking zones

The attacking team has 10 consecutive attacks [5 at each end].

The aim is to try and score as many goals as possible against the two defenders

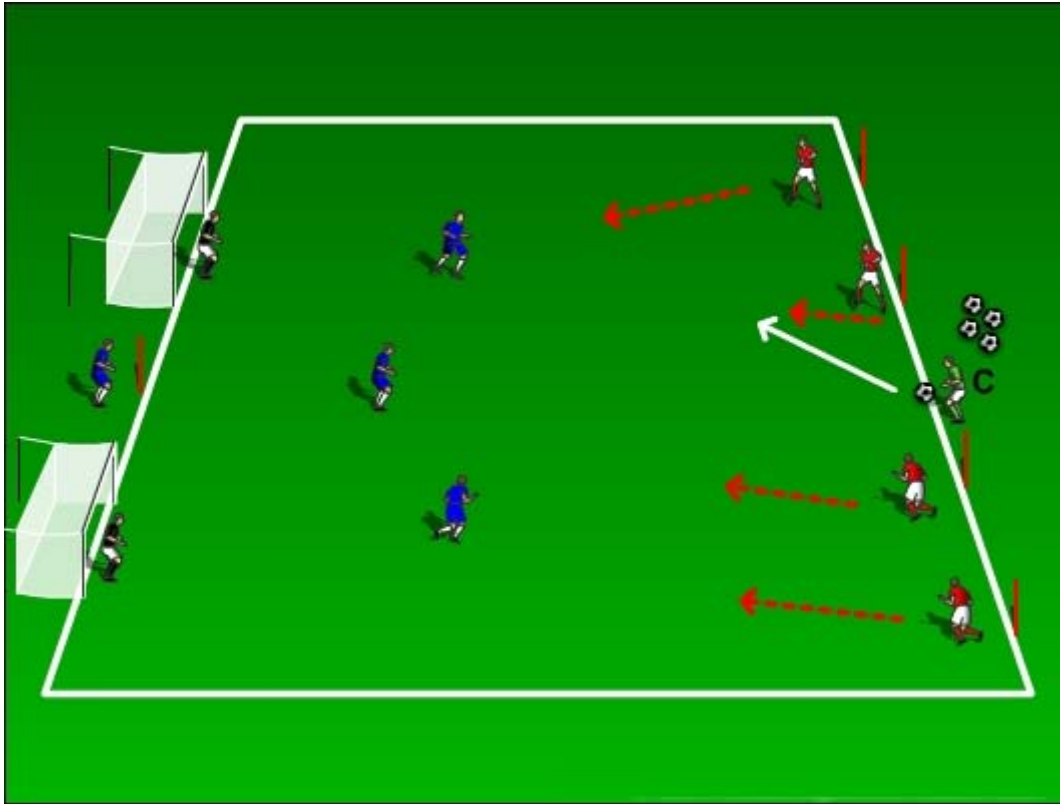
After each attack, the players turn and receive a new ball from the coach

Once the ten attacks are complete. The score is counted and the roles are reversed



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FOUR V THREE [+1] GAME



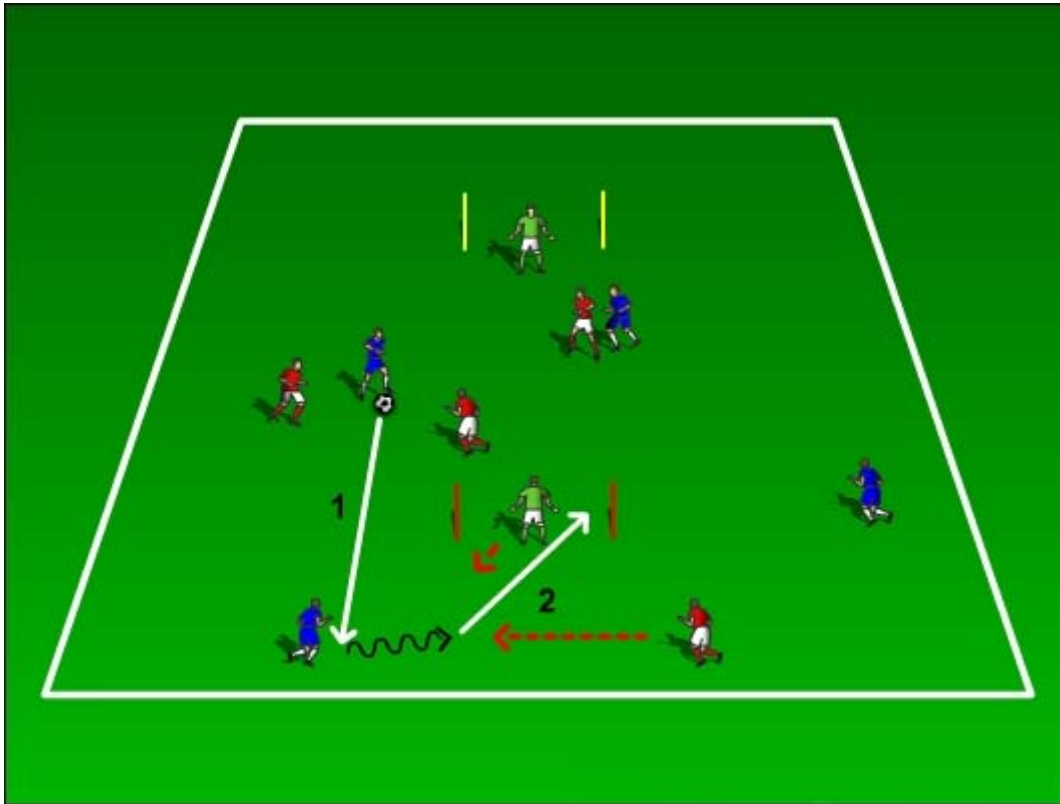
Set up / rules

- Two teams of four players
- Two keepers
- The defending team number themselves 1 to 4. One defender rests on each attack
- The four attackers position themselves next to one of the poles/cones
- The coach passes to the attacking team who attempt to build up and score in one of the goals
- After a goal is scored or the ball leaves play, the attacking team immediately reacts and receives a new ball from the coach
- After eight balls have been played, the two teams reverse roles



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FOUR V FOUR – ICE HOCKEY STYLE



Set up / rules

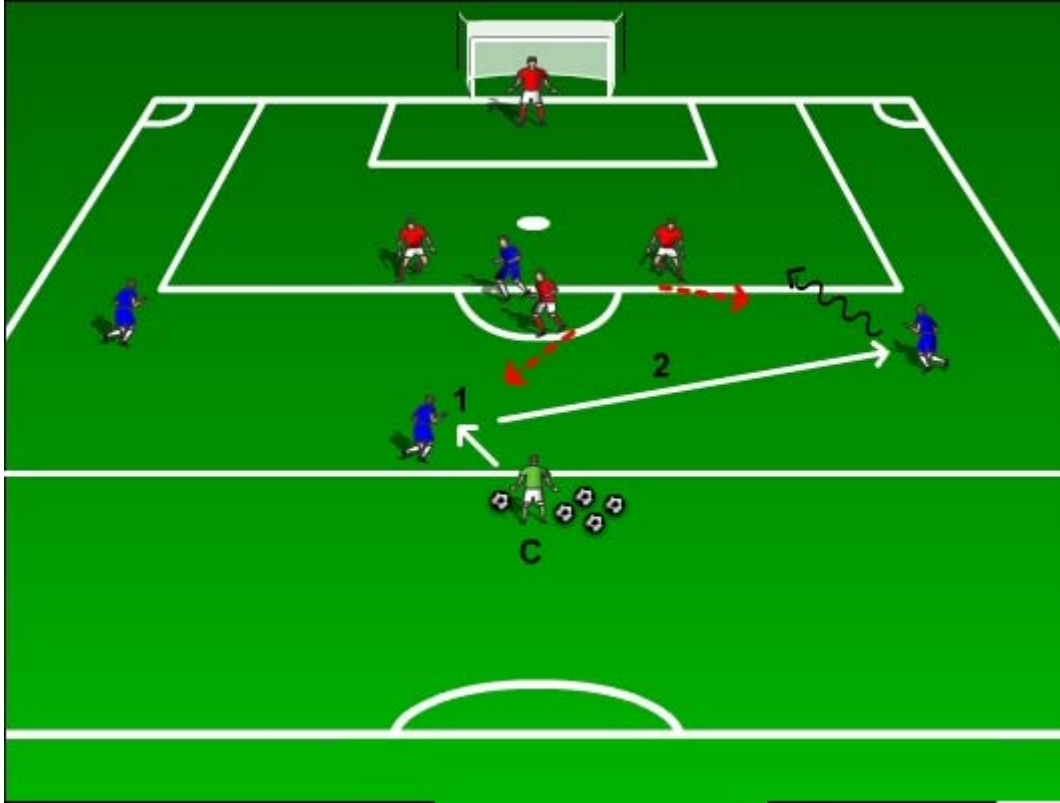
- Two teams of four players
- Two goals made using cones / poles
- Two goalkeepers (optional)
- The game is played for a set period of time
- The players can score in the front or back of the goal

"encourage the players that if they are blocked when in front of the goal that they should look to play quickly to the other side and try to score in the back"



ACL Soccer 4 v 4 Small Sided Games (SSG's)

FOUR V FOUR - ROLE REVERSAL GAME



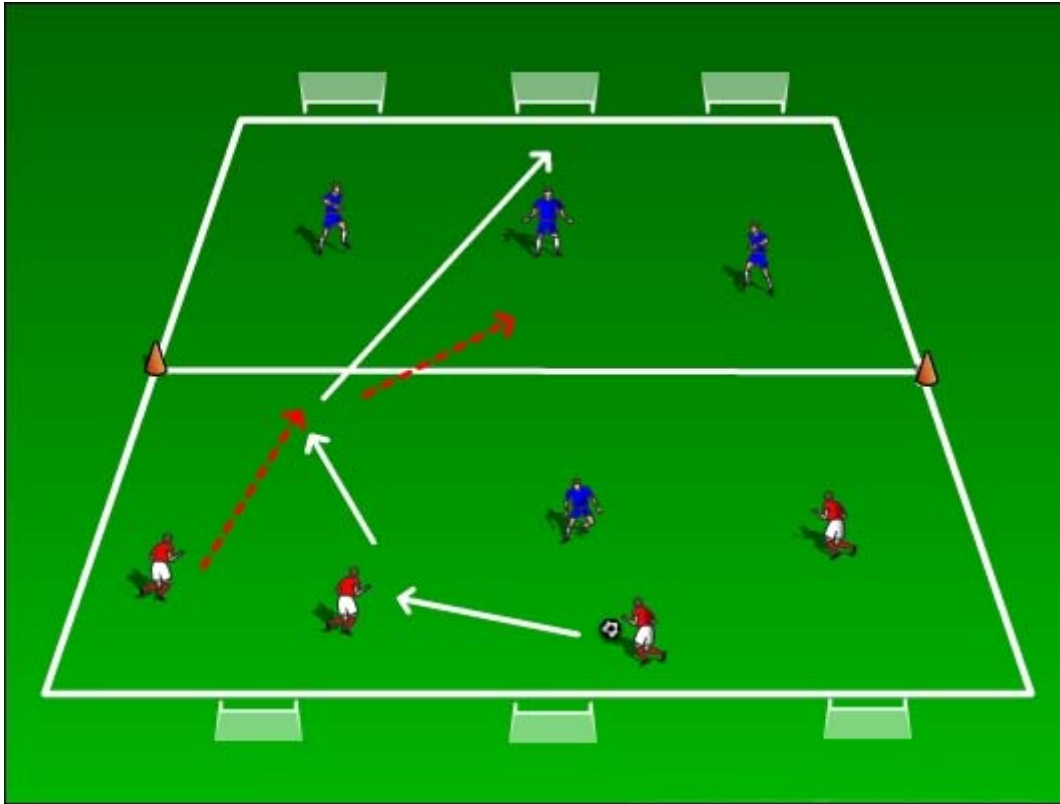
Set up / rules

- Two teams of four players
- Each team number themselves 1 to 4
- When defending, the players each take a turn to become the goalkeeper
- The attacking team receive a ball from the coach and attempt to build up and score in a 4v3 (+1) situation
- If the attacking team score, then they turn and receive a new ball from the coach
- If the attacking team fail to score then the defending team break out to receive a pass from the coach and the roles are reversed



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THROUGH PASS GAME



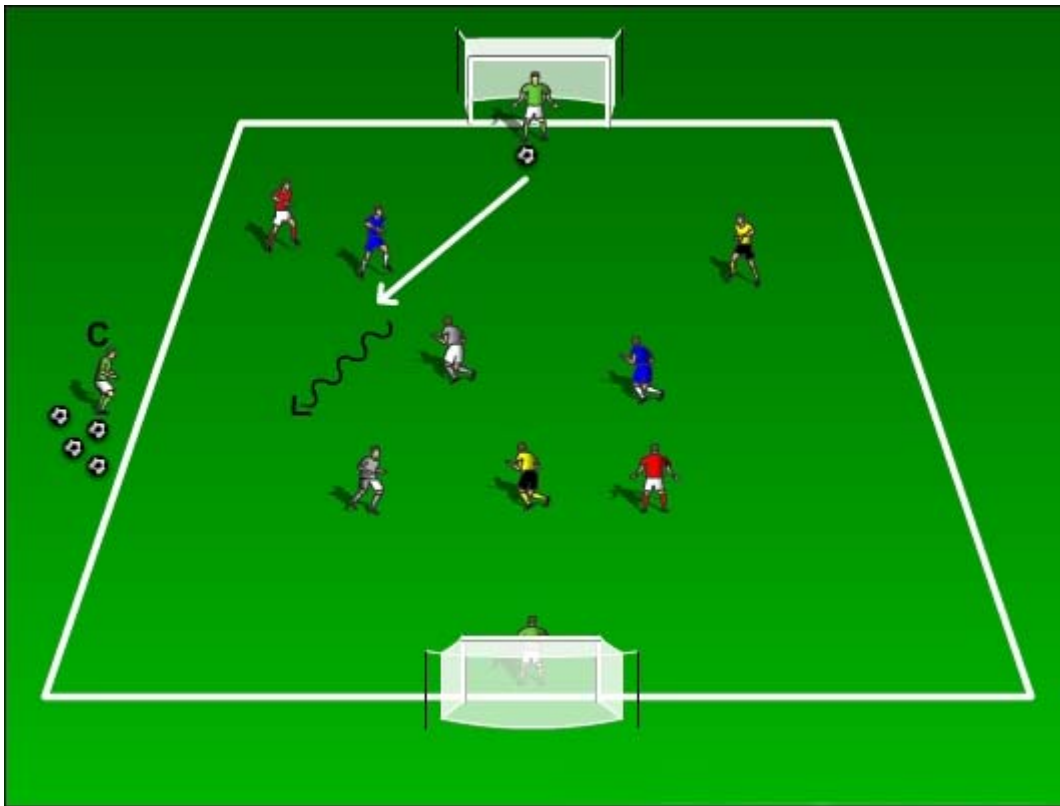
Set up / rules

- Two teams of four players
- Six mini goals (three at each end of the pitch)
- The pitch is split into two half's
- The coach starts the practice by passing to one of the teams
- Immediately one of the opponents races into the area to pressure the player in possession
- The team in possession of the ball must attempt to create a position in which one of the players can make a pass into one of the target goals
- The player that attempts the through pass into one of the goals, must then react and go to pressure in the opponents half
- The game is played continuously for a set time period



ACL Soccer 4 v 4 Small Sided Games (SSG's)

2 V 2 V 2 V 2 GAME



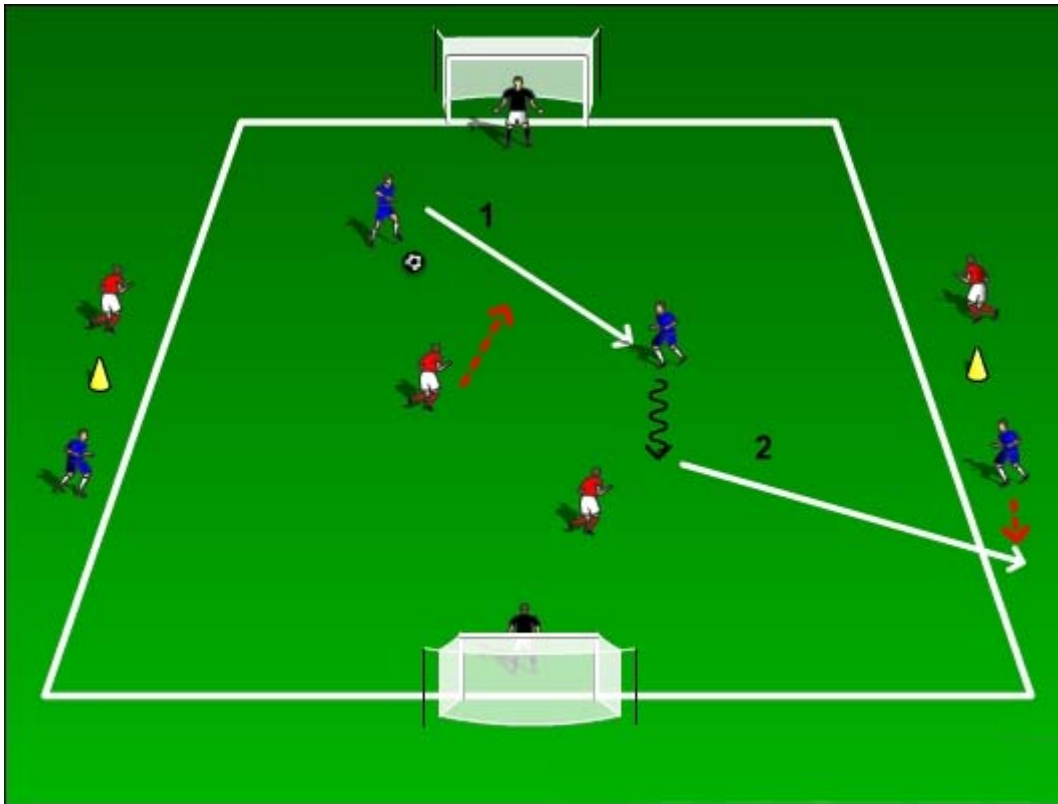
Set up / rules

- Two keepers
- Eight players that are split into four teams of two players
- The game is played for a set time period
- The teams can score in any of the goals
- This game attempts to create a school playground where all players are actively involved in both attack and defence.
- On the coaches' call, two teams immediately join together and the game continues in a 4v4 situation, an example of a call would be "red and yellow". Both these teams would now join forces.
- The coach can also overload the game against one team, for example "red, blue and yellow"
- In all games the teams can score in both goals



ACL Soccer 4 v 4 Small Sided Games (SSG's)

TWO IN AND TWO WIDE



Set up / rules

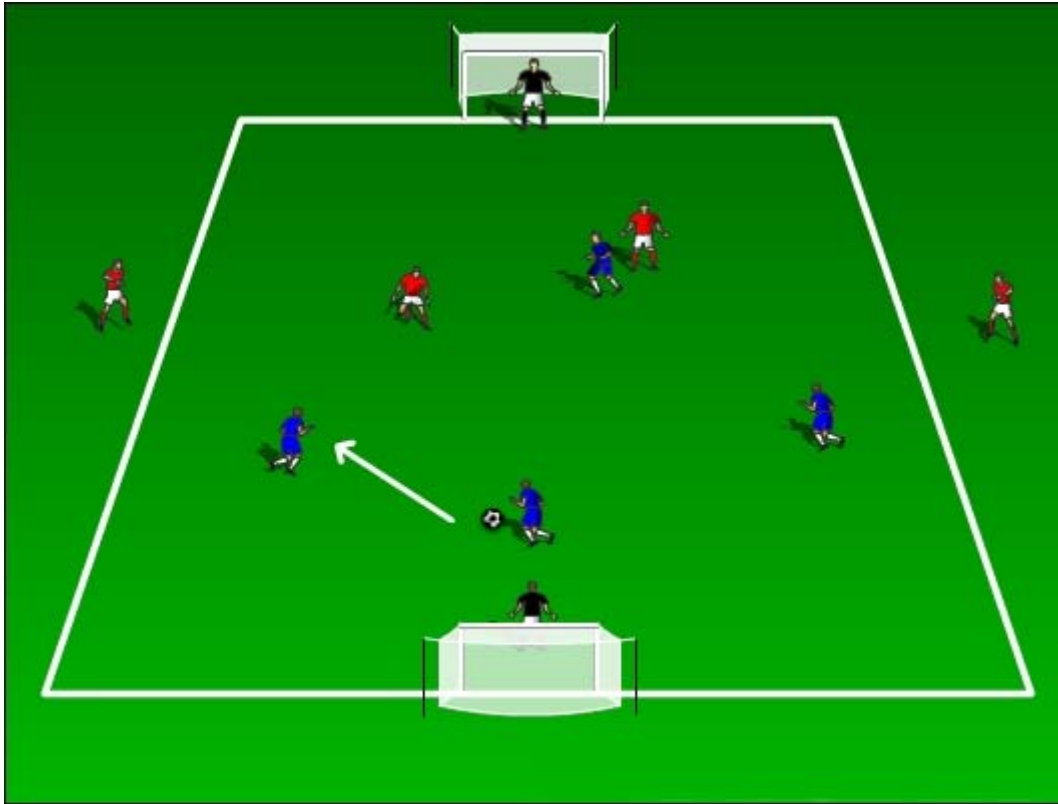
- Two teams of four players
- Two keepers
- Two players from each team start on the pitch
- The other two players take up a position off the pitch as wide players
- The game is played for a set time period before the wide and central players switch positions
- The central players are involved in a 2v2 game but can use their wide players to their advantage when in possession of the ball
- The wide players can only use two touches on the ball

This game can be progressed to a continuous game. Now the central player that passes out to a wide player must go out and change positions with them. The wide player now dribbles onto the main pitch



ACL Soccer 4 v 4 Small Sided Games (SSG's)

MIDDLE OR WIDE ADVANTAGE



Set up / rules

- Two teams of four players
- Two keepers
- One team play with all four players on the pitch
- The other team play with two players on the pitch and two wide players
- This set up gives the team different tactics both in possession and when defending

Blue team

They have all four players on the pitch so in possession they need to pass the ball quickly in order to create an opening to score a goal. In defence, this team can now pressure quickly as they have the extra players and attempt to force the red players to play inside and not towards their wide advantage

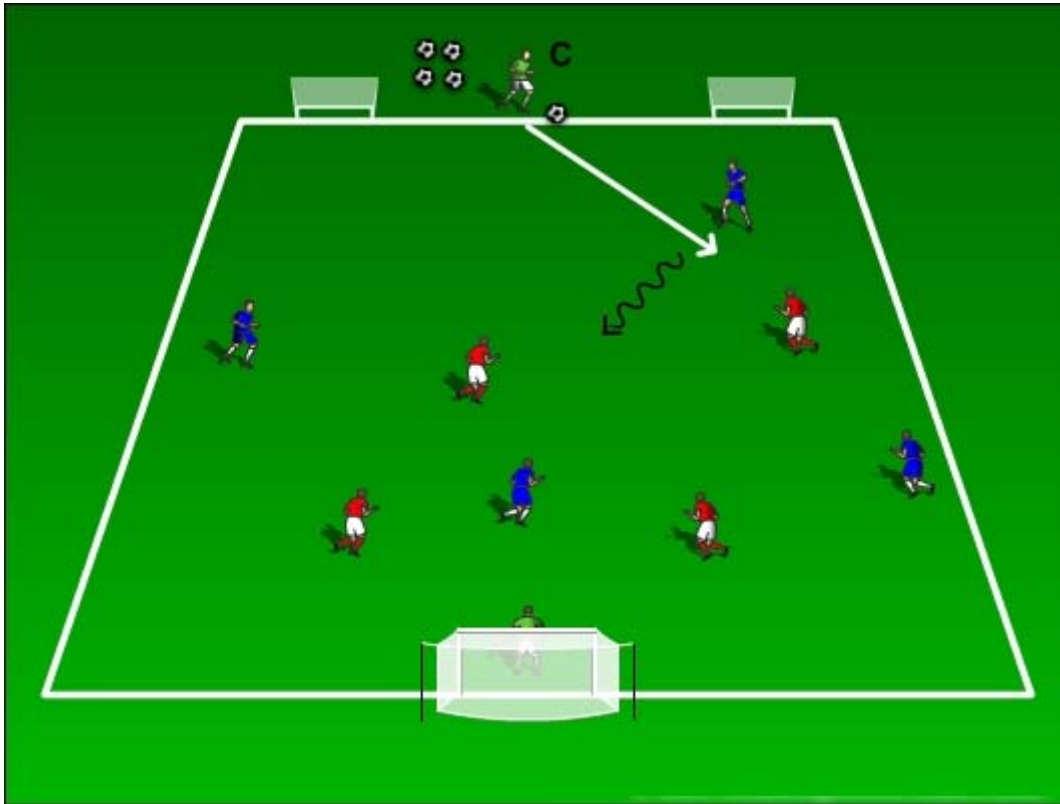
Red team

In possession they need to try pass out wide quickly. This enables them to get another one of their players into the game; the receiving wide player can choose to dribble down the outside unopposed or dribble onto the pitch and attempt to score. In defence, the red team must try to drop off and reduce space for the blue team to exploit



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ONE BIG V TWO SMALL



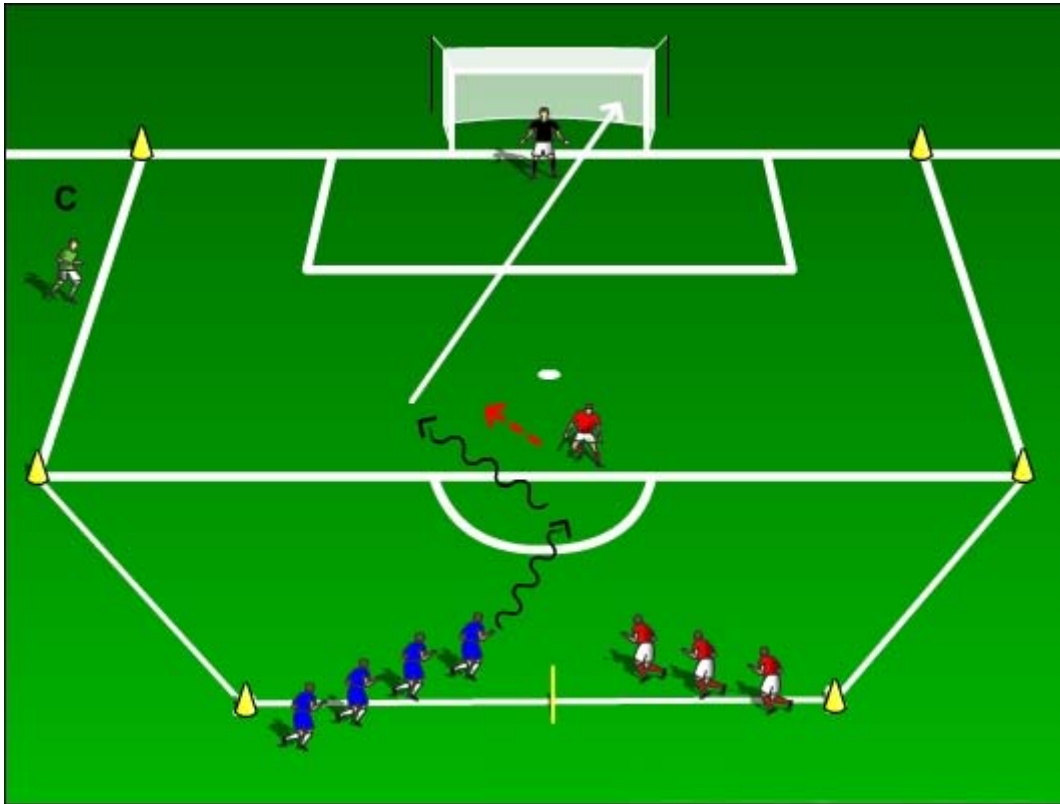
Set up / rules

- Two teams of four players
- One keeper
- One normal goal
- Two mini goals
- One team attacks the normal goal
- One team attacks the two mini goals
- The game is played in two half's
- Each team has one half at attacking the normal goal and one half attacking the mini goals



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1V1 CONTINUOUS



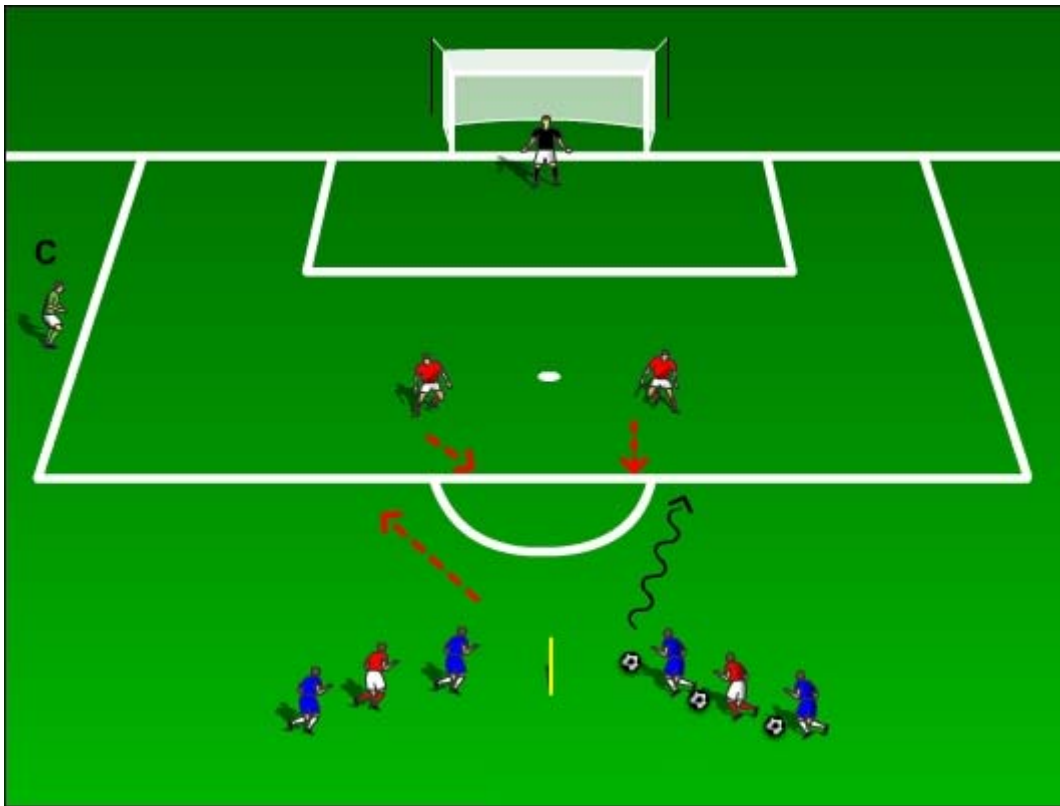
Set up / rules

- Two teams of four players
- One keeper
- A large number of footballs
- The game is played continuously for a set time period or until a set number of goals is scored
- The players have a turn at attacking in a 1v1 situation and then immediately defending a 1v1 situation



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2V2 CONTINUOUS



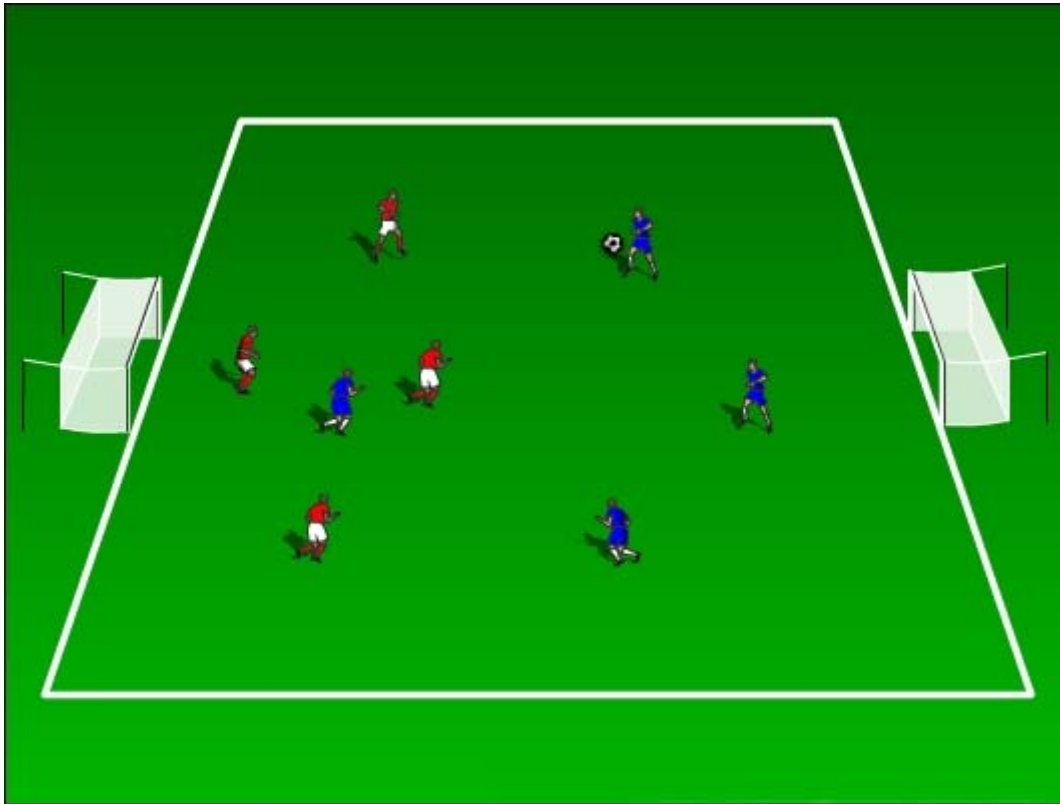
Set up / rules

- Two teams of four players
- Each team is divided into two groups of two players
- One keeper
- A large number of footballs
- The game is played continuously for a set time period or until a set number of goals is scored
- The pairs of players have turns at attacking in a 2v2 situation and then immediately defending a 2v2 situation



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THROW TO PASS, HEAD TO SCORE



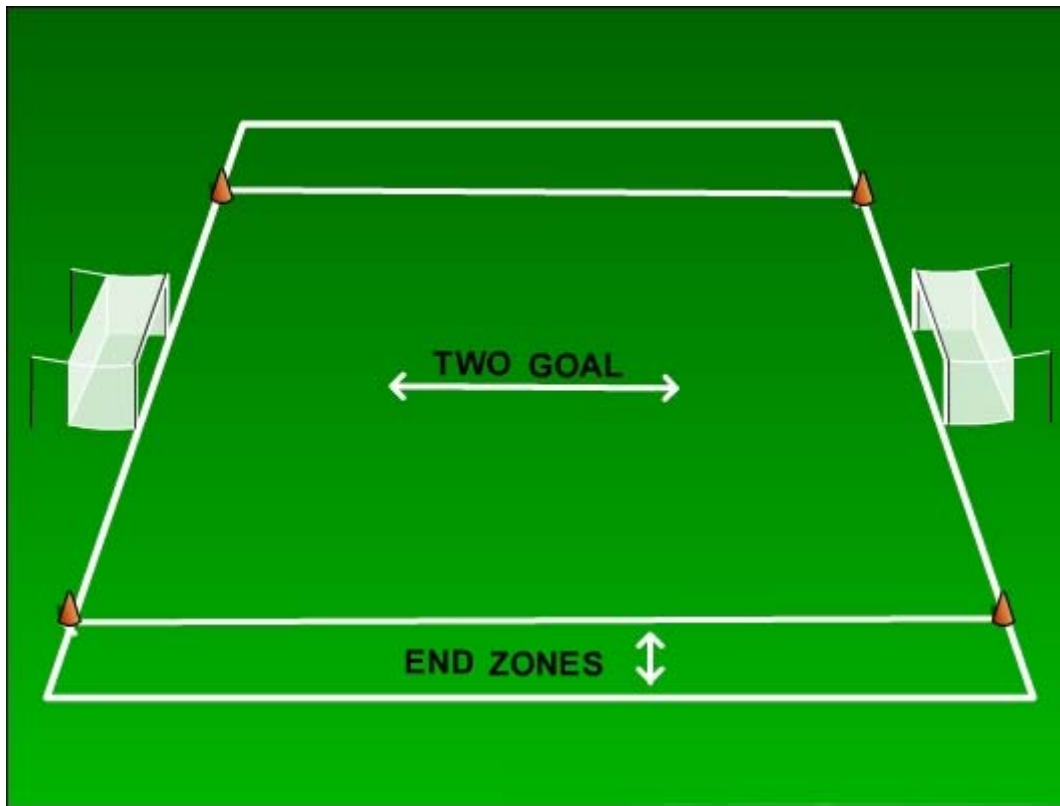
Set up / rules

- Two teams of four players
- The game is played by throwing and catching the ball
- The player in possession cannot move with the ball
- This encourages the team mates to make movements off the ball
- The player in possession must not have the ball in their hands for longer than 3 seconds
- This encourages quick passing and decision making
- A goal is scored by heading a thrown pass into the goal
- A progression would be to allow players to score by volleying a thrown pass into the goal



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TWO GOAL AND END ZONE



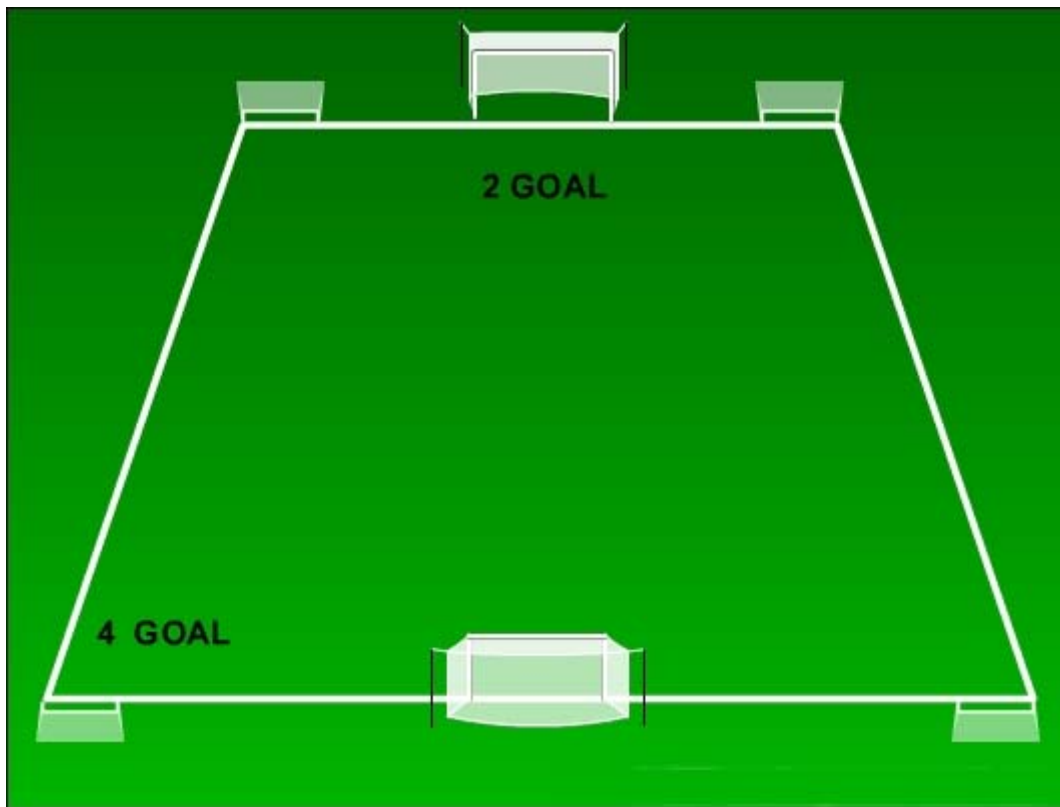
Set up/ rules

- Two teams of four players
- This game is a combination of two games. The two goal and the end zone games
- Each team attacks one goal and one end zone
- The coach calls out the name of the game to be played
- The players must react to the coaches' call in order to change games quickly and take up any advantages.



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FOUR GOALS AND TWO GOALS



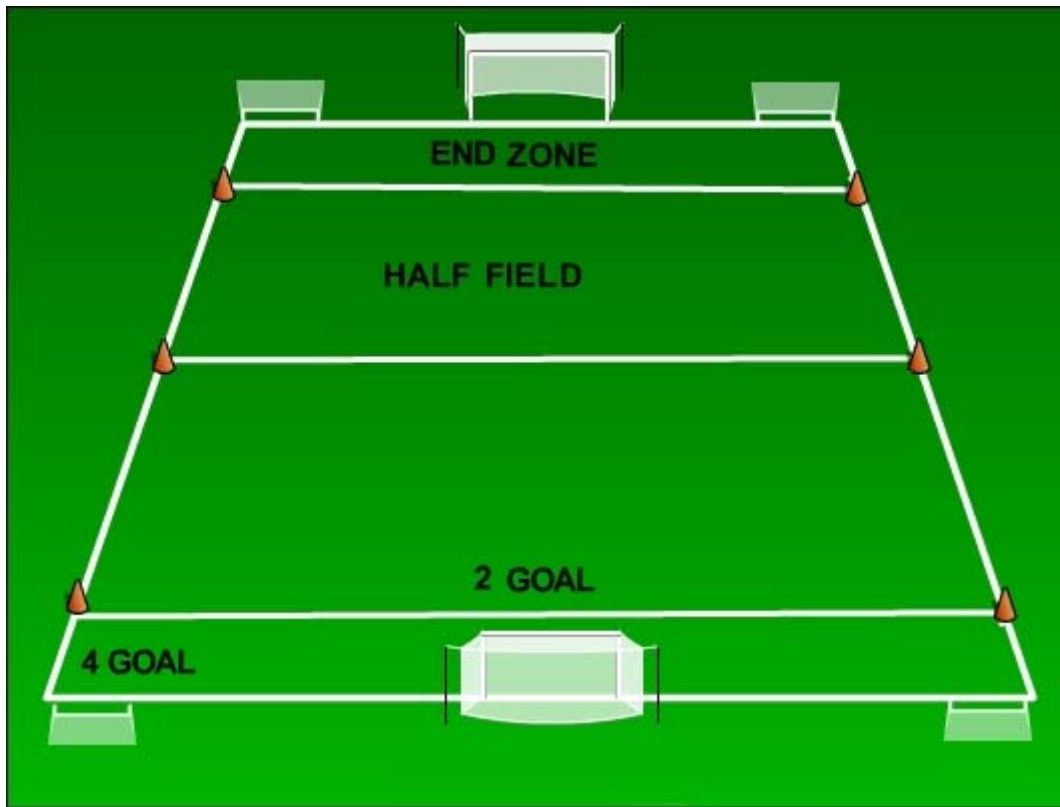
Set up/ rules

- Two teams of four players
- This game is a combination of two games. The two goal and the four goal games
- Each team attacks one normal goal and two mini goals
- The coach calls out the name of the game to be played
- The players must react to the coaches' call in order to change games quickly and take up any advantages.



ACL Soccer 4 v 4 Small Sided Games (SSG's)

FOUR GOAL, TWO GOAL, END ZONE, HALF FIELD



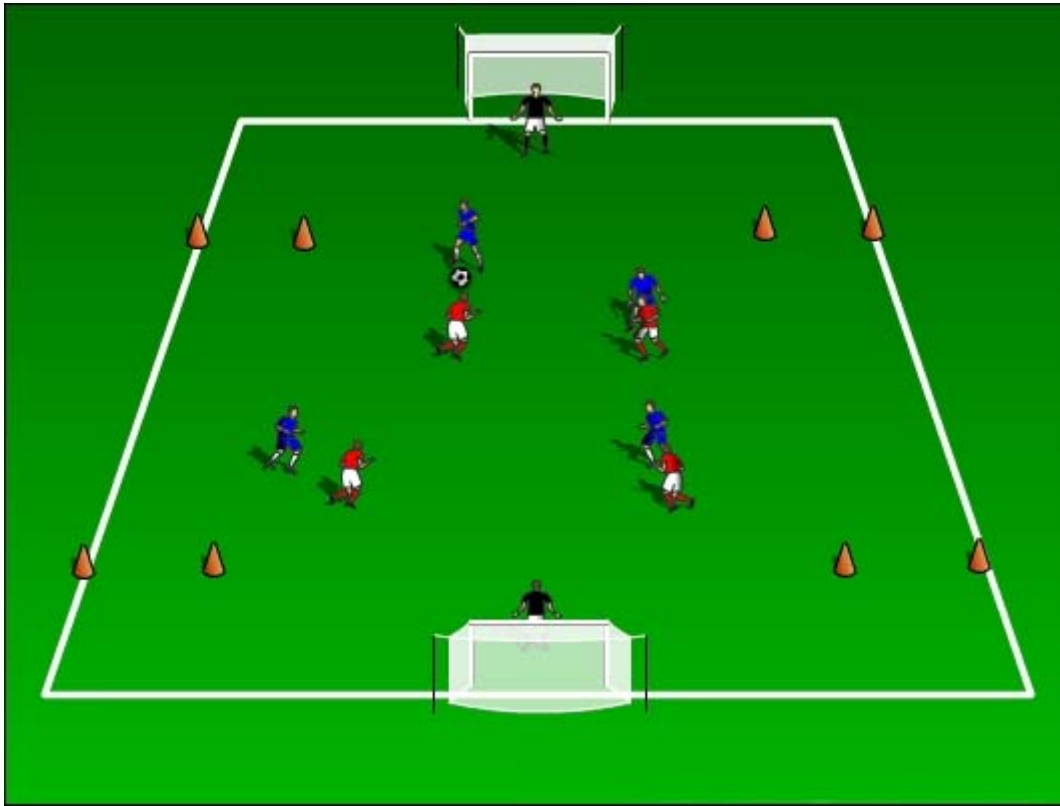
Set up/ rules

- Two teams of four players
- This game is a combination of four games. The two goal, the end zone, the four goal and half field possession games
- The coach calls out the name of the game to be played
- The players must react to the coaches' call in order to change games quickly and take up any advantages.



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THREE GAMES IN ONE



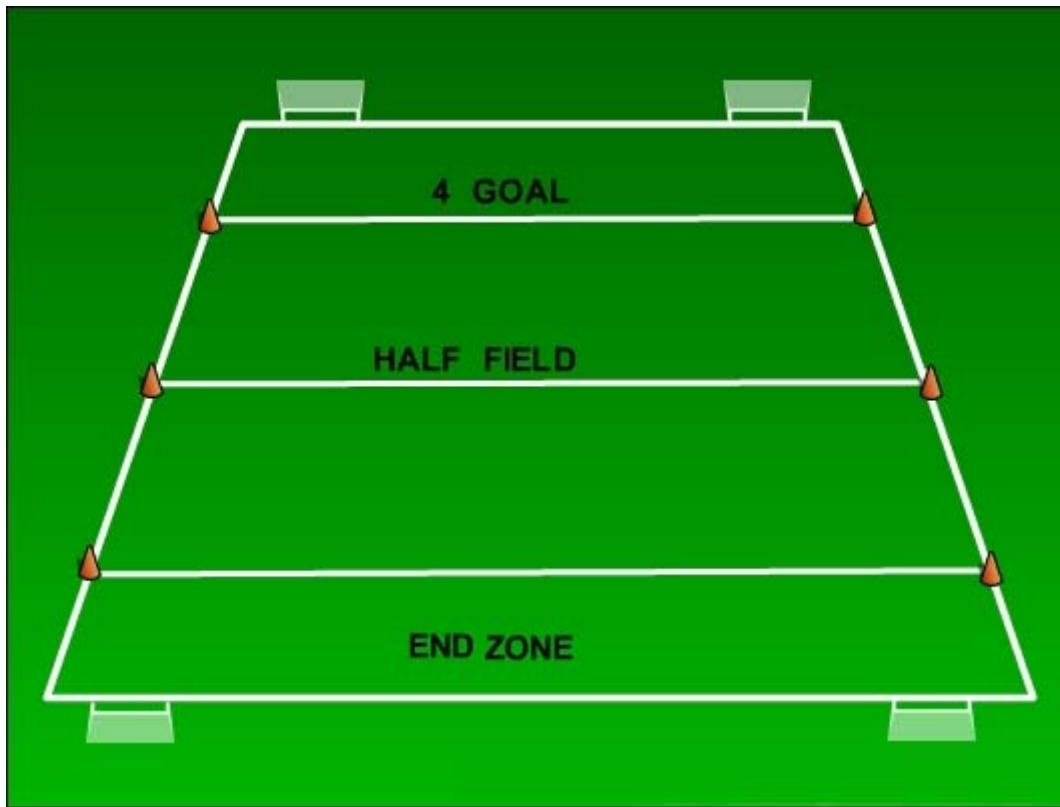
Set up / rules

- Two teams of four players
 - The game has three ways of scoring
- 1 One point is awarded for each time a player dribbles through the attacking gate and crosses the ball
 - 2 Two points are awarded for each set of 6 consecutive passes
 - 3 Three points are awarded for scoring a goal past the keepers



ACL Soccer 4 v 4 Small Sided Games (SSG's)

FOUR GOAL, HALF FIELD AND END ZONE



Set up/ rules

- Two teams of four players
- This game is a combination of three games. the end zone, the four goal and half field possession games
- The coach calls out the name of the game to be played
- The players must react to the coaches' call in order to change games quickly and take up any advantages.



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ULTIMATE FOUR V FOUR CHALLENGE



Set up / rules

- Two teams of four players
 - This game is a combination of five 4v4 games
- 1 Half field possession (1 point for getting all four players into your half)
 - 2 Possession game (1 point for making 6 consecutive passes)
 - 3 End zone game (1 point for stopping the ball inside your opponents end zone)
 - 4 4 goal game (1 point for scoring in your opponents mini goals)
 - 5 2 goal game (1 point for scoring in your opponents goal)

Each game is played for 4 minutes in the above order. The players rest for 1 minute between games. Once all five games have been played, the game then goes into "random mode" for a further ten minutes. The coach now calls the game to be played. The players must react quickly to the coaches' call and play the new game. Each game is scored in different ways (see the brackets above)



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4v4 ATTACK V DEFENCE GAME



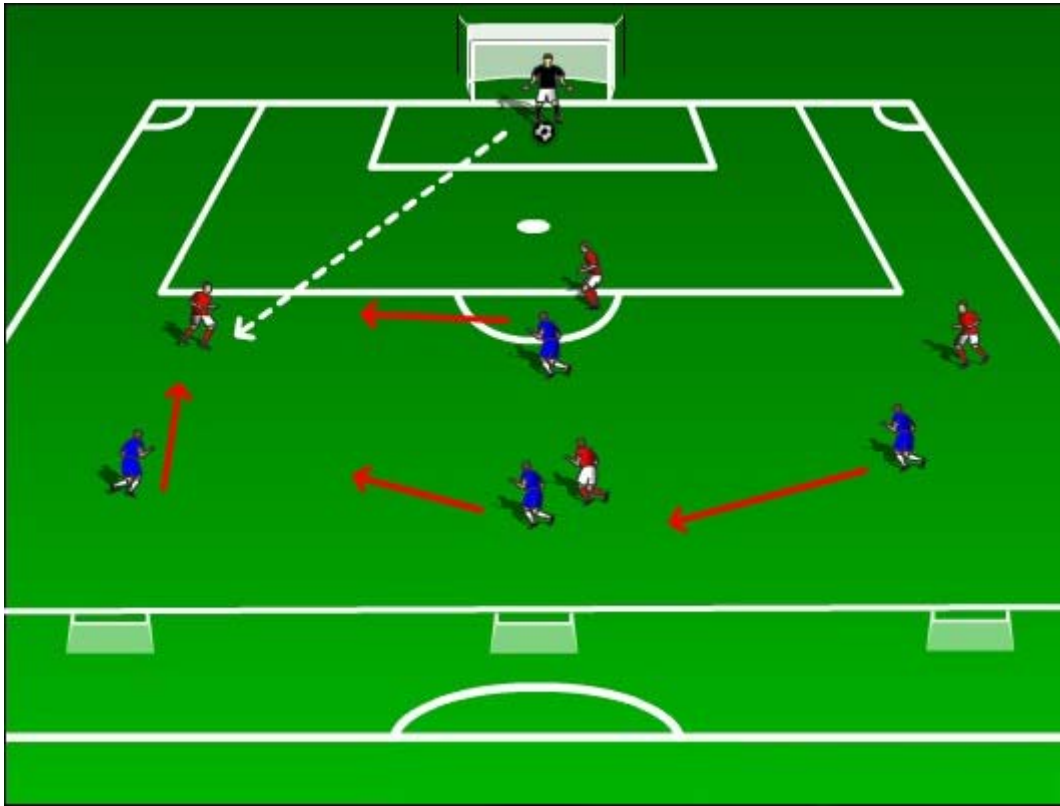
Set up / rules

- Two teams of four players
- One keeper
- One team start the game as the attacking team
- One team start the game as the defending team
- The game is played for two, five minute periods.
- The attack team continue to receive balls from the coach and attempt to build up and score goals
- The defending team attempt to stop them
- Once the first five minute period is completed, the attacking team count the number of goals scored
- The roles are now reversed with the defending team attempting to beat their opponents score



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4V4 PLAYING OUT OF DEFENCE



Set up / rules

- Two teams of four players
- One keeper
- One team work as defenders
- One team work as attacking
- The keeper starts the practice with the ball in his hands
- The defending team must attempt to pass out of defence and into one of the mini goals in order to score a goal
- The attacking team must try to win the ball and shoot into the net to score a goal
- The game is played for 10 consecutive balls
- The two teams then reverse roles for a further 10 balls



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4V4 BUILD UP TO SCORE



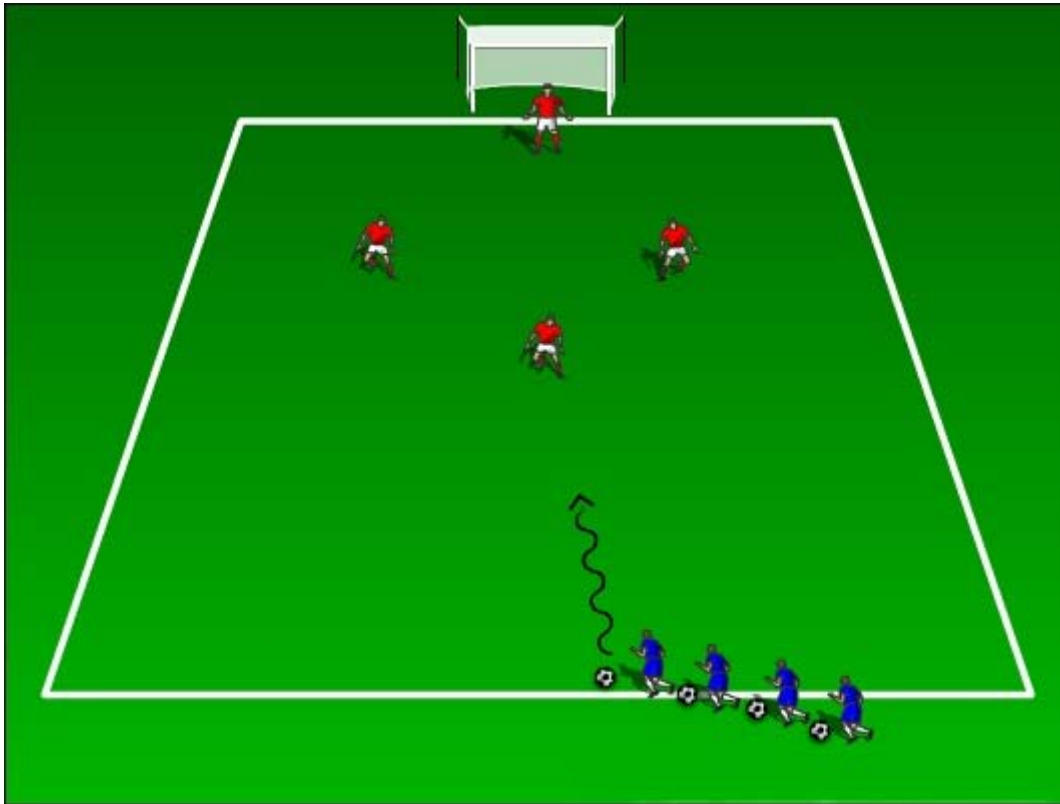
Set up/ rules

- Two teams of four players
- One keeper
- One team work as the attackers
- One team work as the defenders
- The game is played for four balls and then the roles are reversed
- To start, the attackers spread out across the pitch whilst only one defender starts the game. The attacking team receives a pass from the coach and attempt to build up and score in a 4v1 situation. After each ball is played, a new defender enters the pitch. Therefore the attacking team has four attacks (4v1, 4v2, 4v3, 4v4)
- Each time the attackers score, they are awarded a point, however each time they fail to score the defenders are rewarded with a point.
- The roles are reversed after all four balls have been played



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4V4 OVERLOAD DEFENDING



Set up / rules

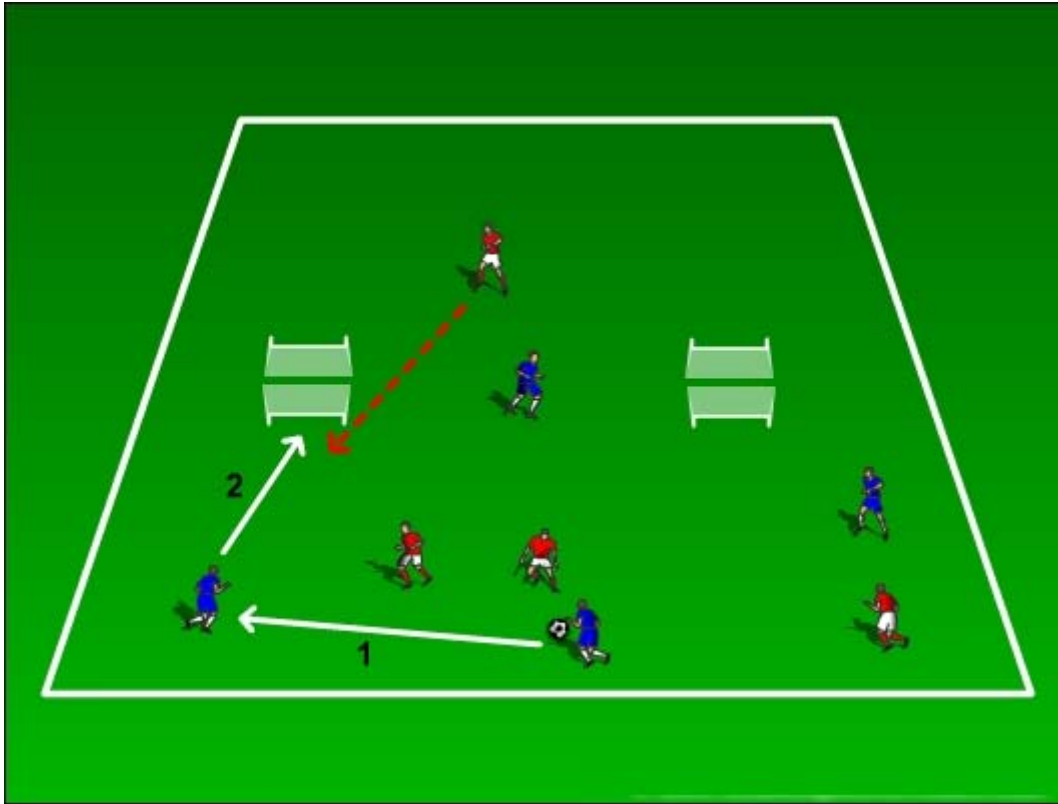
- Two teams of four players
- One team work as defenders
- One team work as attackers
- The game lasts for four attacks
- The defending team number themselves 1 to 4 and each take a turn as goalkeeper
- The defending team score a point for each time they stop the attackers scoring
- The attacking team score a point for each goal scored

To start the game, one attacking player dribbles into the pitch and attempts to score in a 1v3 situation. Once this ball has been played a new attacker dribbles into the pitch and attempts to combine with his team mate in a 2v3 situation. The game continues until all attackers are on the pitch and the game is a 4v3 (+1) situation



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4V4 FRONT AND BACK GOALS



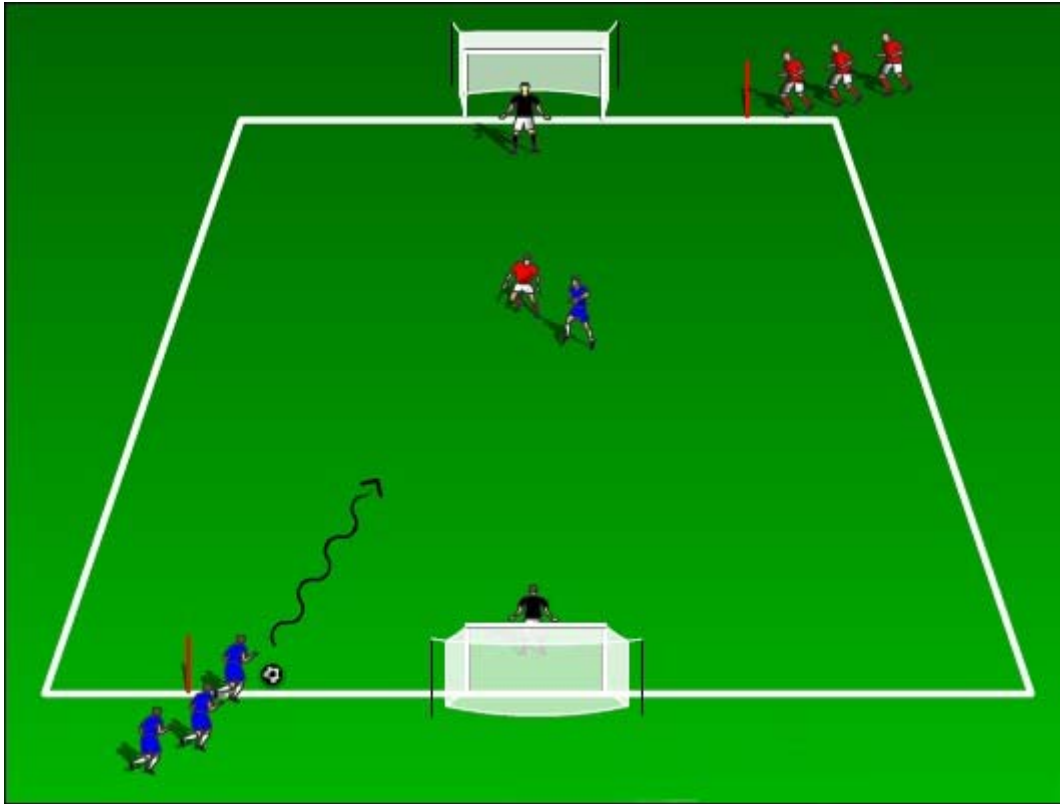
Set up / rules

- Two teams of four players
- Four mini goals that are placed as shown in the diagram above
- The teams can score in the front and back of any goal
- The game is played for a set time period



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4V4 – CONTINUOUS 2V1 GAME



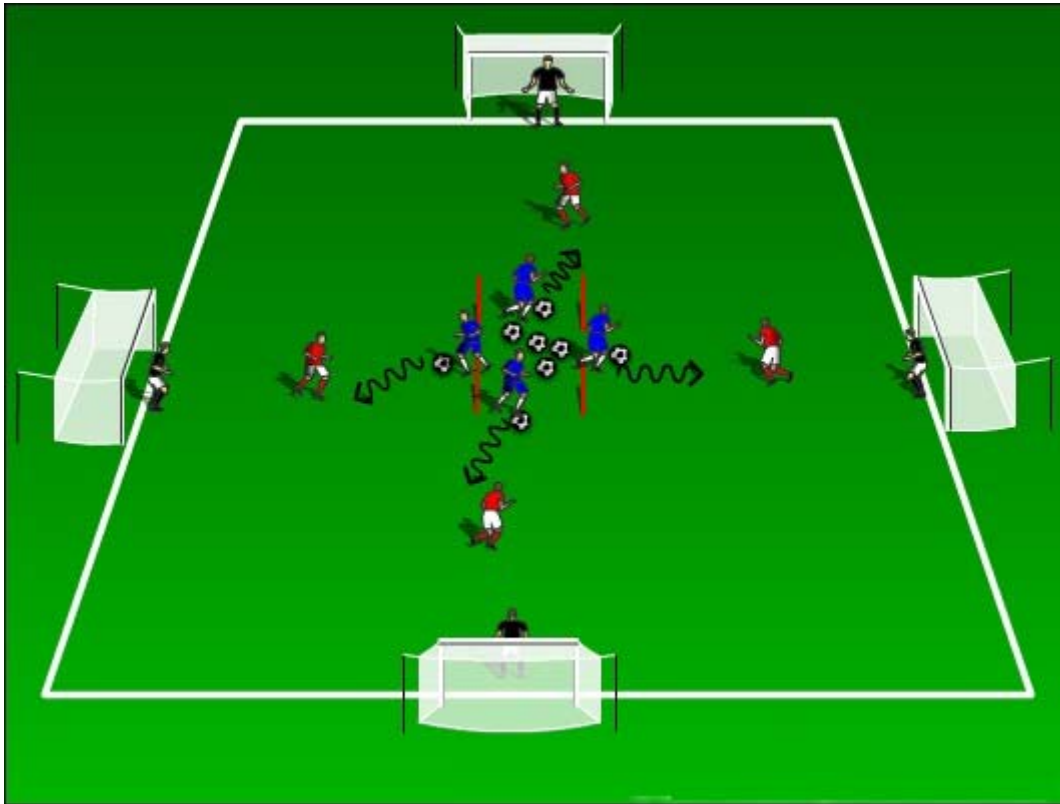
Set up / rules

- Two teams of four players
- Two keepers
- Each team defends one goal
- Two players start on the pitch
- The blue team start first and one player must dribble onto the pitch to make a 2v1 situation
- Immediately after this ball is played, one of the blue players leaves the pitch
- Now one of the red players dribbles onto the pitch to make a 2v1 situation
- The game works continuously for a set time period



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4V4V4 TEAM 1V1 BATTLES



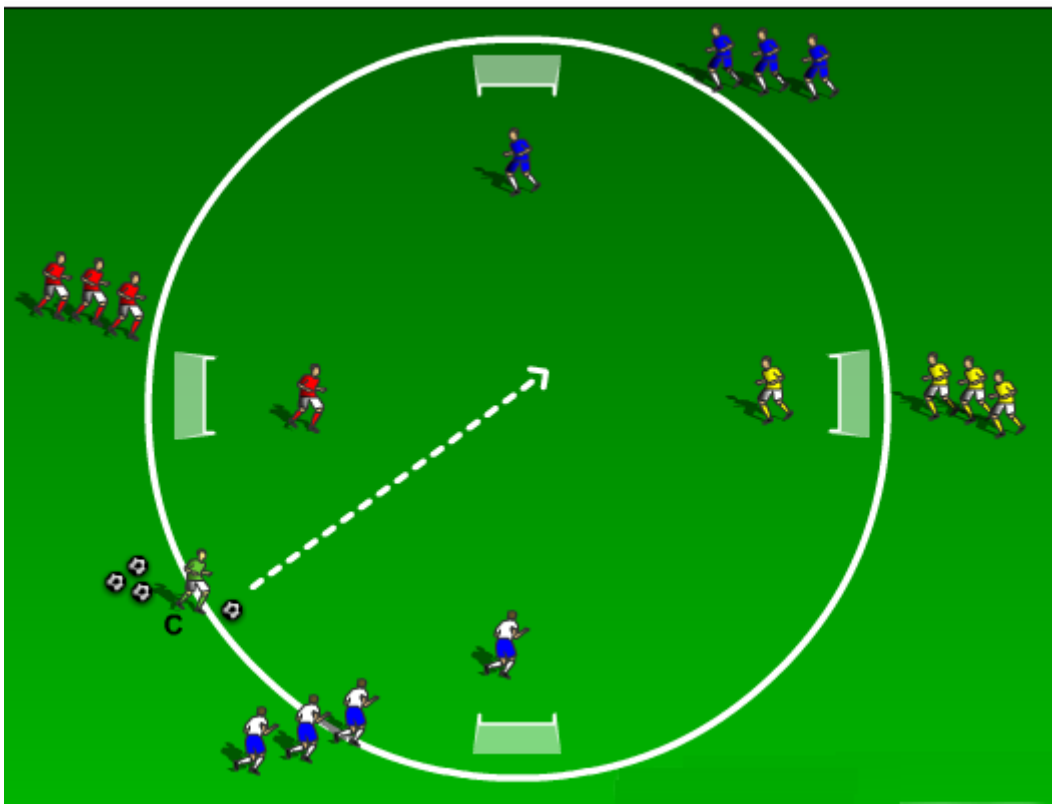
Set up / rules

- Three teams of four players
- One team work as attackers, one as defenders and one as goalkeepers
- 16 balls are needed for this game
- The attacking players wait for the coaches whistle, then attempt to score in a 1v1 situation
- Once the ball is played, the attacking player then goes to the next station on their left and waits for the coaches whistle to attack again
- Therefore each attacking player has four 1v1 situations
- Once all the balls have been played, the coach counts the total number of goals scored by all four attackers
- The roles are then reversed with the new attacking team attempting to beat the previous teams score



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4 v 4 – SCORE AND GET A PLAYER



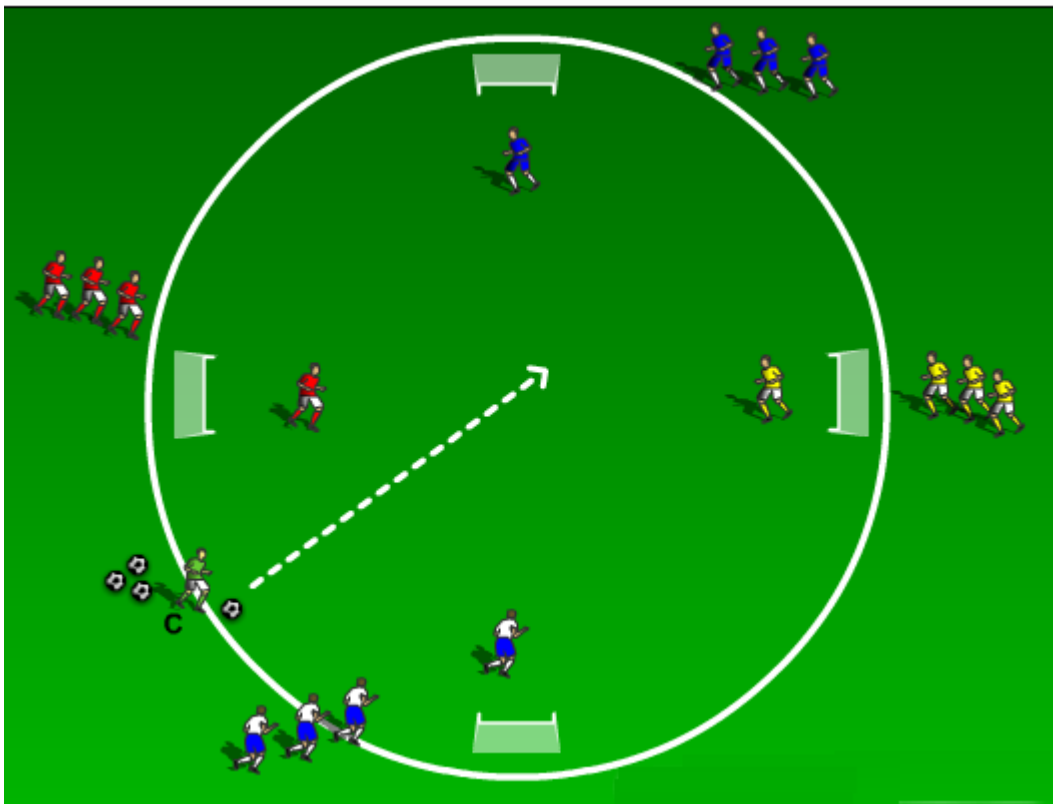
Set up / rules

- Four teams of four players
- One player from each team starts on the pitch
- The coach passes a ball onto the pitch
- All four teams / players compete to score a goal
- If successful in scoring, you get an extra player as a reward
- Again the coach passes a ball onto the pitch (if one team has fewer players then they start in possession)
- The aim is to have all four players on the pitch and to score a goal



ACL Soccer 4 v 4 Small Sided Games (SSG's)

4 V 4 LIFE'S



Set up / rules

- Four teams
- Each team has four players
- One player from each team starts on the pitch
- Each team has four lives
- The coach passes a ball onto the pitch
- The four players compete for possession and try to score
- If you concede a goal then you are ejected from the game / your team loses a life and a new player comes into the game