

# SSG ATTACK

**COACH SKILLS  
NOT DRILLS**



**better  
for ball**

**A FREE REPORT FROM [www.BETTERFOOTBALL.co.uk](http://www.BETTERFOOTBALL.co.uk)**

"You never see players on the park lining up to do a drill. You see them playing the game. For them the game already fulfills every criteria."

JOHAN CRUIJFF

Champions League Winning  
Player and Manager

3x World Player of the Year and  
European Player of the Century

"In 20 years of playing I've not seen 1 second of a match that looked anything like a shooting drill."

ANDREW COLE

230 Career Goals

English Premier League's  
All-Time 2nd Highest Scorer

## **SKILLS NOT DRILLS**

### **WHY SMALL SIDED GAMES?**

Children join teams to *play* football, not to stand around in lines or repeat the same movement over and over again.

Unlike drills, games aren't regimented - they are **dynamic, imaginative and most of all FUN**.

Games give players the chance to score goals, to tackle, to emulate their heroes. Players also get more touches of the ball and must utilise a broader range of movements, techniques and skills than in drills.

These skills can be translated to full-size full-speed games more easily because the images our players see in training more closely resemble the 'moments' when they need to utilise skills within a match. Drills can allow players to replicate the movement of a pass, but only games can replicate the situation as well.

Additionally, SSGs can be easily scaffolded to build up the pressure and time-constraints on our players gradually. This means the same conditions can be applied from 1v1 through to 4v4 and up to 11v11 - the only variable is the number of decisions that players have to make.

And this scaffolding means that every player can be set individual targets and challenges so, whether they are the strongest player or are struggling to keep up, they stay engaged in the session and motivated to improve.

This book contains eight Small Sided Games templates. After modifications, progressions and variations you could easily use nothing else for a year's worth practices. And if you did I promise your players would be smiling this time next year!

## ABOUT THE AUTHOR



I'm Pavl Williams, a grassroots football coach for AFC Urmston Meadows the Football Association Charter Standard Club of the Year.

As the founder and editor of 'Better Football' (<http://www.betterfootball.co.uk>) I have spent five years interviewing expert soccer coaches and researching youth football development.

But when I started coaching I was about as unprepared as it's possible to be!

I've played football since I was young but I'd never had a properly qualified coach, and besides this I didn't have the faintest idea how to put across what little knowledge I did have effectively.

So I jumped online and searched for some useful soccer coaching websites then I bought over twenty books and DVDs from Amazon.

My understanding and confidence grew during this period but there was always a nagging belief that there had to be better resources available to soccer coaches and parents:

Those I found were either far too simplistic, were just plain wrong, or contained good information but confusingly presented - meaning the more advanced my education got, the harder it was to progress.

That's why I set-up my own blog and sought out expert coaches who could help me bring together all of the soccer tactics, techniques and training methods that grassroots coaches need, and deliver them in an attractive and informative style.

If you've had a similar experience to me, I hope you will find our site, and this book, a useful resource on your own soccer coaching journey.

**PAVL WILLIAMS**

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## HOW TO USE THIS REPORT

This report contains 8 Small-Sided Game templates; key coaching points for a relevant topic, the layout and rules of the game and some possible modifications and progressions you might use to adjust the difficulty for individual players.

But each of these games is completely malleable. *You* can adjust the size of the pitch, the numbers on teams, the number or position of the goals, the stipulations for passing/touches/shots and anything else you like in order to challenge your players.

**Experiment, encourage creative football and, crucially, have fun!**

## RUNNING WITH THE BALL

**A**



**B**



**C**



**D**



### TECHNICAL POINTS

Take an aggressive first touch into the space. **[A]**

Push the ball forwards with your front foot on the side furthest from the defender.

Point your kicking foot down as it approaches the ball.

Push the ball forwards with your little toe and keep the ball within your stride. **[B]**

Keep your head up and use your eyes to look ahead.

### KEY POINTS

Keep the ball within playing distance. **[C]**

See what's ahead of you. **[D]**

The quickest route is a straight line.

Keep the ball away from incoming challenges.

Consider Risk vs. Reward & Likelihood of Success

## DRIBBLING AT SPEED

## CHASE ALLEY

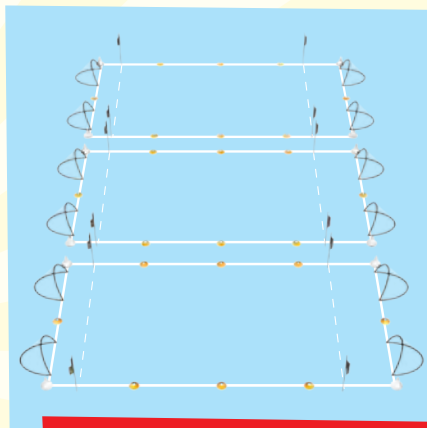
### INITIAL SET-UP

Set-up a series of 30m x 20m “Mini-Pitches” with two podgoals and a few balls on each end-line.

Place flags 5m from each end-line to mark the goal area.

Each “Mini-Pitch” needs four players but you can have more if your session has uneven numbers.

If you have multiple pitches leave a few metres safety area between each.



### CHASE-ALLEY SET-UP

### GAME RULES

Players dribble a ball across the pitch and shoot into either of their opponents' goals.

As soon as a player shoots, an opponent can break the other way.

If a player scores they earn a goal and can turn and chase their opponents.

If a player misses or is tackled their opponent gets a free run.

Play for three minutes or until a team goes three goals up.



### STARTING THE GAME

## MODIFICATIONS

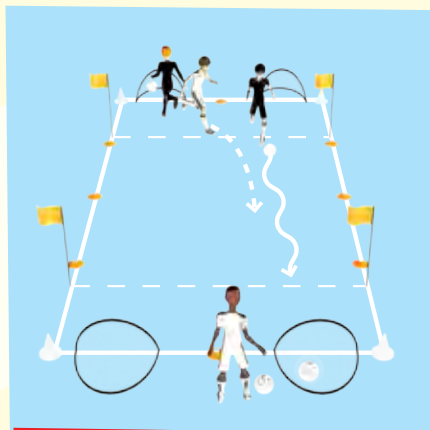
You should vary the challenge for each individual to keep all your players motivated.

If players are struggling to score offer them points just for reaching the goal-area and double if they score.

If players are finding the game easy, offer extra points if they get across the pitch with a set number of touches.



**IF PLAYER SCORES...**



**...THEY CAN CHASE**

## PROGRESSIONS

Extend the pitch to increase the technical challenge.

Take one goal away from each end-line to force increased accuracy.

Move the goal area so that players have to shoot from different distances.

Add an all-time defender in the middle of the pitch.

Play 2v2 - allowing teams to keep the ball if they score.



## **RUNNING WITH THE BALL**

### **THE NEXT STEPS**

Continue working on the aggressive first touch into space and close ball control during warm-ups and whenever the opportunity arises in a game.

A logical progression would be to look at cutting the ball with the inside and outside of the foot and disguise, feint and stop-start moves to use in 1v1 situations.



### **FURTHER READING**

When Is Dribbling The Best Option?

<http://www.betterfootball.co.uk/2009/06/tactical-point-is-dribbling-the-best-option/>

How To Run With The Ball - Coaching Points

<http://www.betterfootball.co.uk/2009/01/how-to-run-with-the-ball-the-coaching-points/>

## DISGUISE & FEINT MOVES

**A**



### KEY POINTS

Identify 1v1 situations.

Move the ball quickly, slow the defender then accelerate away.

"Sell, sell, sell" the move.

Double-feint to unbalance defender.

Attack the defender's standing leg.

Accelerate away.

**B**



### SHIMMY STEP-OVER

Lift right foot behind the ball, twist hips to the left and turn right knee across body to sell fake. **[A]**

Immediately twist to the right and bring left leg to outside of the ball, as if to take with the inside arch of left foot. **[B]**

**C**



**D**



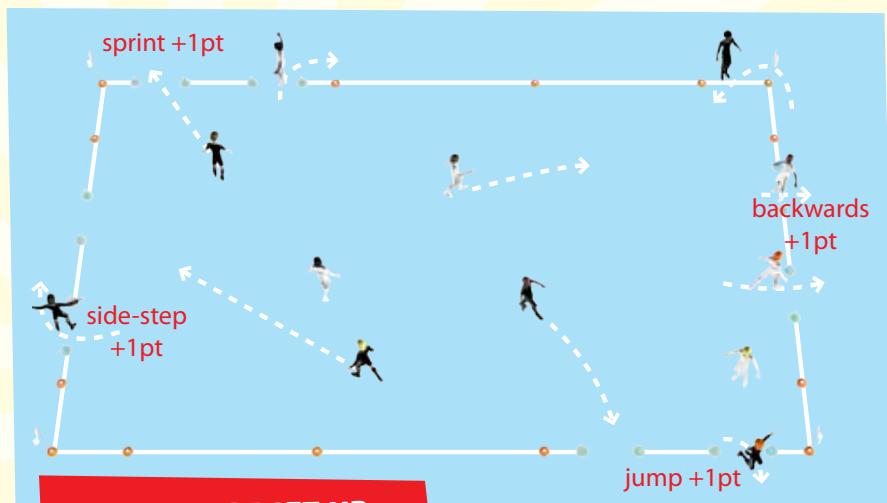
Pass left foot across the front of the ball – from outside to in – placing it alongside the ball. **[C]**

Take ball away to left with the outside of left foot and accelerate away from the defender. **[D]**

### A SHIMMY STEP-OVER

## GREAT ESCAPE

(This game is included in the  
FA Youth Award Module 1)  
[read more about the course here](#)



### GREAT ESCAPE SET-UP

#### INITIAL SET-UP

Mark out an area large enough to accommodate all the players in your session.

Use poles or tall cones to mark out pairs of gates around the perimeter.

Each pair of gates should be around a metre apart.

Start the session with a warm-up including lots of fundamental movements (running, jumping, twisting, turning etc).

#### GAME RULES

Players can earn points for 'escaping' the area through any of the gates.

After they have escaped they can enter again at any point on the perimeter.

Ask players to count how many points they earn in two minute games.

Offer more points for different methods of 'escaping' - work on agility, speed and balance.

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## PROGRESSIONS

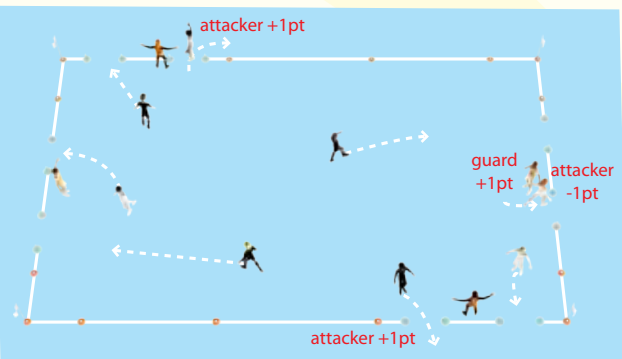
Add a 'guard' to each pair of gates.

Guards can earn points by tagging attackers.

If an attacker is tagged they also lose a point.

Next give each player a football.

Attackers must dribble through gates to earn



## ADD GUARDS TO EACH GATE

points and guards You can also add must make a tackle to floating guards, unattached to gates.

## MODIFICATIONS

Offer more points for getting through gates with tougher guards.

Offer bonus points for using particular 1v1 moves effectively.

Let struggling guards earn 2 points if they tackle an attacker or 1 point if they tag them.



## ADD FOOTBALLS TO PRACTICE DRIBBLING MOVES

If a player is finding the game easy then ask them to help a struggling player to score: This game encourages players to either in-hand to test co-ordination or to feet to test control.

## **DISGUISE & FEINT MOVES**

### **THE NEXT STEPS**

Include ball manipulation skills in your warm-ups so that players can practice their favourite 1v1 moves.

Develop your training games so that attackers can isolate defenders and provide incentives for dribbling past opponents.

Look at 'Stop-Start' moves and different techniques for turning.

### **FURTHER READING**

Cut Moves : Coaching Points

<http://www.betterfootball.co.uk/2009/08/dribbling-cut-moves-coaching-points/>

Inside Cut & Outside Cut Video

<http://www.betterfootball.co.uk/2009/08/dribbling-outside-cut-inside-cut-video/>



## SHORT PASSING/CONTROL



### INSIDE-ARCH PUSH PASS



### VERTICAL MIDLINE



### CUSHION CONTROL

### INSIDE ARCH PUSH PASS

Plant non-kicking foot alongside ball. Point knee and toes at target – this will correctly align body.

Pull kicking leg through a small backswing and turn knee away from body.

Keep head steady, eyes looking at point of contact on ball.

Push ball with inside arch, kicking through the vertical midline to ensure a straight pass.

Follow-through with kicking leg for more powerful passes.

Move into space and support.

### CUSHION CONTROL

Keep head steady, eyes on ball.

Move across the path of the ball.

Turn knee away from body, opening the receiving foot.

Cushion ball with inside arch, pulling foot away on impact to transfer energy away from ball.

Adjust feet quickly, move ball on.

## INTERCEPTOR

### INITIAL SET-UP

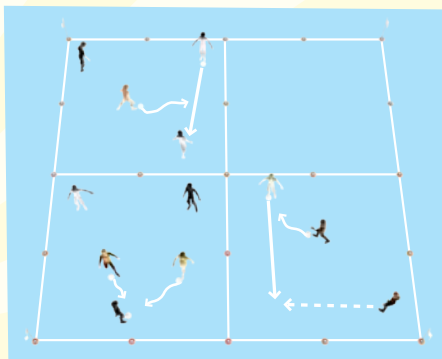
Set-up a large square pitch, and divide into four quarters.

Put 3, 4 or 5 players into each area.

Give 1 player in each area a bib and a ball. These players will be the 'interceptors'.

The remaining players have a ball between them and are the 'passers'.

Remember to change the interceptors regularly.



### 2v1, 3v1 & 3v2 GAMES

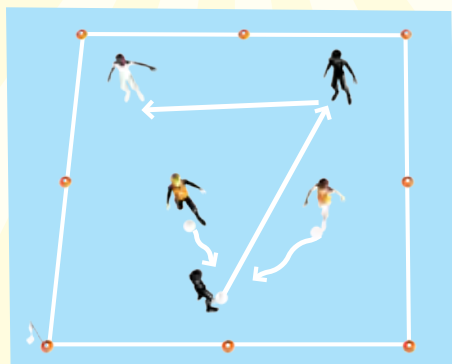
### GAME RULES

The passers must complete 10 passes to earn a goal for their team.

The interceptors must dribble around the area trying to interrupt the passes - but they must have control of their own ball at all times.

They earn a goal for every three interceptions they manage.

If the ball goes out of the area then the sequence starts again with no change to the score.



### DRIBBLERS PRESSURE PASSING TEAM

## MODIFICATIONS

You can play with any combination of numbers.

Reduce the decisions younger players have to make by playing 3v1 or increase the challenge by playing 3v2.

The passers' target can also be changed upwards or downwards depending on the ability of your players.

Also remember to move players between areas to offer different problems.



### ADD MORE INTERCEPTORS



### MOVE TO A LARGER GAME

## PROGRESSIONS

You can add decisions by increasing the number of interceptors involved.

Increase the technical difficulty by increasing the number of interceptors involved or by reducing the size of the area.

You can also increase the challenge for some players by limiting the number of touches they're allowed.

Offer more points for passing to segments with no interceptors in them (using the markers around the edge of the pitch).



## **SHORT PASSING/CONTROL**

### **THE NEXT STEPS**

You might progress to working on first touch - into space, turning or passing with it. You might also develop your player's hold-up play and shielding skills.

You can also work on combination play (2v1, 2v2 etc) and coach space creation.

### **FURTHER READING**

Short Passing - More Key Points:

<http://www.betterfootball.co.uk/2009/06/short-passing-inside-arch-push-pass/>

The 2 Most Important Principles of Successful Soccer Coaching

<http://www.betterfootball.co.uk/2009/06/the-2-most-important-principles-of-successful-soccer-coaching/>



## LONG PASSING

**A**



**B**



**C**



### LONG DRIVEN PASS



**LACES CONTACT ABOVE THE  
BALL'S HORIZONTAL MIDLINE**

### LONG DRIVEN PASS

Approach the ball at a slight angle and plant your non-kicking foot alongside the ball, with your toes and knee pointing at your target. **[A]**

Keep your head steady and over the ball. Look down at the point of contact on the ball. **[B]**

Angle the kicking foot so that your laces strike above the horizontal and through the vertical midline.

This will ensure the pass stays low and straight.

Follow through with your kicking foot to add more weight. **[C]**

### KEY POINTS

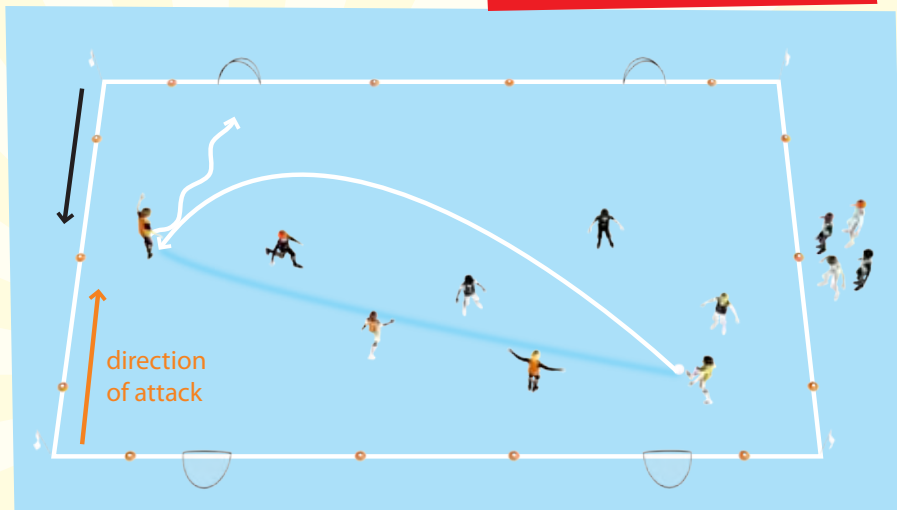
Play the ball early to exploit space behind the defence - this pass is very effective as a through ball.

Long driven passes are more likely to succeed when played down the line than through the more crowded midfield.

This pass can also be used as a strong accurate shot technique.

## SWITCH IT

### SWITCH IT SET-UP



### INITIAL SET-UP

Set-up a wide shallow pitch with two pod goals (or use poles) on each end-line.

Position the goals near to the corners so they are a fair distance apart.

Split players into teams of four and number each team. If numbers don't fit neatly you can have some all-time attackers.

Teams 1 and 2 play first. Teams try to score in either of the goals on their opponents' end-line.

### GAME RULES

After each goal the scoring team stay on and their opponent's swap with the next waiting team (e.g. Team 3).

The goal-scoring team picks up the ball and attacks the opposite end-line.

All other restarts (goal-kicks, corners, throw-ins) are the same as normal football.

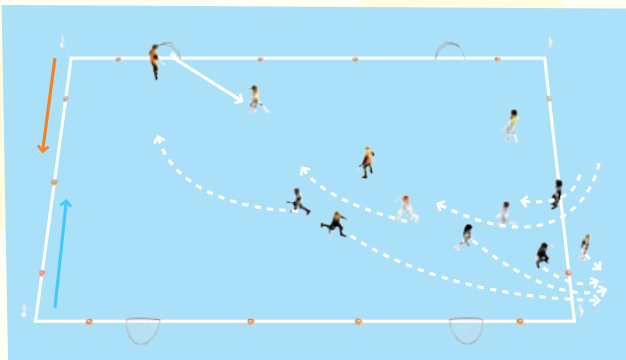
Play for five minute spells or to a set number of goals and then adjust teams.

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## MODIFICATIONS

The game allows ample opportunities to find space out wide and 'switch' the play. But if young players struggle generating enough power you can bring the goals closer to the middle of the end-lines.



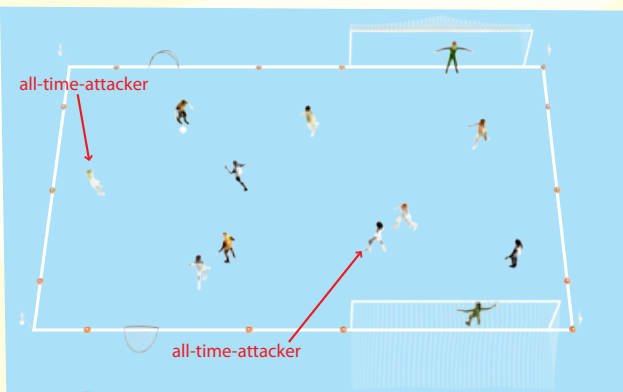
### ROTATE TEAMS AFTER A GOAL

Young players will benefit from learning the rules in a 2v2

and 3v3 game before progressing to 4v4. You can also add all-time attackers to help your players build possessions.

## PROGRESSIONS

You can increase the number of decisions players must make by awarding goals for a successful switch and control, or a series of ten consecutive passes.



### ADD GOALS TO PRACTICE CROSSES

Increase the technical difficulty by making the pitch wider and/or longer (for power) or shorter (for better accuracy).

Add goals and 'keepers' to create a crossing and finishing practice. Offer 2 goals if they are successful.

You can also challenge

## **LONG PASSING**

### **THE NEXT STEPS**

You can develop your practice to work on position specific skills such as playing a long ball down the line or firing low crosses across the penalty area.

Further sessions might look at long lofted passes or swerve passes with the inside arch and outside arch.

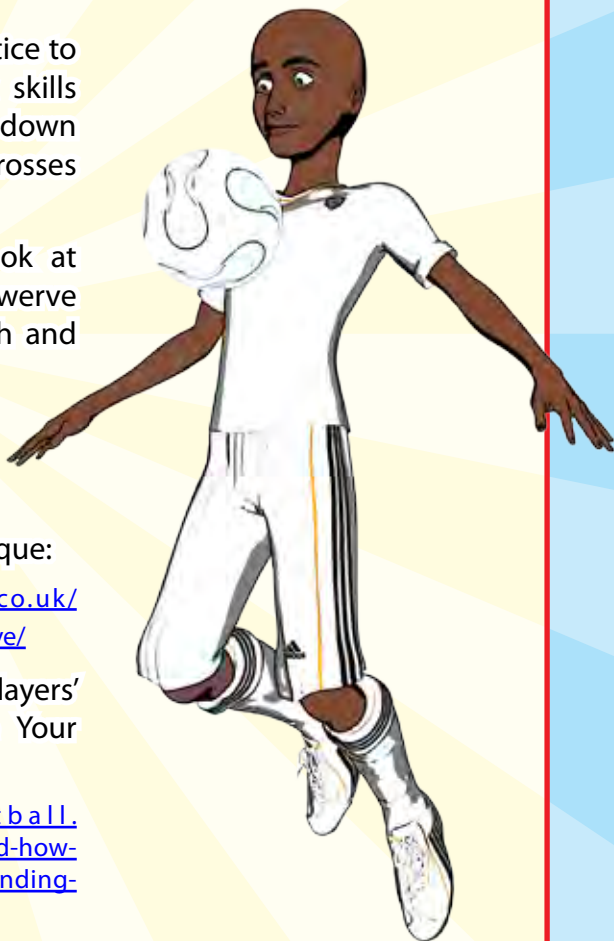
### **FURTHER READING**

Long Lofted Passing Technique:

<http://www.betterfootball.co.uk/2009/06/long-passing-lofted-drive/>

How To Triple Your Players' Understanding and Make Your Coaching Stick

<http://www.betterfootball.co.uk/2009/07/the-echo-method-how-to-triple-your-players-understanding-and-make-your-coaching-stick/>



## CREATING SPACE

**A**



### 2v1: GIVE-AND-GO

In a 2v1 situation the attackers always have a route to goal.

If the defender marks the supporting attacker then that player can move towards goal and shoot. **[A]**

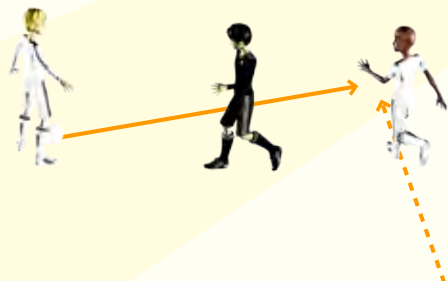
If the defender covers the ball-carriers direct route to goal then the attackers can pass. **[B]**

**B**



A give-and-go combination uses quick passes and movement to strand the defender and get goalside of them. **[C]**

**C**



### KEY POINTS

Keep the ball moving forwards. Losing momentum will allow a teammate to get back and support the defender.

Be direct - if the defender presents the space, be prepared to dribble and shoot on your own.

Don't hide. If you are the supporting player make sure the ball-carrier always has an open passing angle.

## RISKY BUSINESS



### RISKY BUSINESS

ATTACKERS	DEFENDERS	EACH GOAL
1	v 1	4 pts
2	v 1	2 pts
3	v 2	3 pts
4	v 2	1 pts

## INITIAL SET-UP

Set-up a small pitch with a goal and goalkeeper at each end. Divide your group into 2 teams.

## GAME RULES

Every goal scored is worth points - the amount depends on the players involved in each 'turn'.

Both teams have 5 turns to get as many points as possible. Keep running totals through the game.

Start one team on the sideline and give them 5 balls. The other team will defend; position them behind each goal.

Before each 'turn' the attackers decide how many players to use.

These players break from the sideline towards one of the goals. The associated number of defenders break from behind that goal to oppose them.

If the attackers score, the goalkeeper rolls the ball to the scorer and the same turn continues with an attack towards the opposite goal.

However if the defence win the ball and score, their goal is worth double the points for that turn.

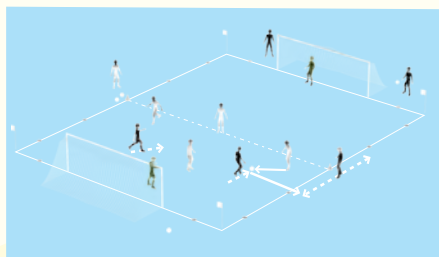
## MODIFICATIONS

Ensure that every player on the attacking team gets involved in one of their turns.

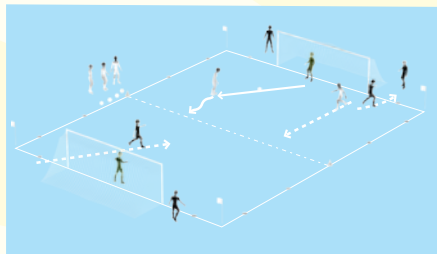
You can give each team more turns if necessary but make sure that you play a full round (i.e. both teams have attacked) before introducing rule changes.

The points system can be altered to encourage more 1v1s or more co-operative attacks depending on your priority for the session.

You can also experiment with different starting positions for the attackers and for the defenders.



**ALLOW DEFENCE TO EARN POINT FOR FINDING A TEAMMATE ON SIDELINE**



**IF TEAM SCORES, TURN CONTINUES WITH ATTACK TOWARDS OTHER END**

## PROGRESSIONS

Allow the defending team to earn a single point by passing the ball to a player on the sideline - this is like finding a man in space to relieve pressure in a game.

Grant the attacking team throw-ins and corners (using an additional player from the sidelines if necessary) so that the defence cannot just boot the ball out of play.

Increase the options on the scoreboard. For example, add 2v2 for 5 points per goal or 4v4 for 6 points per goal.



## CREATING SPACE

### THE NEXT STEPS

Creating Space is a hugely broad category, providing plenty of scope for a series of related sessions. Obviously these tactical aspects build upon strong passing, control and dribbling technique. These core skills should never be far from your coaching schedule.

You might go on to look at Give-and-Go variations, discuss overlap runs or examine how third-man running can create space.



### FURTHER READING

How To Score From Every One-on-One

<http://www.betterfootball.co.uk/2009/10/score-from-every-one-on-one/>

## COUNTER-ATTACKING

**A**



### OVERLAP RUNS

Overlap runs can destroy a strong defensive position and open up a lot of space in a counter-attack.

Defenders want to block the direct route to goal. This is always inside the attacker.

A supporting player's run on the outside affects the defender's decision-making. **[A]**

Either they will have to leave the runner - allowing a pass into the space behind them. **[B]**

Or they will cover the run - opening up space on the inside for a dribble or shot. **[C]**

**B**

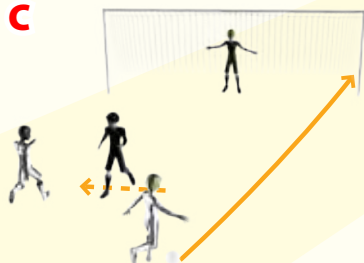


### KEY POINTS

Overlapping players should wait until the ball-carrier is turned and is facing the opponent's goal.

They mustn't run to a position where a pass is no longer possible, whether this is hidden behind a defender or offside.

**C**



**OVERLAPS CREATE SPACE**

## NON-STOP

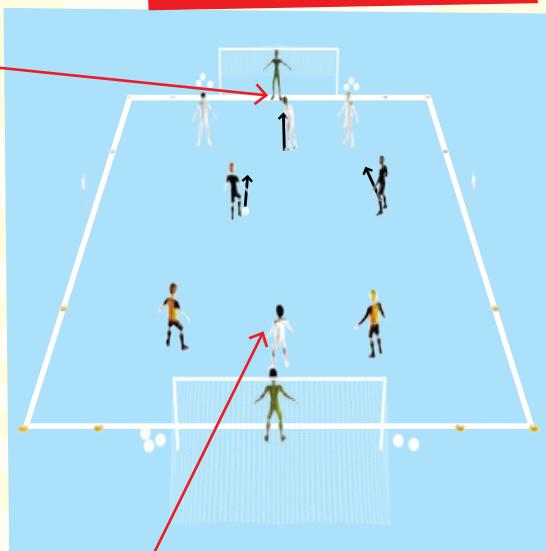
### STARTING NON-STOP

All-Time Attacker

### INITIAL SET-UP

Set-up a small pitch with a goal and goalkeeper at either end. Position flags or tall cones on each sideline to indicate the halfway line.

Position an all-time attacker in each half and then split the remaining players into three teams of 2 and give each team bibs.



All-Time Attacker

### GAME RULES

One team starts with the ball. The other two teams defend one of the goals.

The attacking team combine with the all-time attacker in one half to score in the goal at that end (3v2).

If they score, the 'keeper throws them the ball and that team attack (with the other all-time attacker) the opposite goal.

However, if the attackers lose the ball (or kick it out of play), the defenders attack the opposite goal - combining with the all-time attacker at that end.

The team who lost possession stay and defend that side until they win the ball again.

The team that scores always keep the ball and attack alternate ends in a succession of 3v2 attacks.

## MODIFICATIONS

If you don't have 10 players you can either set-up several smaller pitches and play 2v1 in each half, or you can accommodate more players by having two all-time attackers in one or both halves.

If you notice that a particular team are struggling you can give them an extra player (so they play 4v2 attack and 3v3 defence).

You can also swap the goal and GK for a smaller goal or add additional pod goals so that players don't have to beat a goalie.



**IF THE ATTACK SUCCEEDS**

## PROGRESSIONS

This game will continue to flow even as you add more players. You can increase the number of decisions that players must make by playing 4v3 or 5v4.

You can also make the game more difficult for the attacking team by adding all-time defenders - creating a more match-realistic 3v3 or 4v4 situation.

You can keep the game moving by incorporating throw-ins and corners into the attack, forcing defenders to play the ball out of attack to relieve the pressure.



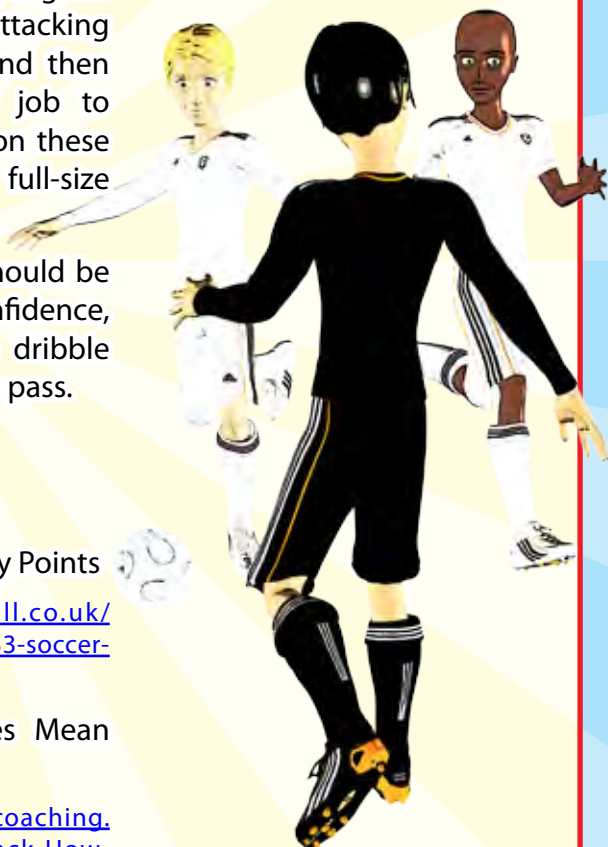
**IF THE ATTACK FAILS**

## **COUNTER-ATTACKING**

### **THE NEXT STEPS**

We should gradually progress our players from 1v1 attacking situations to 2v2, 3v3 and then 4v4 situations. It's our job to help our players transition these attacking principles to full-size games.

Eventually our players should be able to break with confidence, understanding when to dribble and when (and where) to pass.



### **FURTHER READING**

3v1, 3v2 & 3v3 Attack: Key Points

<http://www.betterfootball.co.uk/category/03-soccer-tactics/33-soccer-3v1-3v2-3v3-attack/>

How Small-Sided Games Mean More Goals

<http://www.betterfootballcoaching.co.uk/Article-372-248-Attack-How-Small-Sided-Games-Mean-More-Goals>

## FINISHING

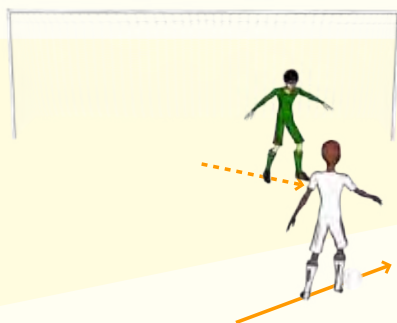
**A**



### SCORING A 1 vs GK

Get the ball into the penalty area as quickly as possible to give yourself the best chance of hitting the target.

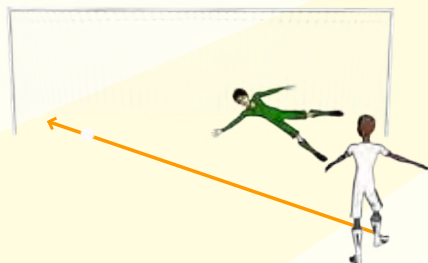
**B**



Look at the goalkeeper's position and decide whether you can put the ball over or around them with an early shot. **[A]**

If not, move the ball slightly to one side of the goal. This will move the 'keeper towards their near post and open up an angle for a far post shot. **[B]**

**C**



As soon as you have enough space, pass the ball into the far bottom corner - keeping it away from the keeper's reach. **[C]**

### ALTERNATIVE OPTIONS

If the 'keeper rushes out to close the shot down be prepared to take the ball around them using feint moves and the outside cut.

Don't be averse to powering the ball in at the near post if the goalkeeper leaves it open.

## **HUNGRY HUNGRY HIPPOS**

### **INITIAL SET-UP**

Mark out a large square field.

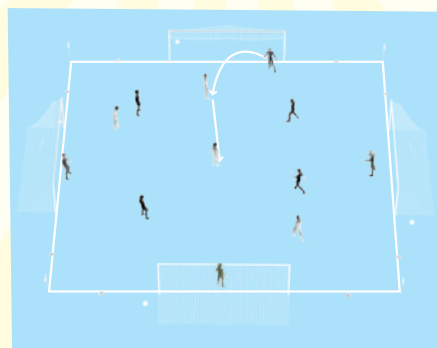
Position a full-size goal in the middle of each sideline. If goals aren't available you can use poles or large cones instead. Place a few footballs alongside each goal.

Nominate four goalkeepers and split the remaining players into two teams.

These two teams play against each other within the square.



### **HUNGRY HIPPOS SET-UP**



### **RESTARTING THE GAME**

### **GAME RULES**

Any player can score for their team in any of the four goals.

After a team scores, the 'keeper on that side rolls another ball to the scoring team. They continue the game but must score in a different goal.

If a shot is caught or the ball goes out of play, then the GK on that side gives the ball to the other team and they play on.

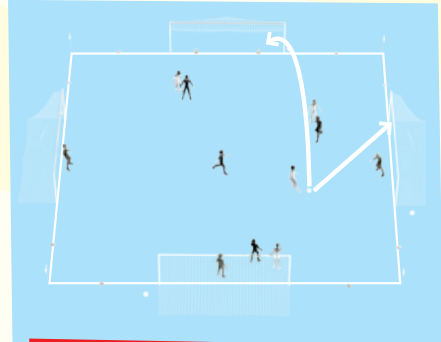
Play to a set number of goals and then rotate the goalkeeping players.

## MODIFICATIONS

To assist players who are finding the practice difficult, you can overload one side (e.g. play 5v3) or replace a goalkeeper from one of the goals with targets in the corners.

You can ask players to score with different techniques, different parts of the foot, on the volley or with headers.

Rather than restricting them to these moves, offer double points or another incentive to try them out – if a ball can be tapped in for a goal it should still be tapped in for a goal!



### POSITION CONES IN GOAL TO TEST ACCURACY

## PROGRESSIONS

To increase the challenge for more capable players you might restrict the goals that they can score in:

Allow only two opposite sides to emphasize turning and shooting.

Or allow only two adjacent goals to mimic the directional play of a match.



### CHALLENGE BETTER PLAYERS TO SCORE HEADERS



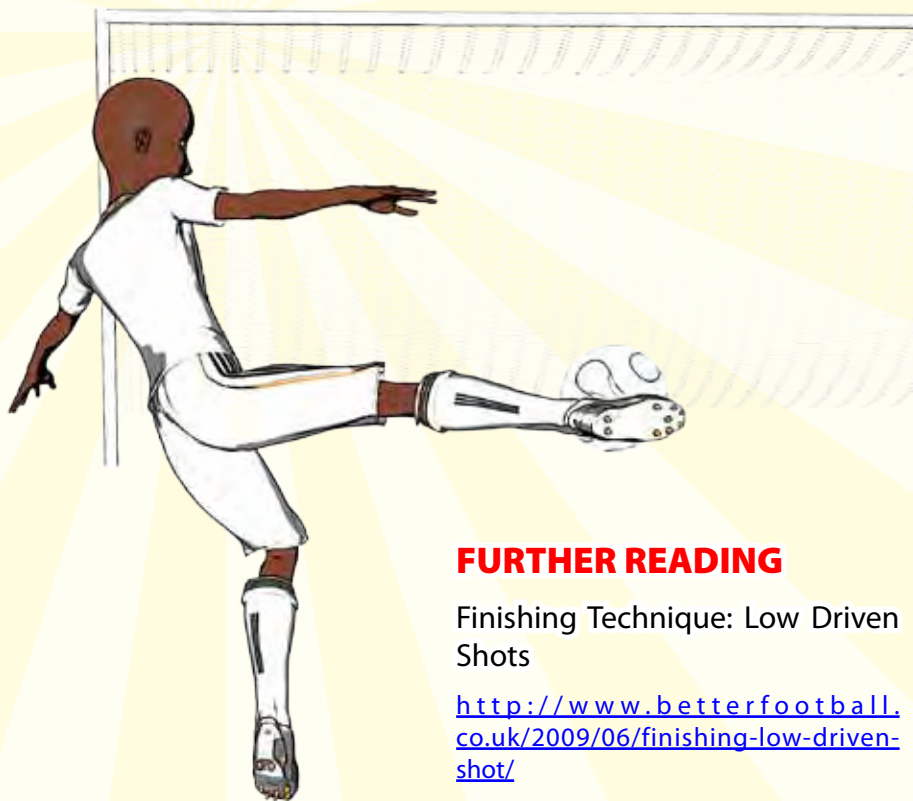
## **FINISHING**

### **THE NEXT STEPS**

Through this game players will learn the importance of taking on opportunities early.

Each player will have plenty of chances to finish from different angles and distances.

You might use further sessions to talk about following up shots / looking for rebounds, playing into space early and switching play, overloading and 2v1 attacking principles or even 1v1 defending and shot blocking.



### **FURTHER READING**

Finishing Technique: Low Driven Shots

<http://www.betterfootball.co.uk/2009/06/finishing-low-driven-shot/>

## PRESSING

### TACTICAL POINT

We want our players to play free-flowing attacking football - that's the whole premise of this book - but the proficiency of this approach depends entirely on having possession of the ball.

"Pressing" means aggressively closing down the opposition's ball-carrier, either winning the ball directly or forcing a rushed and errant touch. [A]

### KEY POINTS

The two seconds after losing the ball is often the easiest time to win it back.

Defending starts from the front - closing the space in the opponent's defensive third encourages long passes into our half where we have numerical advantages.

If we win possession in our opponent's half we have less distance to travel before we create a goal-scoring opportunity. [B]

A



**INTENSE PRESSURE CAUSES  
A PANICKED PASS AWAY...**

B



**...THE BALL IS INTERCEPTED  
IN A POSITION TO SCORE**

## **A GAME OF TWO HALVES**



**A GAME OF TWO HALVES**

### **INITIAL SET-UP**

Mark out a normal pitch with a single goal at each end.

Use flags on the touchlines and markers across the pitch to make the half-way line clearly visible.

Split group into teams of 4+GKs  
- use multiple pitches if you have enough players for simultaneous games.

### **GAME RULES**

Play a normal game including kicking off from the halfway line.

However if a team scores after winning possession in their opponent's half that goal is worth double.

This encourages the attacking team to work the ball forward quickly and accurately, and the defending team to press.

## MODIFICATIONS

You can also modify this game to develop player's quick passing and movement - making them more comfortable under pressure.

Add a new rule so that once a team scores they cannot shoot again until their opponents score.

Players will be forced to keep the ball in play and to use all the space on the pitch.



**AT 1-0, TEAM KEEPS BALL**

## PROGRESSIONS

You can further increase the difficulty by stipulating that every player must touch the ball in their own half before their team can break out and attack their opponent's goal.

You can increase the defending team's challenge by adding an all-time attacker or the attacker's challenge by adding an all-time defender.

You can also include elements of positional play by restricting a player from each team to either their opponent's or their own defensive half.



**DEVELOP ABILITY TO  
PASS IN TIGHT AREAS**

## **PRESSING**

### **THE NEXT STEPS**

Players have to be really fit to keep the tempo high for an entire game.

Research some exercises and training programmes that they can do in between football sessions.

### **FURTHER READING**

Defending: Key Points

<http://www.betterfootball.co.uk/2009/07/1v1-defending-defending-the-goal/>



## GET MORE GREAT COACHING TIPS!

### THANKS FOR READING...

...hopefully you've taken some points away from this book that you can apply in your coaching sessions?

I'd love to hear your comments at [pavl@betterfootball.co.uk](mailto:pavl@betterfootball.co.uk)

Our coaching journeys require that we never stop learning - I hope you will visit the Better Football website (<http://www.betterfootball.co.uk>) for loads more great soccer coaching advice and resources.

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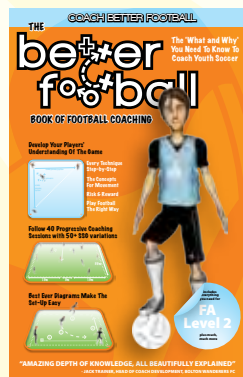
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### READ MY BOOK (COMING SOON!)

## BETTER FOOTBALL: The 'What & Why' You Need To Know To Coach Youth Soccer





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**COACH SKILLS  
NOT DRILLS**

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