



SMALL-SIDED GAMES {SSG's}

COMBINATION PLAY - ATTACKING AND DEFENDING {when it's on}

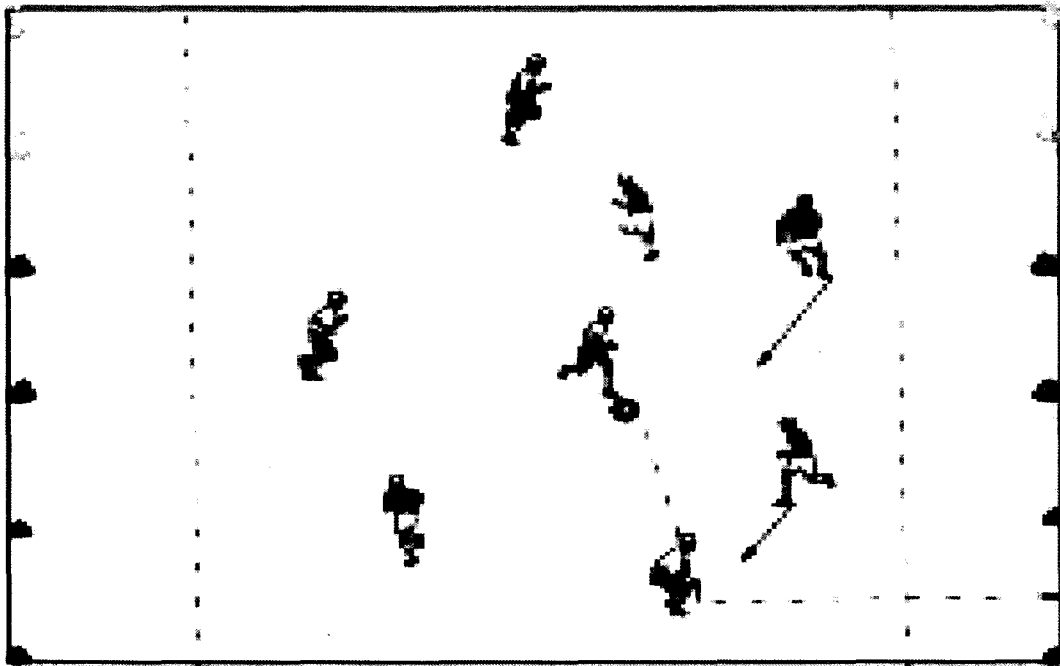
The use of small sided games is valuable in developing soccer players of all ages and is used at every level of soccer from professional to grass roots. Every coach should know how to use Small-sided games to develop the specific aspects of a player and a team.

While team tactics require the use of a larger playing area and number of player, the small-sided game is essential for developing technique and small group play which is easily transferable to the 11 aside game.

Advantages of Small-Sided Games

1. Players get more touches on the ball
2. Players have more responsibilities because there are fewer players to do the work
3. The smaller area to play in gives more opportunities to defend and attack quickly
4. The smaller area enables players to learn how to play quickly and to make decisions under pressure
5. Coaches can more easily control the playing conditions
6. The playing conditions (size of field, number of players, size of goals, number of touches permitted) can be more easily manipulated to suit different ages and playing abilities.

4 V 4 + No-Go Area



Set-up

- 30 x 25 yd area
- 10yd no go area at each end (may be smaller for 5-7 year olds)
- Set up three goals in each end of the no-go area 2yds apart
- 2 teams of 4 or 5 players (5v5 will need a 35 x 25 yd area)
- Players cannot enter the NO-Go Areas

Sequence

- Teams play 4v4 or 5v5
- Teams use combination play to set up scoring opportunities in either of the three end goals of the opposing team.

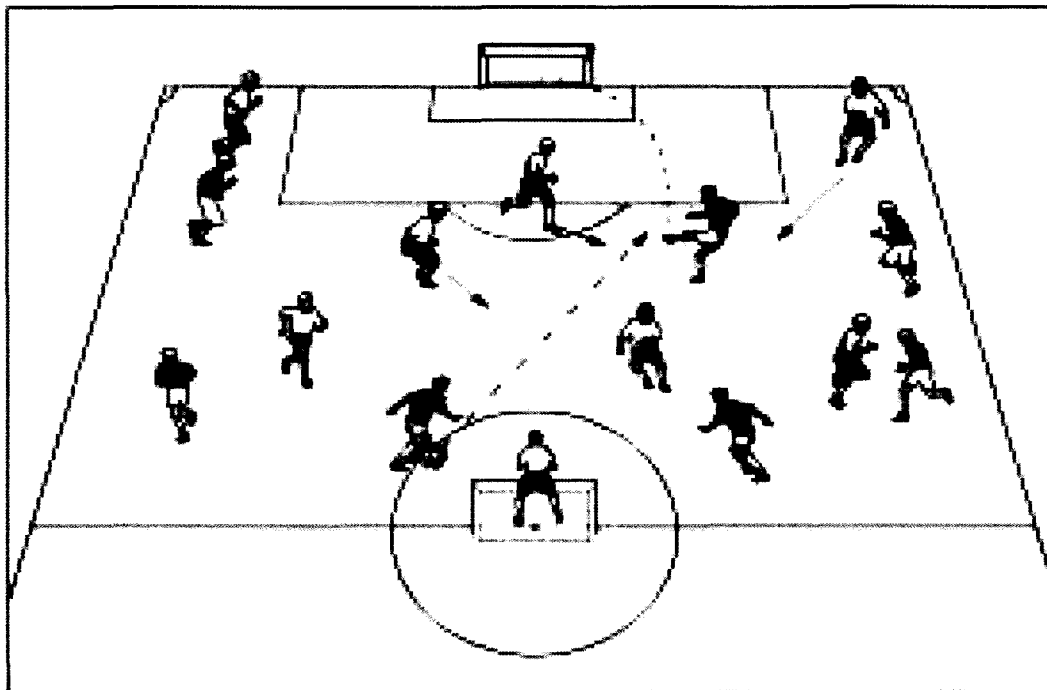
Progression

1. Limit players to 2 touches
2. Make the no-go areas 15yds deep instead of 10yds and increase the goal size

Coaching Points

- Support
- Using combination play to beat opponents
- All players attack and all players defend
- Accuracy of shooting

7 V 7 + No-Go + Goal



Set-up

- Half Field (age appropriate)
- Regular size goal, appropriate for the age group you are training, at each end
- The penalty area is a "No-Go" area except for volleys
- 2 teams of 7 players (may be less at younger ages)

Sequence

- Teams play 7 V 7
- Teams attempt to score into the empty goal inside of the No-Go Area by shooting from outside of the penalty area or by volleying (ball cannot touch the ground before it is shot) inside of the No-Go area
- The team shooting at the goal with a goalkeeper may shot and score from anywhere
- Teams change ends after a specified amount of time

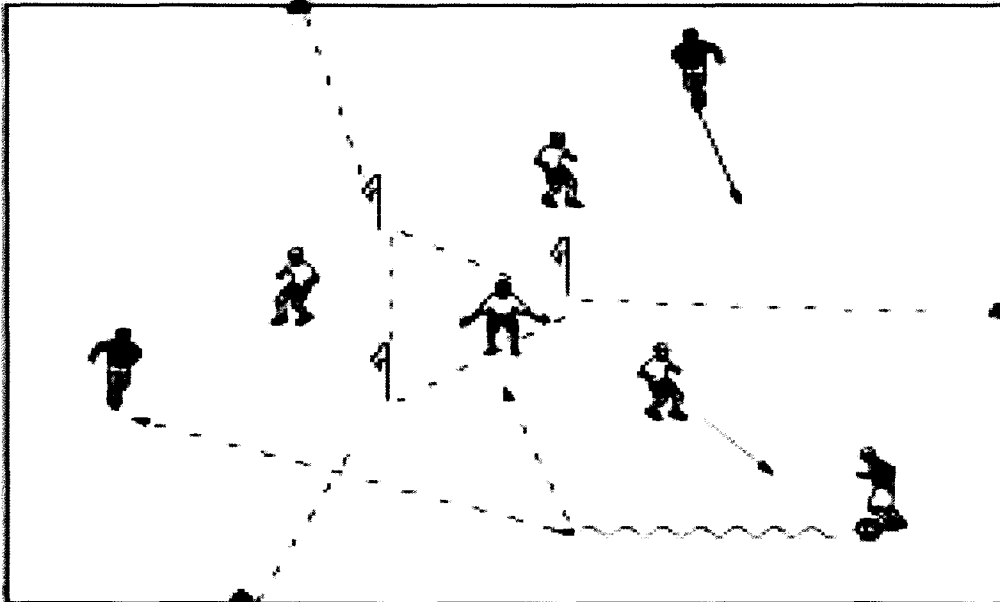
Progression

1. Play with a smaller goal inside of the NO-Go area to make scoring more difficult
2. Limit the number of touches

Coaching Points

- Create scoring opportunities (both teams)
- Shoot at every opportunity
- Different types of shots (volleys, inside of foot, instep, short & long range)

1 v 1 Triangle Game



Set-up

- 45 x 45 yd grid (smaller for younger players)
- 3 goals using 3 flags (flat cones to prevent injury to diving goalkeepers will suffice if flags are not available)
- Divide the field into 3 equal areas using cones to mark the areas
- Divide teams into 3s with 2 opponents in each area

Sequence

- Play starts by the coach or goalkeeper throwing a ball into one of the area
- Players play 1v1 in their area and attempt to score on the roaming keeper or pass to a teammate in another area who tries to score, If the defending team wins the ball then they immediately become the attacking team while the other team defends

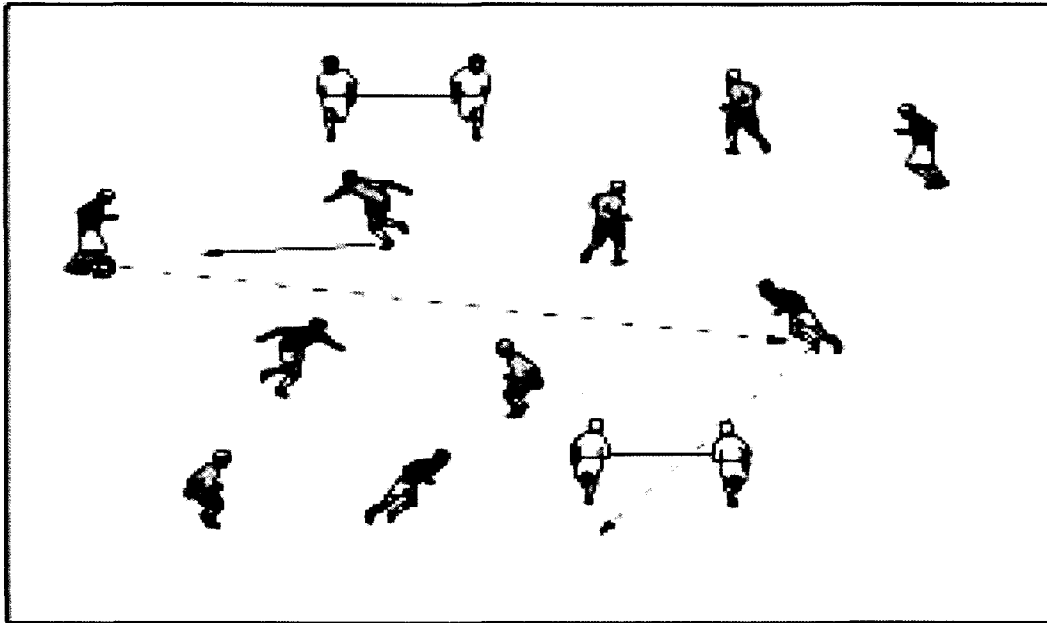
Progression

1. Play 2 v 2 in each area (can play 3 v3 with older players)
2. Work on defending technique by the defending team
3. Remove the designated playing areas and play 3v3, 4v4, 5v5 or 6v6

Coaching Points

- Create scoring opportunities
- Look to shoot first and pass second
- Goalkeepers must be quick to adjust to different triangles and the defending team winning the ball and quickly attacking
- Accurate passing
- Good defending
- Transition quickly (defence to offence and offence to defence)

6 V 6 ON TWO MOBILE GOALS



Set-up

- 40 x 50 yd grid (smaller for younger players)
- 2 Teams
- 4 players holding sticks or pennies and act as mobile goals

Sequence

- Teams play 6v6 (coaches choice) on the mobile goals
- Players must score under the bar which must be kept at waist height Most goals scored in a specific time limit (10 minutes)
- Teams can score from any moving goal but only from the front of the moving goal

Progression

1. A goal can only be scored when the ball is played and received by a team mate
2. Limit the number of touches (2 touches etc.)
3. Use goalkeepers as mobile goals and a goal is scored when a ball is shot to a goalkeeper who makes a save.

Coaching Points

- Accurate passing
- Accurate shooting