



# **Small Sided Games**

## **Coaches Resource**



## Small Sided Games

### Contents

<b>Awareness and Receiving</b>	<b>Page 3</b>
<b>Ball Striking</b>	<b>Page 12</b>
<b>Short Passing</b>	<b>Page 19</b>
<b>Dribbling</b>	<b>Page 26</b>
<b>Running With The Ball</b>	<b>Page 32</b>
<b>Turning</b>	<b>Page 37</b>
<b>Defending</b>	<b>Page 42</b>





# **Small Sided Games**

## **Awareness and Receiving**



# Awareness and Receiving

## Organisation

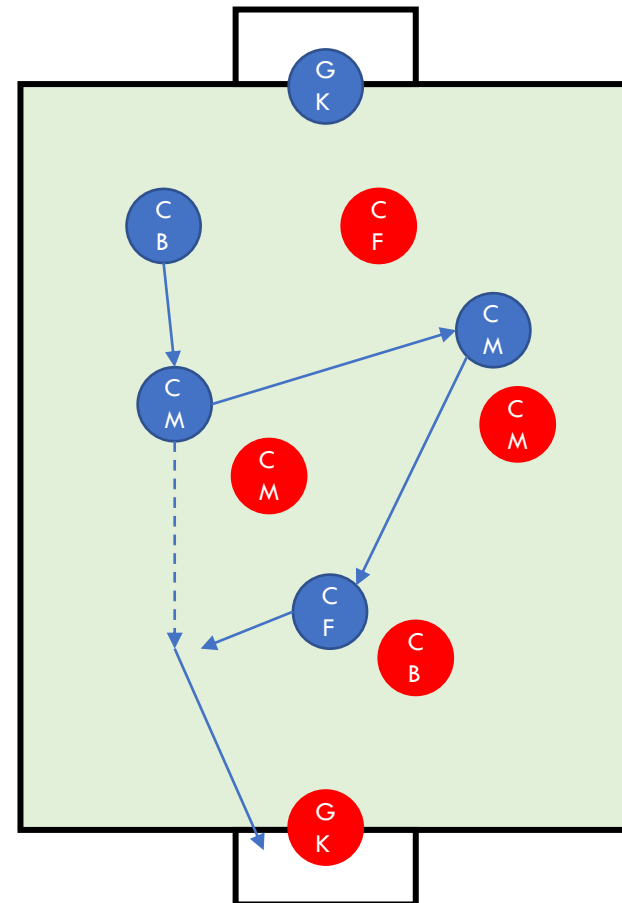
- A point is rewarded for every pass in the build up to a goal.
- For example, if 3 passes are made in the build up to a goal, their team get 4 points.

## Returns

- High repetition of players looking to connect and combine with teammates.
- High repetition of movement and support.

## Coaching Considerations

- Creating angles to receive.
- Connecting and combining to outplay.
- Weight and direction of passes (pass detail).
- Recognising when to pass or dribble.





# Awareness and Receiving

## Organisation

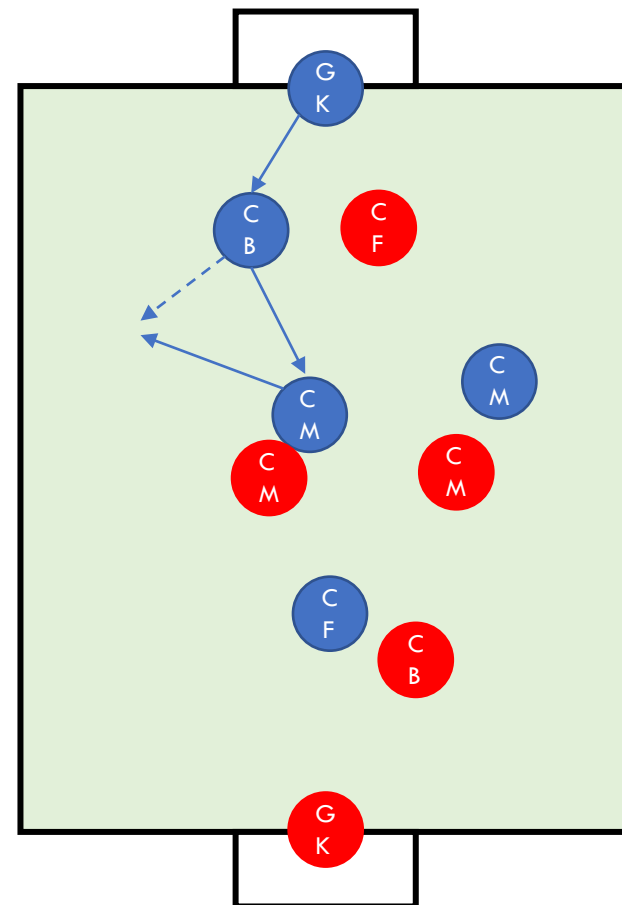
- Players must make a movement after passing the ball. This may be a 2-yard angle or a forward run but they must find a new space after passing.

## Returns

- High repetition of players looking to connect and combine with teammates.
- High repetition of movement and support.

## Coaching Considerations

- Creating angles to receive.
- Using all the pitch (width, length and depth).
- Identifying when to clear space to create space for teammates.





# Awareness and Receiving

## Organisation

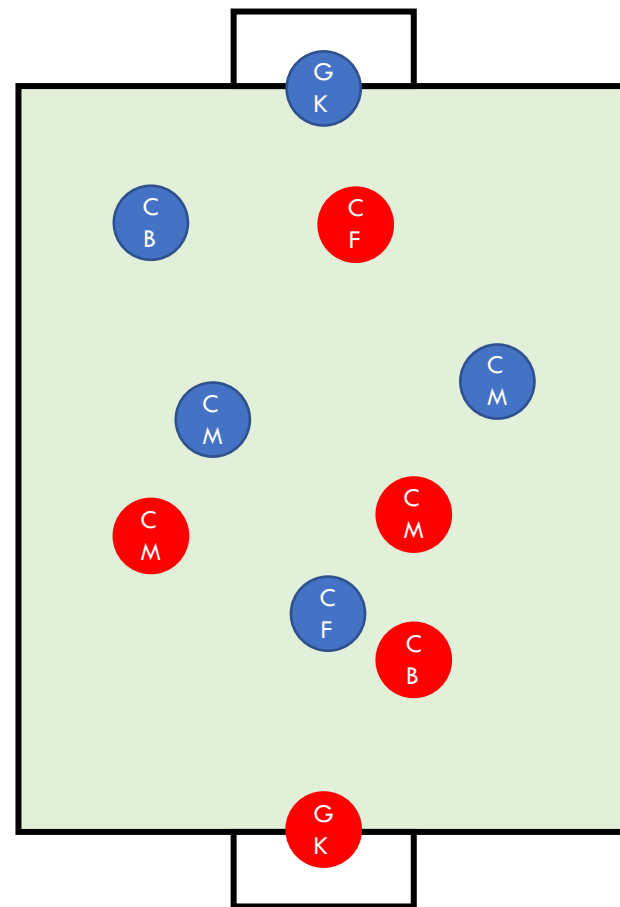
- Players are challenge to ensure the ball is always on the move when in possession.
- A freekick is rewarded if the ball stops.

## Returns

- High repetition of players looking to connect and combine with teammates.
- High repetition of movement and support.

## Coaching Considerations

- Creating angles to receive.
- Connecting and combining to outplay.
- Weight and direction of passes (pass detail).
- Recognising when to pass or dribble.



## Organisation

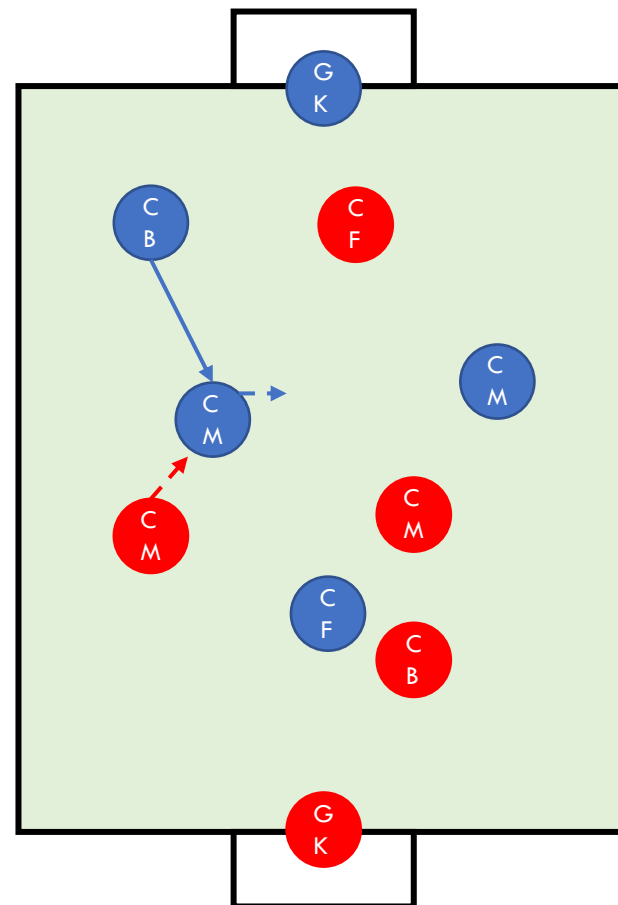
- Players must take a touch when receiving the ball therefore players must have an idea in their head before receiving.

## Returns

- High repetition of checking shoulders.
- High repetition of movement and support.
- High repetition of players having to move the ball with their first touch in the direction they want to travel.

## Coaching Considerations

- Checking shoulders to identify next move.
- Creating angles to receive.
- Using all the pitch (width, length and depth).
- Recognising when to pass or dribble.



# Awareness and Receiving

## Organisation

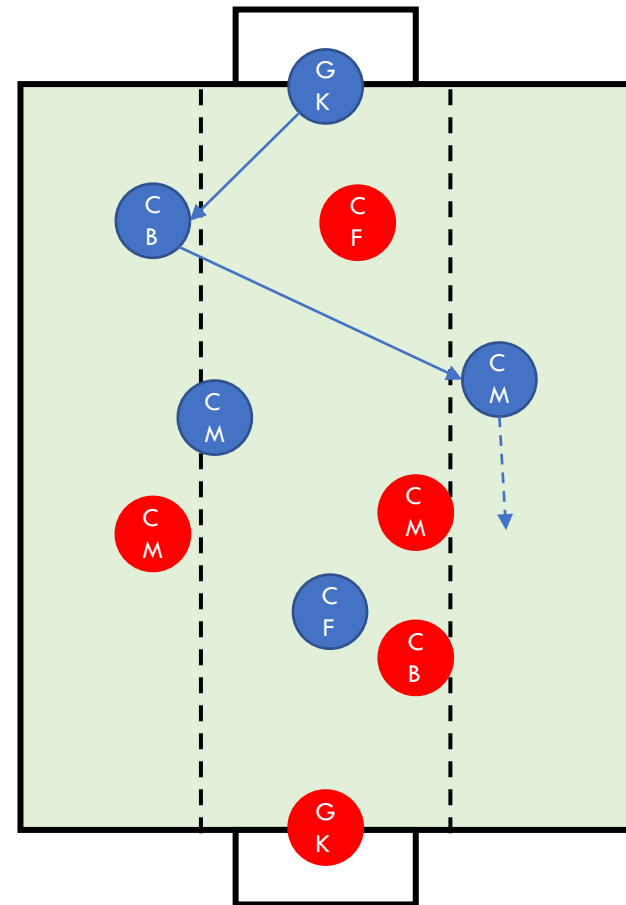
- The pitch is split into vertical thirds.
- In possession your team must occupy all 3 channels. If not, a free kick is rewarded to the other team. On transition, players can be given a few seconds to achieve this.

## Returns

- High repetition of checking shoulders.
- High repetition of movement and support.
- High repetition of players having to move the ball with their first touch in the direction they want to travel.

## Coaching Considerations

- Creating angles to receive.
- Using all the pitch (width, length and depth).
- Recognising when to play through, around or over.







# Awareness and Receiving

## Organisation

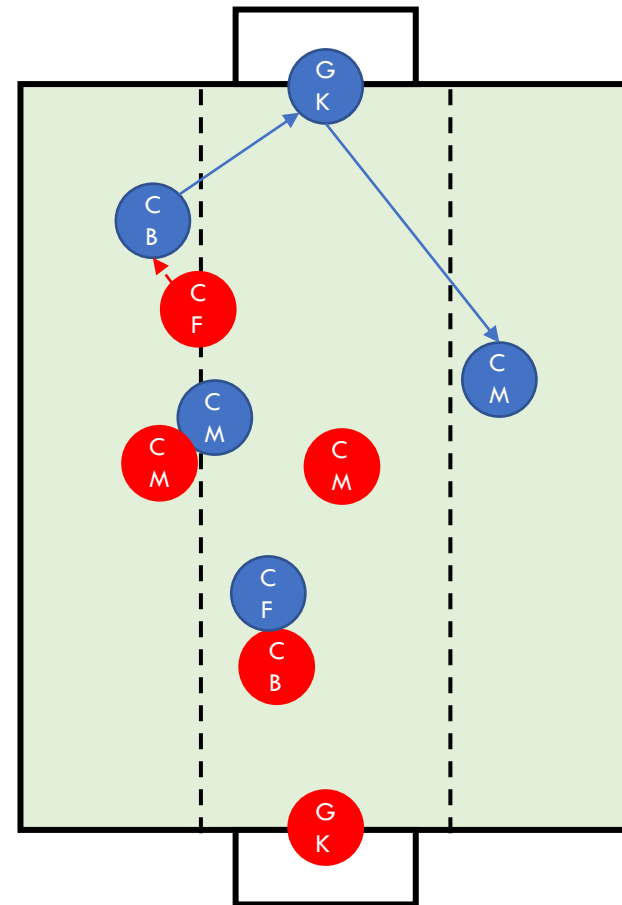
- The pitch is split into vertical thirds.
- The out of possession team is challenged to occupy the 2 closest channels to the ball.

## Returns

- Opportunities for the team in possession to recognise when to switch play.
- Repetition of receiving to turn and play out to the other side of the pitch.
- Opportunities for different types of passing and receiving.

## Coaching Considerations

- Using all the pitch (width, length and depth).
- Recognising when to play through, around or over.
- Ball speed to switch play.





## Awareness and Receiving

### Organisation

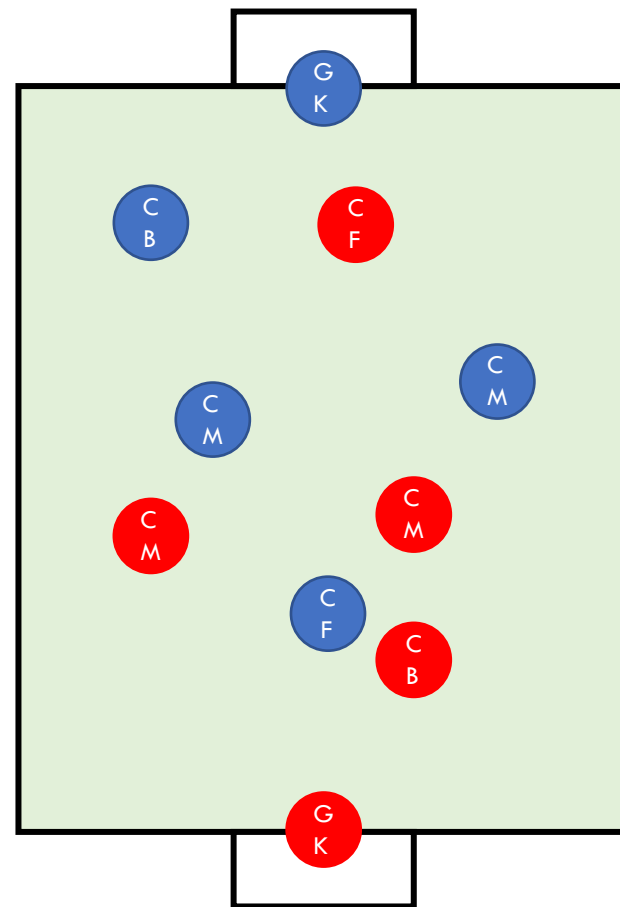
- All players start on one touch max. Once a goal is scored, that team only can increase to two touch (every goal scored unlocks an extra touch). Once a team reaches 4 goals, they can have unlimited touches.

### Returns

- High repetition of checking shoulders.
- High repetition of movement and support.
- High repetition of players having to move the ball with their first touch in the direction they want to travel.

### Coaching Considerations

- Creating angles to receive.
- Using all the pitch (width, length and depth).
- Connecting and combining with teammates.





## Awareness and Receiving

### Organisation

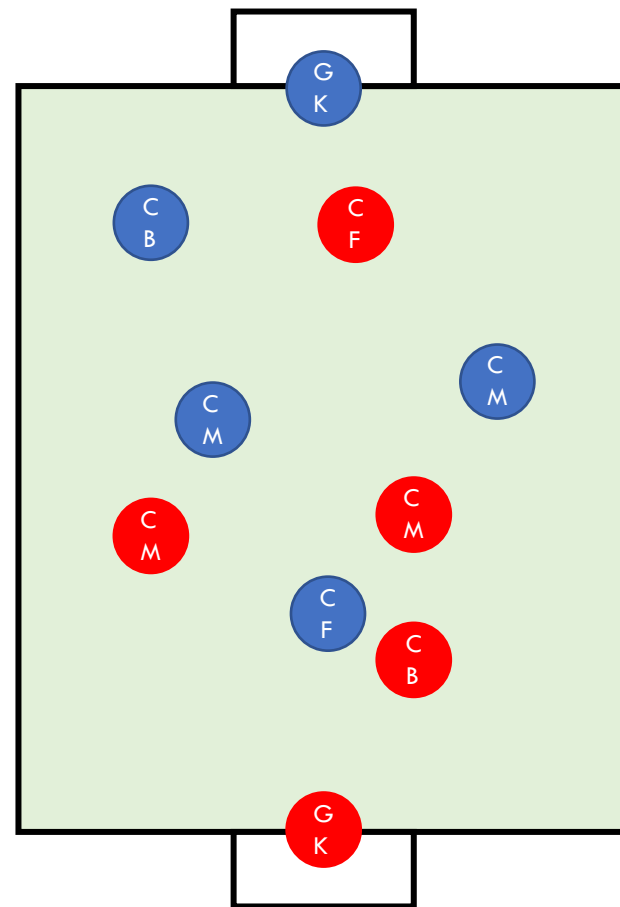
- All players start on unlimited touches. Once a goal is scored, that team goes down to a maximum of 3 touches. Every time a goal is scored, they take away a touch. When a team scores using one touch max, they win the game.

### Returns

- High repetition of checking shoulders.
- High repetition of movement and support.
- High repetition of players having to move the ball with their first touch in the direction they want to travel.

### Coaching Considerations

- Creating angles to receive.
- Using all the pitch (width, length and depth).
- Connecting and combining with teammates.





# Small Sided Games

## Ball Striking



## Ball Striking

### Organisation

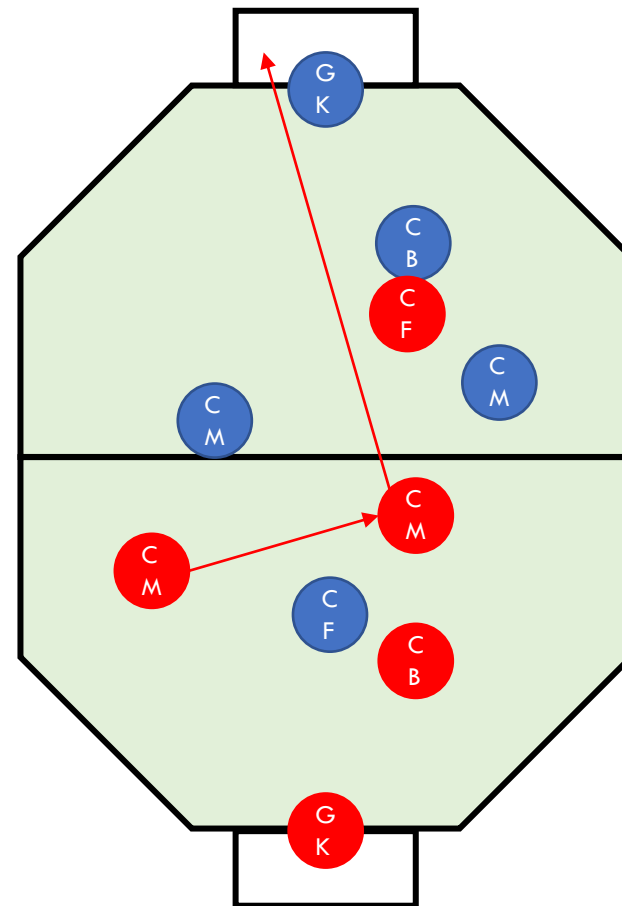
- The pitch is small and funneled towards the goals (diamond shape).
- Goals are worth double if scored from the player's defensive half.

### Returns

- Repetition of different finishes.
- Opportunities to shift and shoot in small spaces.
- Opportunities to connect and combine with teammates.

### Coaching Considerations

- Different types of shooting.
- Use of feints to create space to shoot.
- Awareness of shooting opportunities.
- Angles to support to connect and combine.





## Ball Striking

### Organisation

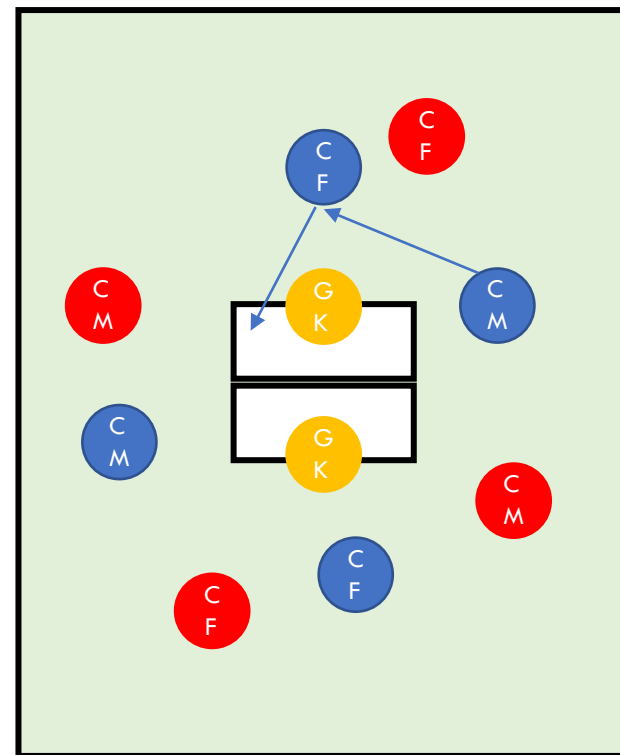
- Goals are positioned back to back in the middle of the pitch.
- Teams can score in either goal.

### Returns

- Opportunities to strike over different distances.
- Different types of finishes (individual, 1<sup>st</sup> time and aerial finishes).

### Coaching Considerations

- Using all the pitch (width, length and depth).
- Using longer passes to escape pressure.
- Use of feints to create space to shoot.
- Awareness of shooting opportunities.
- Angles to support to connect and combine.





## Ball Striking

### Organisation

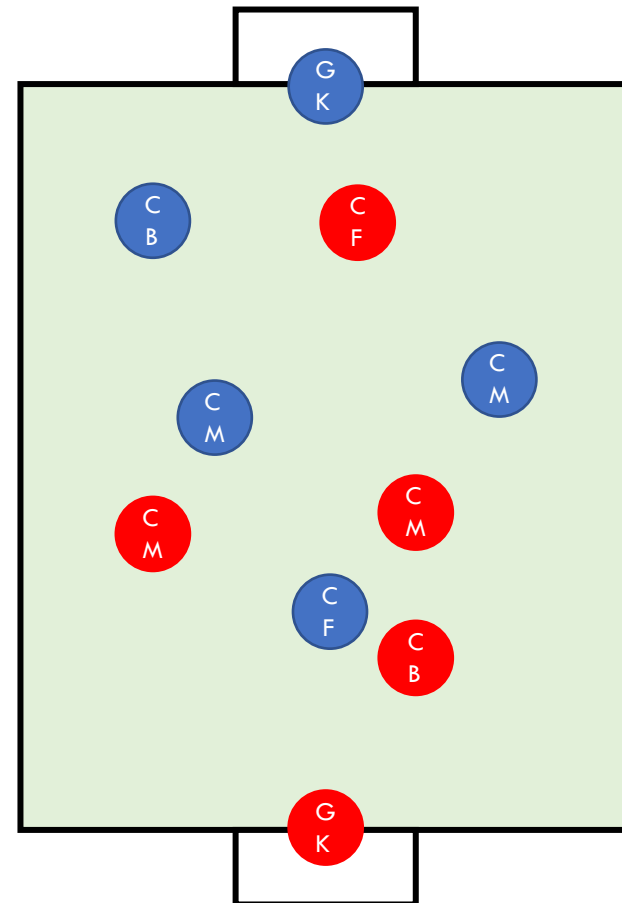
- Players are given 5 different goals they look to achieve, as a team, within the game.
- The first team to score the 5 types of goals will win.

### Returns

- Variety of finishes.
- Different types of passes and deliveries to score.

### Coaching Considerations

- Different shooting techniques (e.g. driven, curled etc.).
- Contact area of foot and ball when striking.
- Maintaining balance through keeping head still and use of standing leg.
- Different supporting runs and delivery to score different types of goals.





## Ball Striking

### Organisation

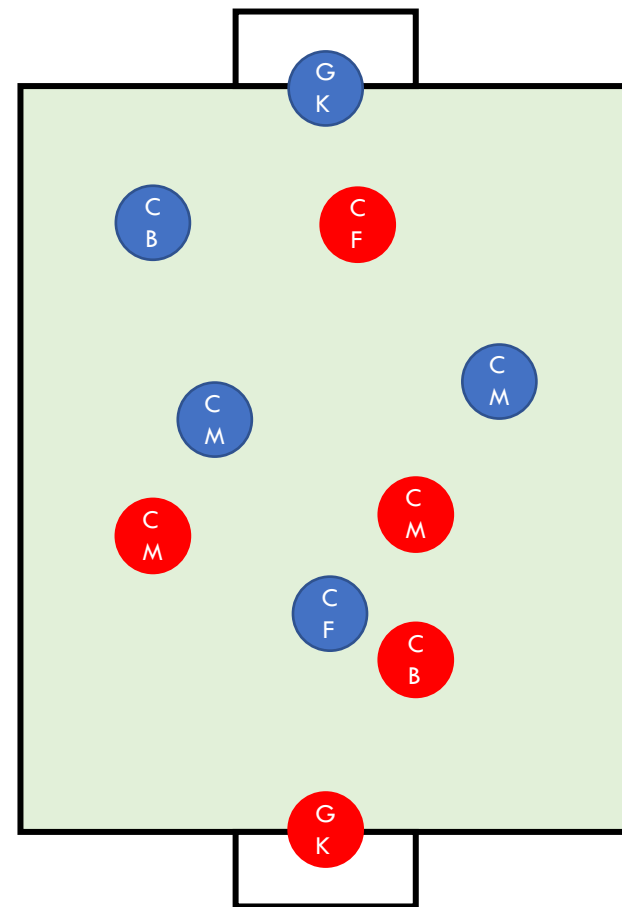
- Players are playing a normal game however if a player can score with their non-dominant foot, they receive 3 goals for their team.
- Normal goals still worth 1 as usual.

### Returns

- Increased repetition of non-dominant foot shooting.

### Coaching Considerations

- Different shooting techniques (e.g. driven, curled etc.).
- Contact area of foot and ball when striking.
- Maintaining balance through keeping head still and use of standing leg.
- Use of non-dominant foot. Follow through after making contact to create more power.







## Ball Striking

### Organisation

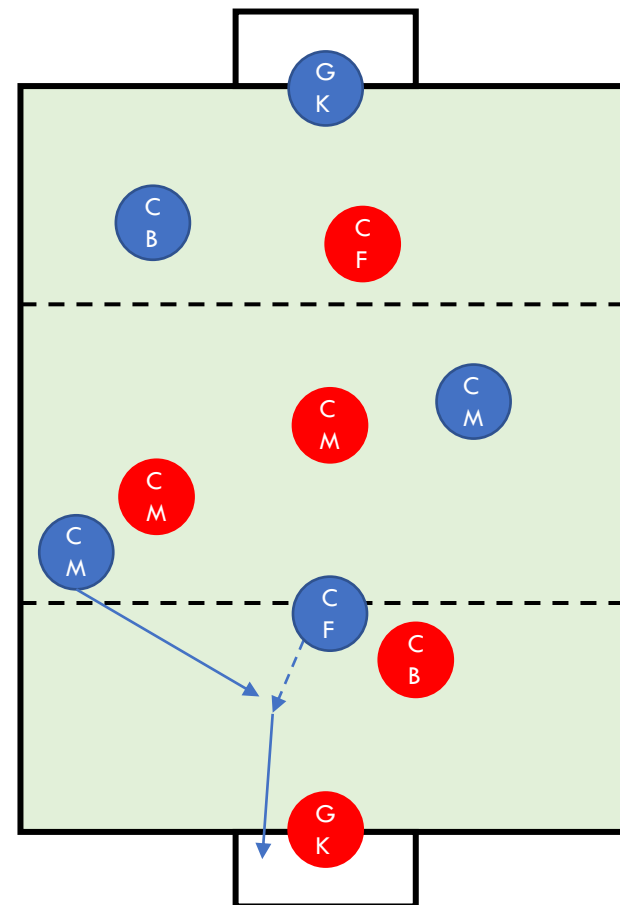
- The pitch is split into horizontal thirds.
- When you are in the attacking third, you can only score with a first-time finish.

### Returns

Higher repetition of supporting runs in final 3<sup>rd</sup>  
Increase repetition of first-time finishes

### Coaching Considerations

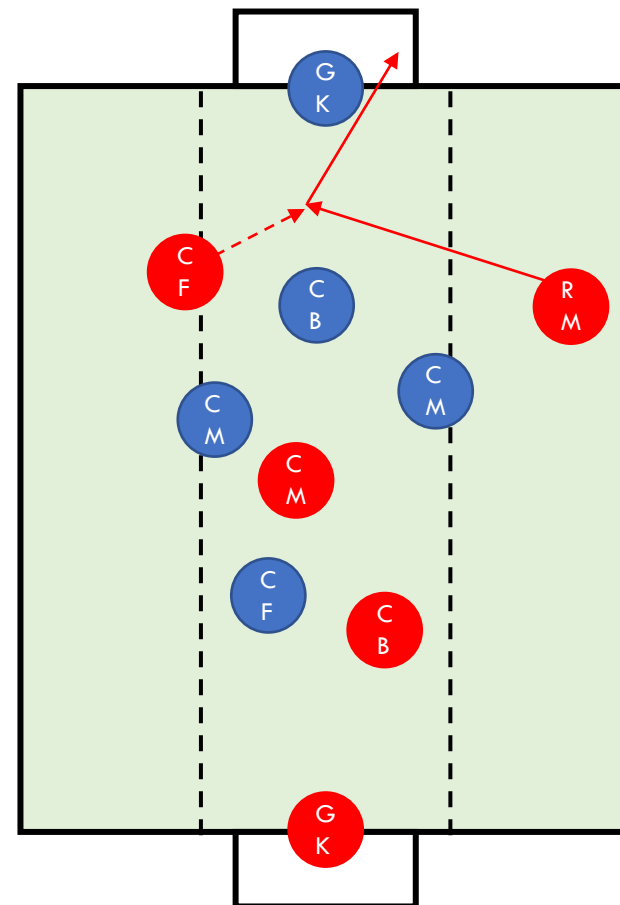
- Timing of supporting runs.
- Pass detail (weight, direction and to feet or space).
- Different shooting techniques (e.g. driven, curled etc.).
- Contact area of foot and ball when striking.



- Vertical thirds, if you a goal assisted from a wide zone it is worth 3.
- Goals not assisted from the wide zone is still worth 1 like usual.

- Higher repetition of crossing and finishing
- Increased 1v1 or 2v1 play in wide areas
- Increased forward runs to get on the end of crosses

- Timing of supporting runs.
- Pass detail (weight, direction and to feet or space).
- Different shooting techniques (e.g. driven, curled etc.).
- Contact area of foot and ball when striking.





# Small Sided Games

## Short Passing



## Short Passing

### Organisation

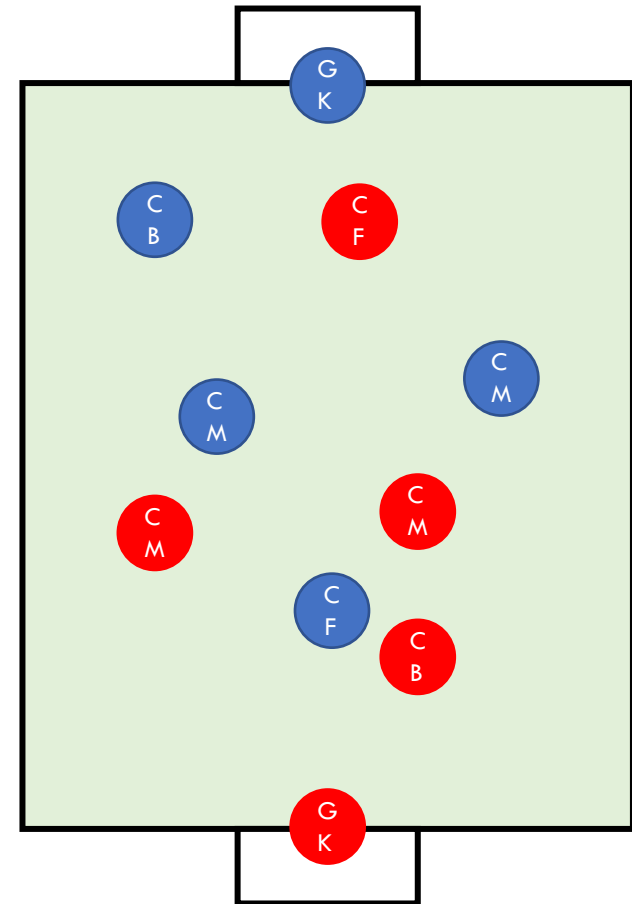
- Players play a normal game however whenever a team is able to make 6 consecutive passes, they receive a bonus point.

### Returns

- Increased repetition of short passes to maintain possession and move the opposition.
- Increased decision making to move the ball quickly away from pressure.

### Coaching Considerations

- Using all the pitch (width, length and depth)
- Pass detail (weight, direction and to feet or space)
- Angles to support to connect and combine
- Recognising when to play through, around or beyond
- Ball speed – passing at speed to exploit gaps





## Short Passing

### Organisation

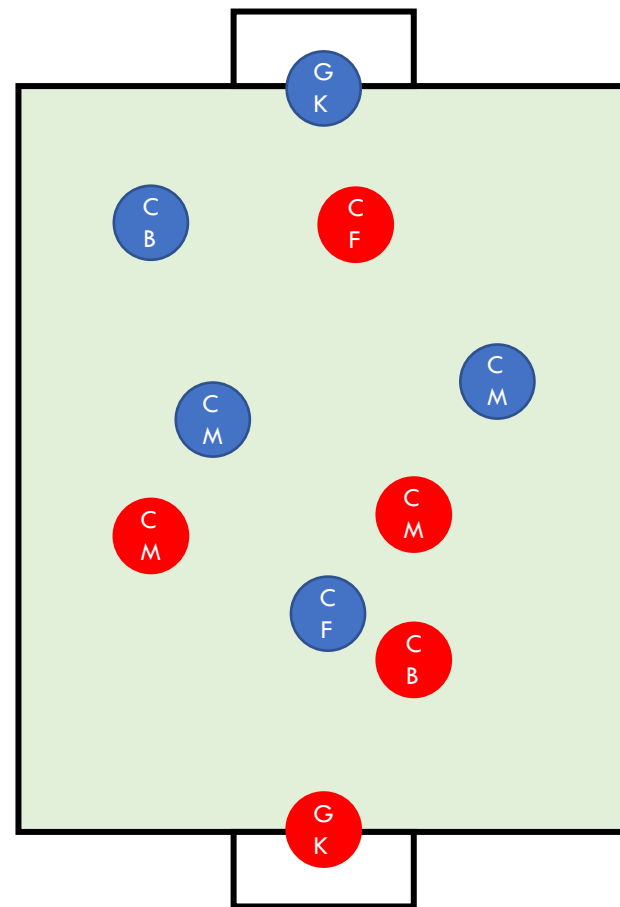
- Players must pass with their front foot only.
- Players can dribble, run with the ball, turn and shoot with any part of either foot.

### Returns

- High repetition of front foot passing.
- Increased disguise on passes.

### Coaching Considerations

- Disguising intentions with front foot pass
- Pointing toes down and laces contacting the ball
- Drawing players in before front foot passing
- Ball kept at a playable distance





## Short Passing

### Organisation

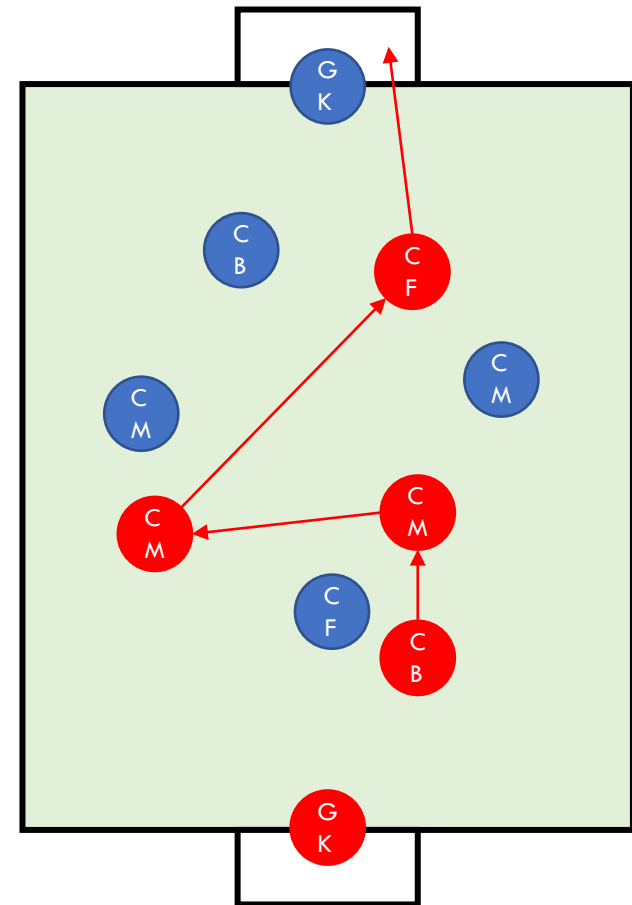
- A point is rewarded for every pass in the build up to a goal.
- For example, if 3 passes are made in the build up to a goal, their team get 4 points.

### Returns

- High repetition of players looking to connect and combine with teammates.
- High repetition of movement and support.

### Coaching Considerations

- Using all the pitch (width, length and depth)
- Pass detail (weight, direction and to feet or space)
- Angles to support to connect and combine
- Recognising when to play through, around or beyond
- Ball speed – passing at speed to exploit gaps





## Short Passing

### Organisation

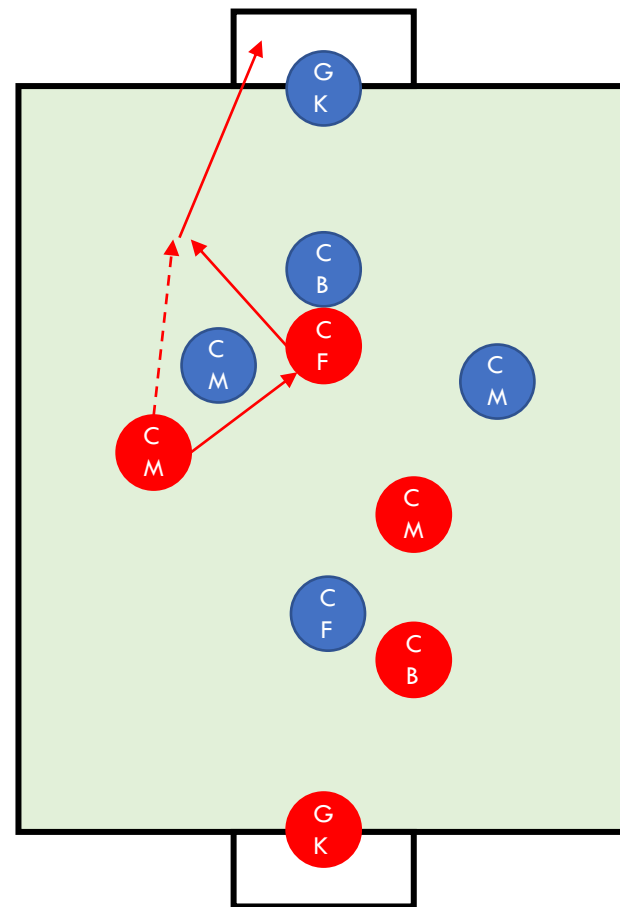
- If a goal is scored off a combination (one two/wall pass), they will be rewarded with 2 goals.

### Returns

- High repetition of players looking to connect and combine with teammates.
- High repetition of movement and support.

### Coaching Considerations

- Timing of supporting runs.
- Pass detail (weight, direction and to feet or space).
- Exploiting overloads.





## Short Passing

### Organisation

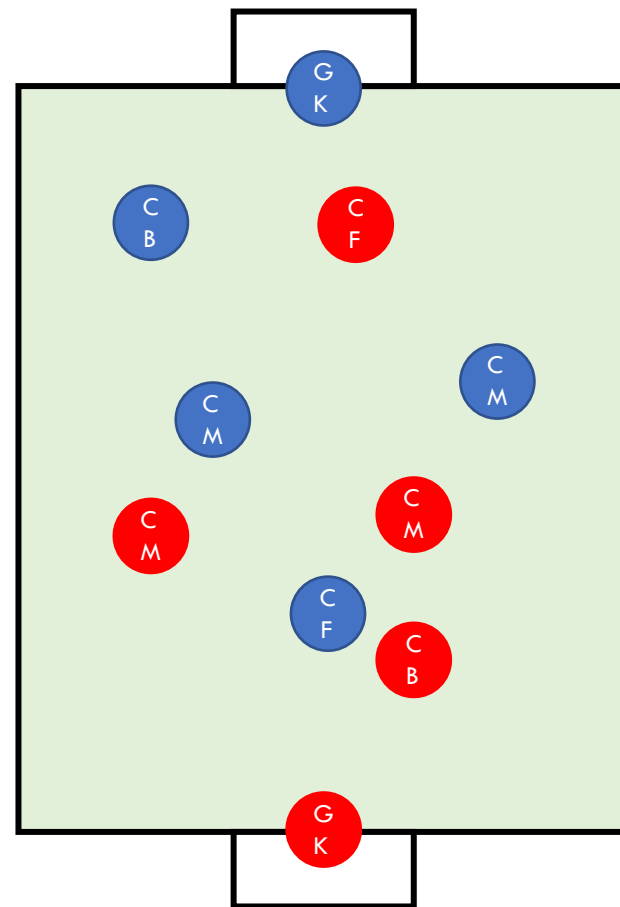
- Players can only win the game by 1 goal.
- Once a goal is scored that team must look to maintain possession from the other team until the end of the game.

### Returns

- High repetition of players looking to connect and combine with teammates.
- High repetition of movement and support.

### Coaching Considerations

- Using all the pitch (width, length and depth).
- Pass detail (weight, direction and to feet or space).
- Angles to support to connect and combine
- Recognising when to play through, around or beyond.
- Ball speed – passing at speed to exploit gaps.







## Short Passing

### Organisation

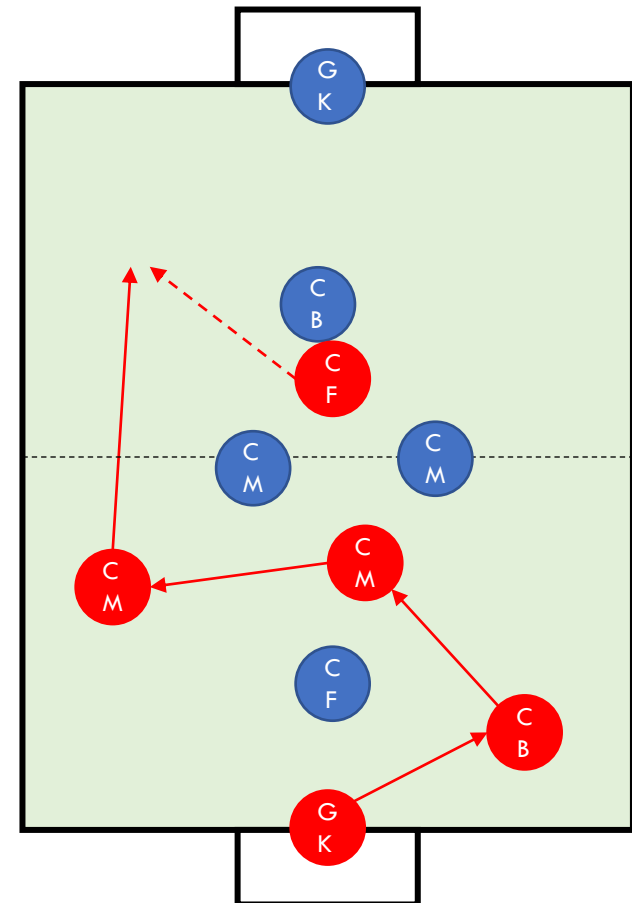
- The pitch is split into halves and the game restarts from a goal kick when the ball goes out of play.
- If a team can make 3 passes in their defensive half before entering the attacking half, they get a point.

### Returns

- Opportunities to build the attack from a goal kick.
- High repetition of players looking to connect and combine with teammates.

### Coaching Considerations

- Using all the pitch (width, length and depth).
- Pass detail (weight, direction and to feet or space).
- Angles to support to connect and combine.
- Recognising when to play through, around or beyond.





# Small Sided Games

## Dribbling

## Organisation

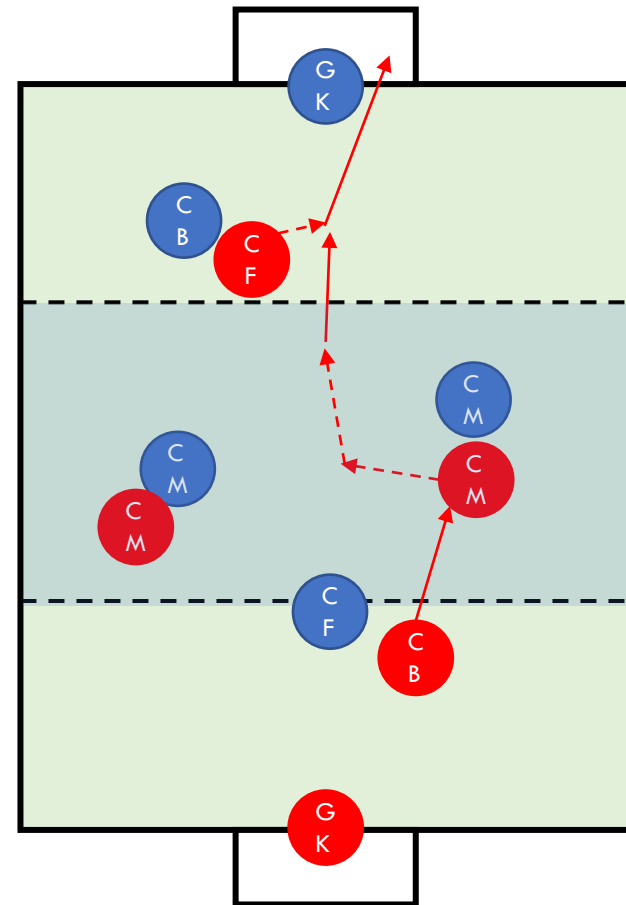
- Pitch is split into horizontal thirds, with the middle third being larger than the end thirds.
- In the middle third, players can't pass backwards (they can dribble backwards).

## Returns

- High repetition of looking for gaps to dribbling through to travel forwards.
- Forcing players to stay on the ball if passing options aren't available in the middle third.
- Increased checking shoulders to think ahead and play forwards.

## Coaching Considerations

- Having a plan when dribbling.
- Recognising when to pass or dribble.
- Use of feints and moves to progress past and off-balance players.
- Receiving to play forwards – open body and checking shoulders.





# Dribbling

## Organisation

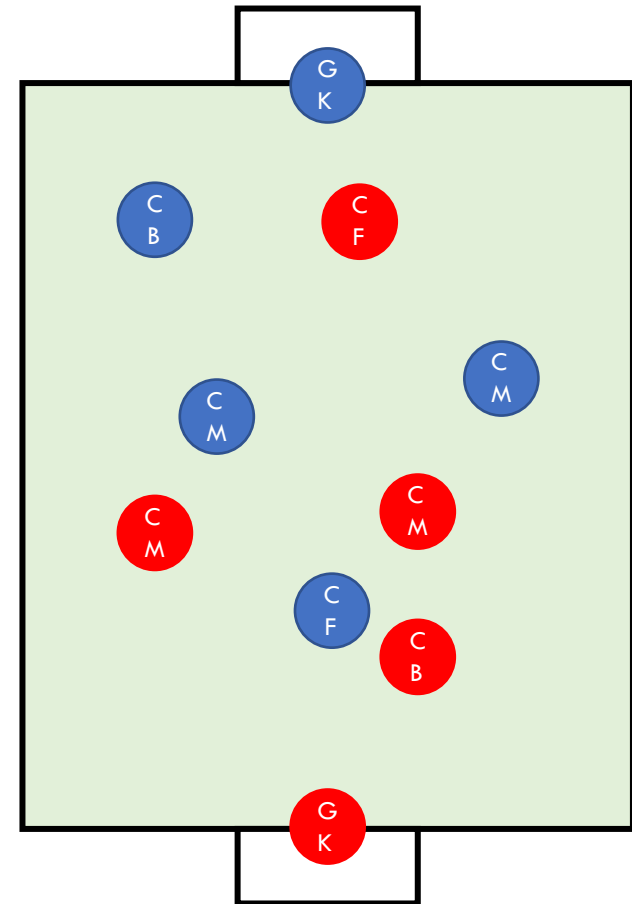
- Must take either 1 touch or at least 4 touches.
- Freekick is awarded if 2 or 3 touches taken.

## Returns

- High repetition of players having to stay on the ball and use feints and moves to escape.
- High repetition of looking for gaps to dribbling through to travel forwards and or away from opponents if choosing to dribble.

## Coaching Considerations

- Having a plan when dribbling.
- Recognising when to pass or dribble.
- Use of feints and moves to progress past and off-balance players.





# Dribbling

## Organisation

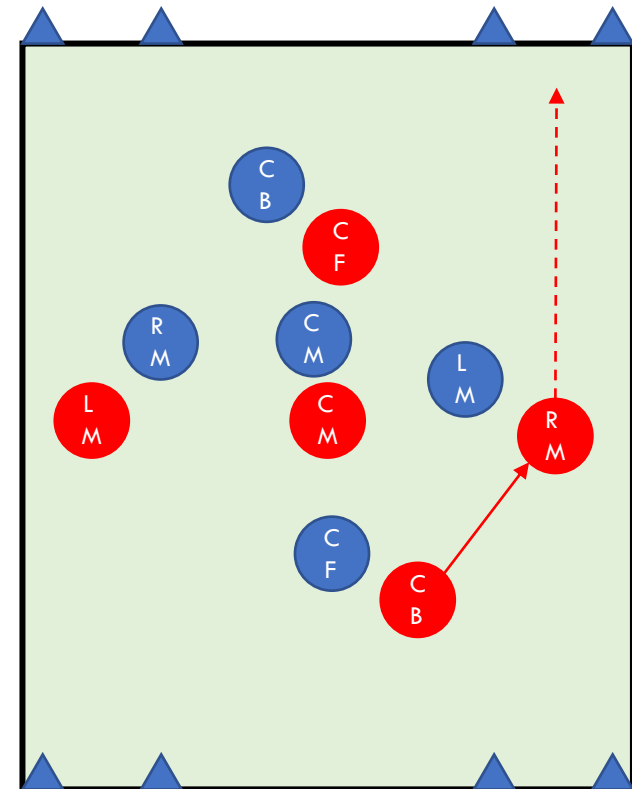
- The pitch is set up with two gates at either side of each end.
- To score, players must dribble through a gate.

## Returns

- High repetition of looking for gaps to dribbling through to travel forwards and through the gates.

## Coaching Considerations

- Having a plan when dribbling.
- Recognising when to pass or dribble.
- Use of feints and moves to progress past and off-balance players.





# Dribbling

## Organisation

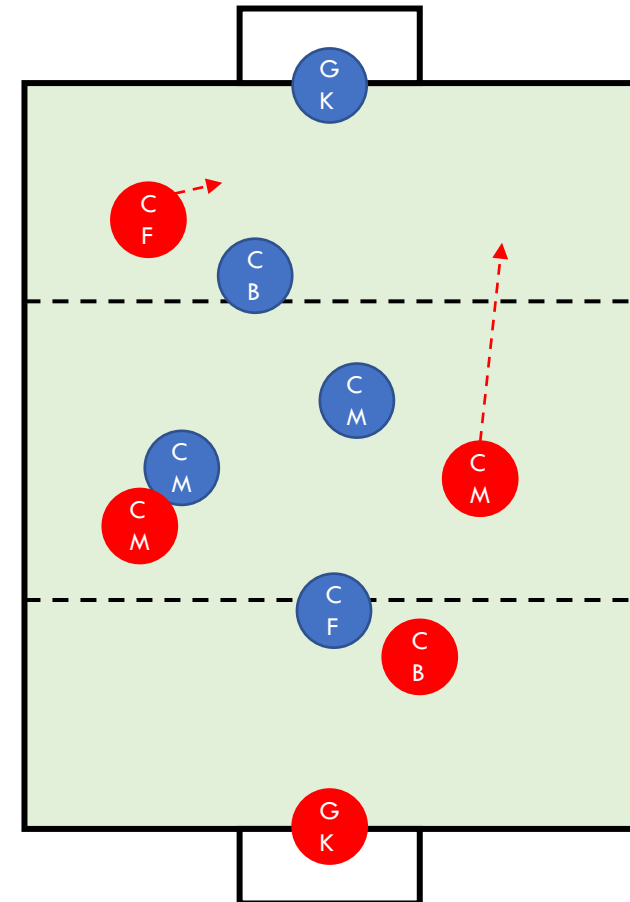
- The pitch is split into horizontal thirds.
- Whenever a player is able to dribble into the next third, they receive a point.

## Returns

- High repetition of dribbling forwards when space is available.

## Coaching Considerations

- Having a plan when dribbling.
- Recognising when to pass or dribble.
- Use of feints and moves to progress past and off-balance players.



## Organisation

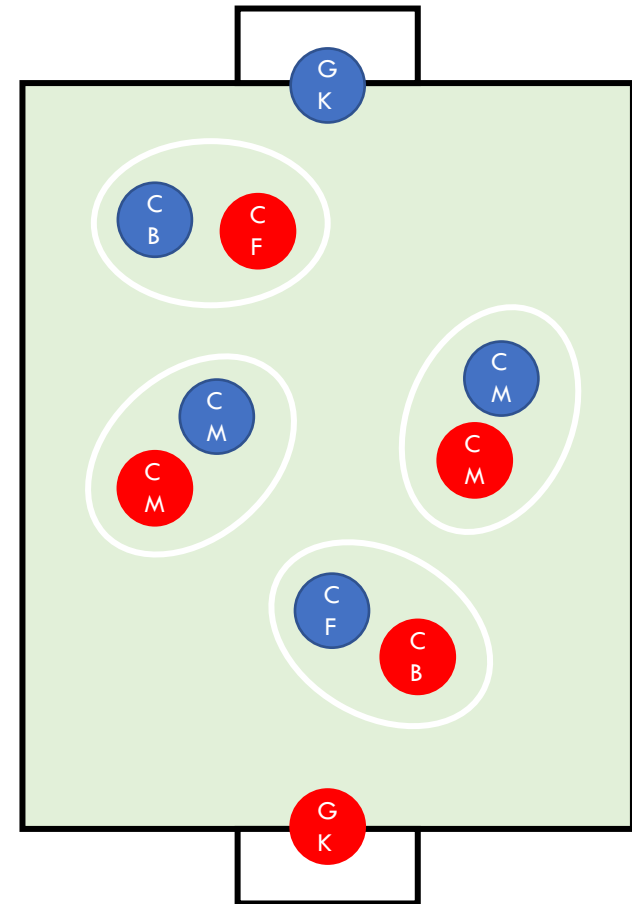
- Players are matched up with an opposing player on the other team.
- Players can only tackle the opponent they are paired with.

## Returns

- Lots of 1v1 dribbling opportunities.
- High repetition of 1v1 defending and attacking.

## Coaching Considerations

- Having a plan when dribbling.
- Recognising when to pass or dribble.
- Use of feints and moves to progress past and off-balance players.





# **Small Sided Games**

## **Running with the ball**





## Running with the ball

### Organisation

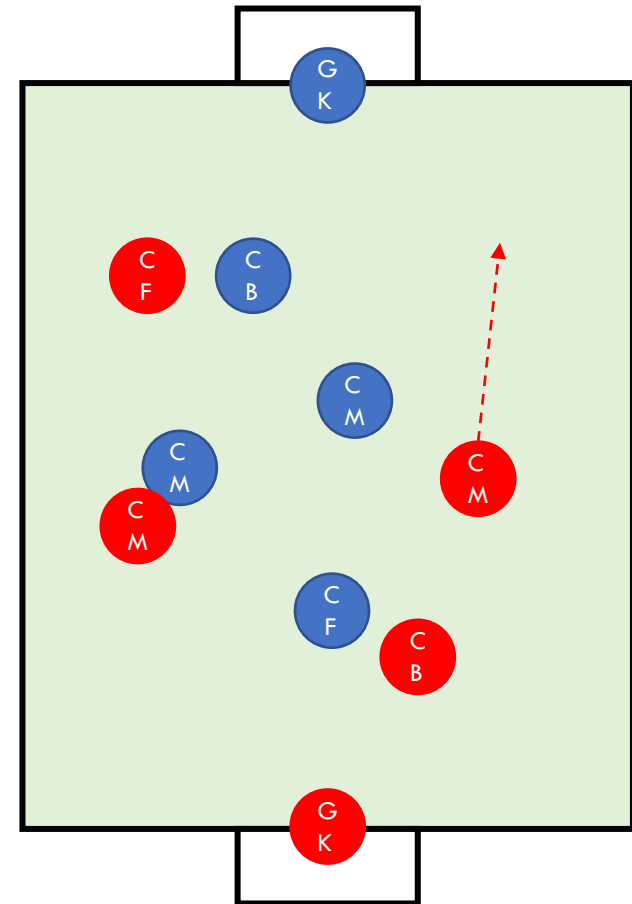
- Players are challenged that they must attack space whenever the opportunity is available.

### Returns

- High repetition of players being positive and running forward into space.

### Coaching Considerations

- Recognising when there is space to attack.
- Recognising when to pass or run with the ball.
- Keeping the ball at a playable distance.
- Eyes up when running with the ball.
- Keeping the ball on safe side away from defender.





## Running with the ball

### Organisation

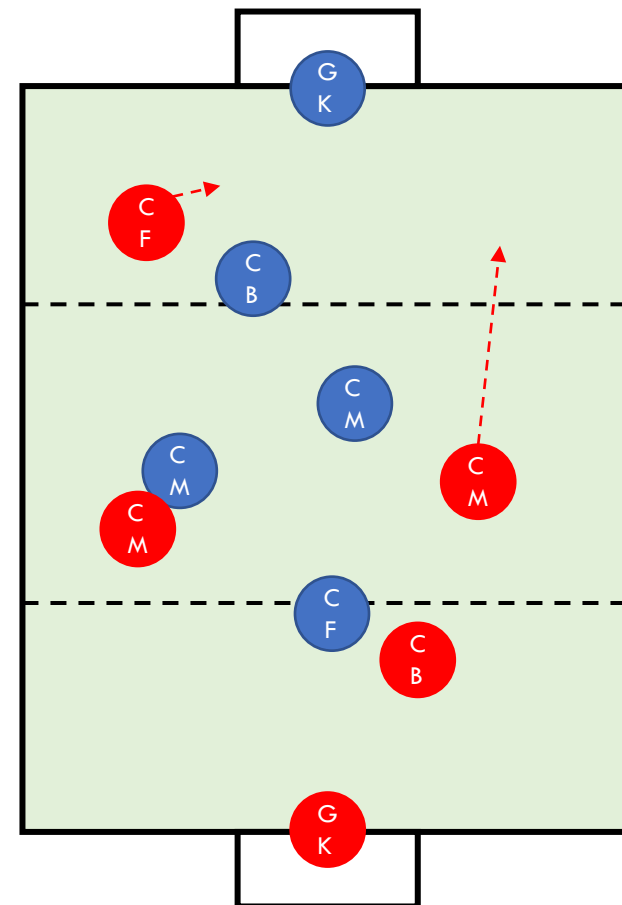
- The pitch is split into horizontal thirds.
- If a player is able to run with the ball over a line and into a new third, they get a point.

### Returns

- High repetition of players being positive and running forward into space and breaking lines.

### Coaching Considerations

- Positive first touch into space.
- Recognising when there is space to attack.
- Recognising when to pass or run with the ball.
- Keeping the ball at a playable distance.
- Eyes up when running with the ball.
- Keeping the ball on safe side away from defender.





## Running with the ball

### Organisation

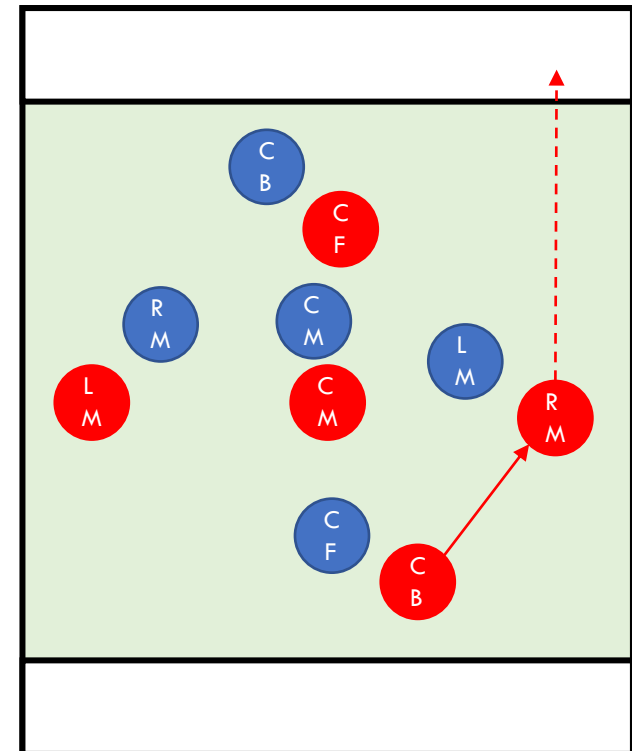
- The pitch has an end zone at either end.
- To score, players must run the ball into the end and stop the ball before the end of the pitch.

### Returns

- High repetition of players being positive and running forward into space and breaking lines.

### Coaching Considerations

- Positive first touch into space.
- Recognising when there is space to attack.
- Recognising when to pass or run with the ball.
- Keeping the ball at a playable distance.
- Eyes up when running with the ball.
- Keeping the ball on safe side away from defender.





## Running with the ball

### Organisation

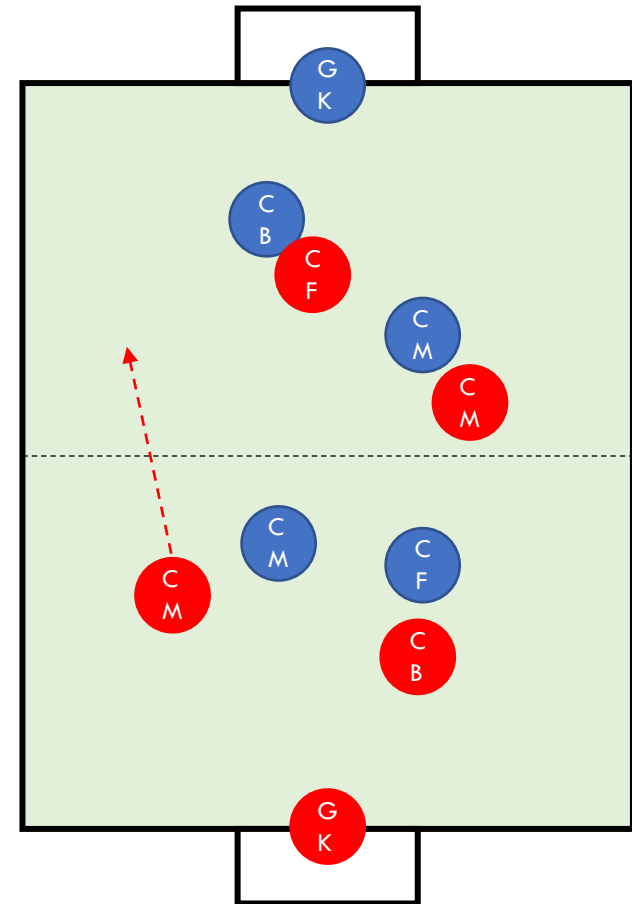
- Pitch is split into halves with players locked in 2v2 in each half.
- To progress into the next half, a player must run with the ball. This will then create a 3v2 to score.

### Returns

- High repetition of players being positive and running forward into space and breaking lines.
- High repetition of attacking with overloads.

### Coaching Considerations

- Recognising when there is space to attack.
- Recognising when to pass or run with the ball.
- Keeping the ball at a playable distance.
- Eyes up when running with the ball.
- Keeping the ball on safe side away from defender.





# Small Sided Games

## Turning

## Organisation

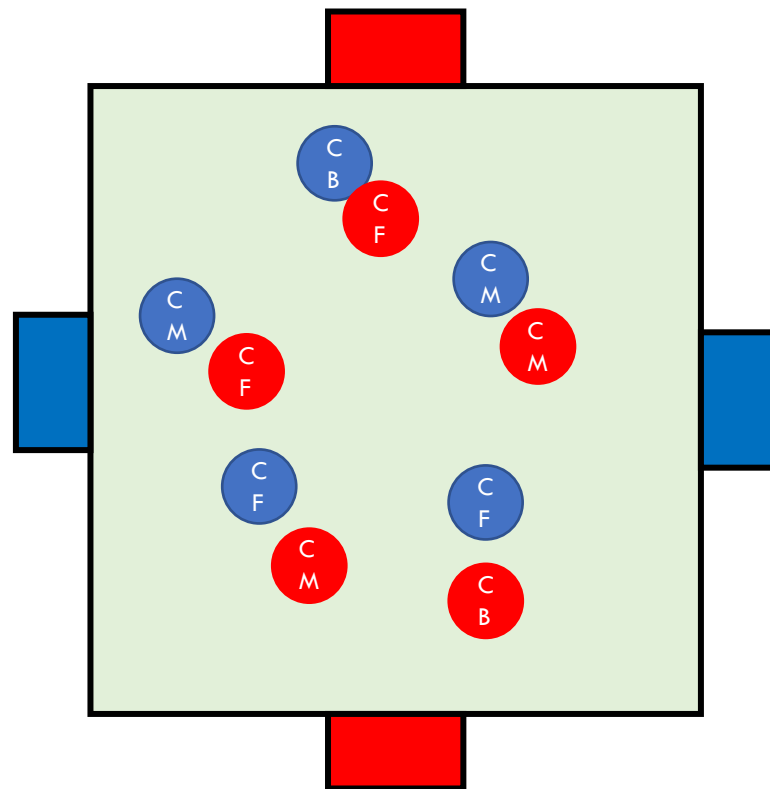
- The pitch is set up with 4 goals (mini goals may be used).
- One team will attack 2 goals, these being opposite each other (e.g. horizontal or vertical goals). There will be no goalkeepers.

## Returns

- High repetition of twisting and turning to change the point of attack.

## Coaching Considerations

- Scanning to recognise when to turn out and attack the other goal.
- Getting low and bending knees to turn quickly.
- Use of disguise to hide intentions when turning.
- Keeping the ball safe side when turning away from pressure.



## Organisation

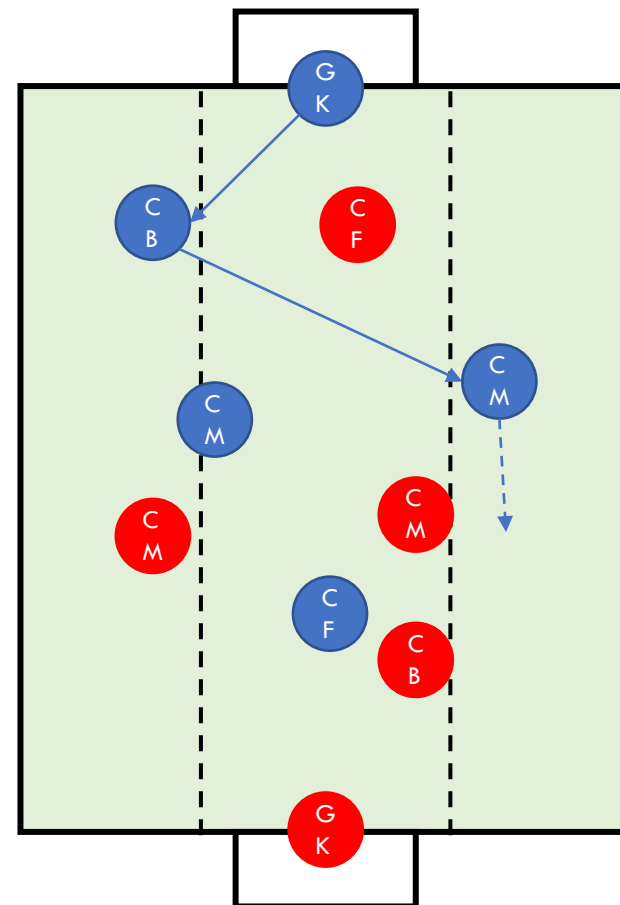
- The pitch is split into three vertical channels.
- If players visit both wide channels before scoring it is worth 3 goals.

## Returns

- Repetition of turning to play away from pressure and around the opponents.

## Coaching Considerations

- Scanning to recognise when to turn out play around opponents.
- Getting low and bending knees to turn quickly.
- Use of disguise to hide intentions when turning.
- Keeping the ball safe side when turning away from pressure.



## Organisation

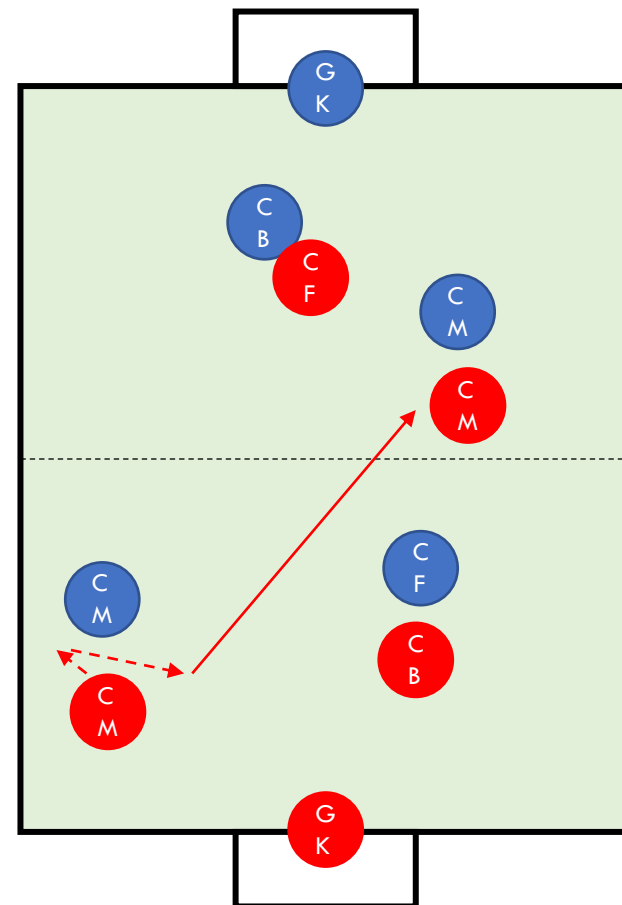
- Pitch is split into halves with players locked in 2v2 in each half.
- To progress into the next half, a player must pass the ball to a teammate.

## Returns

- Repetition of players having to turn away and maintain possession if a forward pass isn't available.

## Coaching Considerations

- Getting low and bending knees to turn quickly.
- Use of disguise to hide intentions when turning.
- Keeping the ball safe side when turning away from pressure.
- Eyes up to find space to turn into and opportunities to pass forwards.





## Organisation

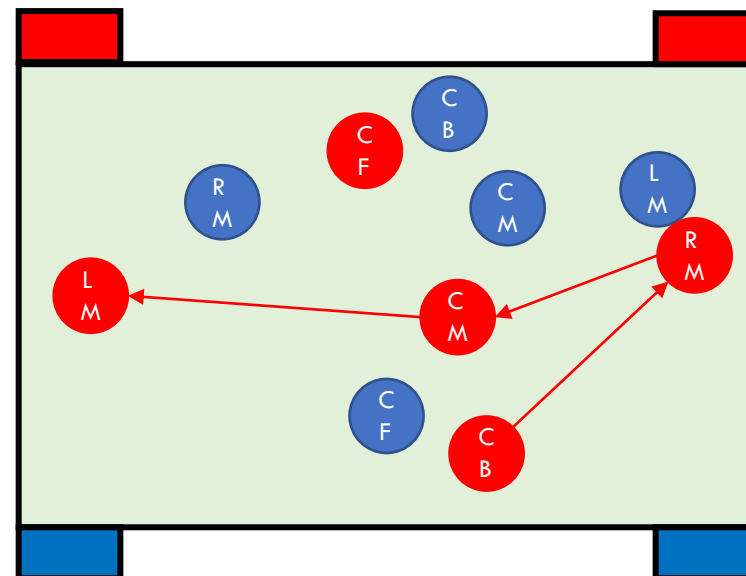
- The pitch is wide and not very long and
- has two goals at each end positioned at either side.
- Each team will attack either goal at one end.

## Returns

- Repetition of turning to play away from pressure and around the opponents.

## Coaching Considerations

- Scanning to recognise when to turn out play around opponents.
- Getting low and bending knees to turn quickly.
- Use of disguise to hide intentions when turning.
- Keeping the ball safe side when turning away from pressure.





# Small Sided Games

## Defending



## Defending

### Organisation

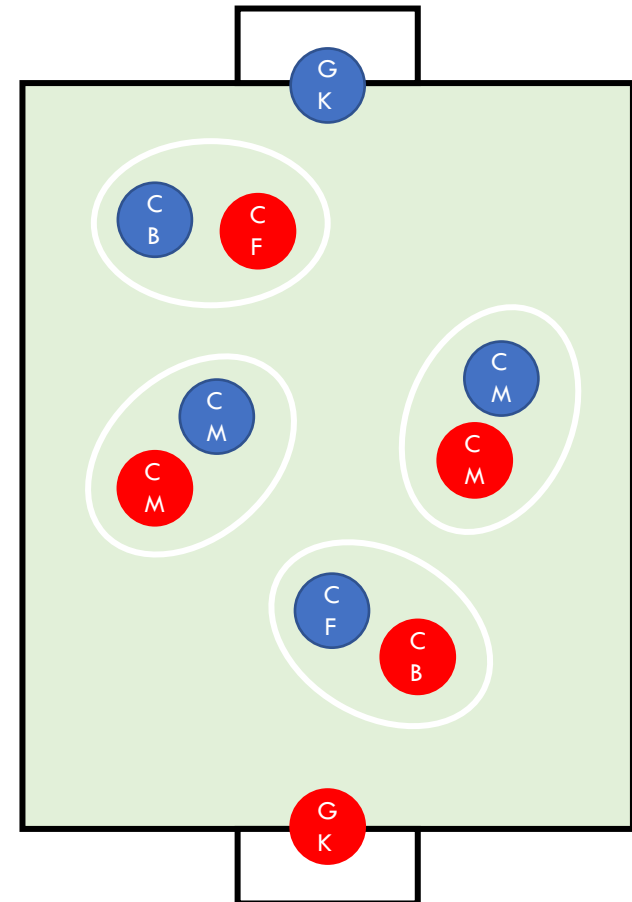
- Players are matched up with an opposing player on the other team.
- Players can only tackle the opponent they are paired with.

### Returns

- Lots of 1v1 dribbling opportunities
- High repetition of 1v1 defending and attacking.

### Coaching Considerations

- Dominating 1v1's.
- Using hips and arms to steal the ball.
- Low, side-on body shape when defending.





## Defending

### Organisation

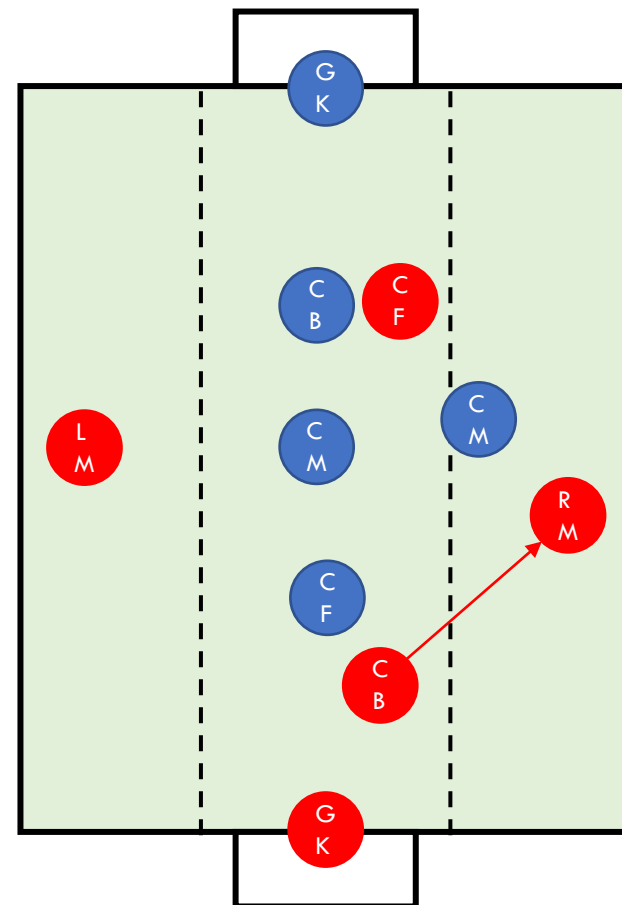
- The pitch is split into vertical thirds.
- In possession your team must occupy the 2 closest channels to the ball. If not and the opposing team scores, they get 2 points.

### Returns

- High repetition of providing cover for teammates and making the pitch compact.

### Coaching Considerations

- Staying compact and protecting the middle of the pitch.
- Nearest player pressing, supporting players covering.
- Move across the pitch at the speed of the ball.
- See the opponent, space and opponent.





## Defending

### Organisation

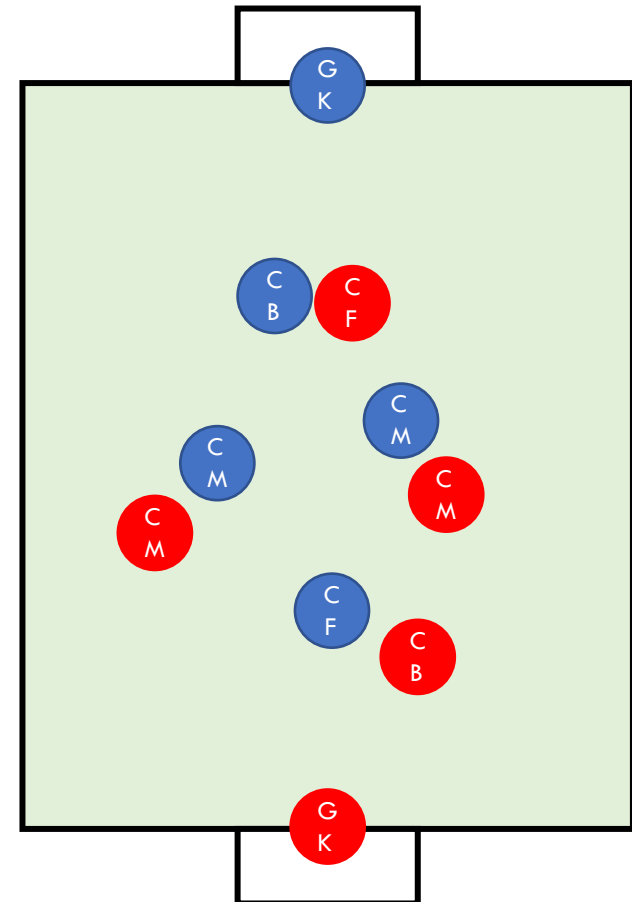
- If your team can regain possession within 5 seconds of losing the ball, you get a point.
- If you regain within 5 seconds and then score you get 3 points.

### Returns

- High repetition of counter pressing and attempts to win the ball back as quickly as possibly.
- High repetition of nearest player pressing the ball.

### Coaching Considerations

- Nearest pressing the ball.
- Counter pressing to prevent shots.
- Hunting the ball in packs.





## Defending

### Organisation

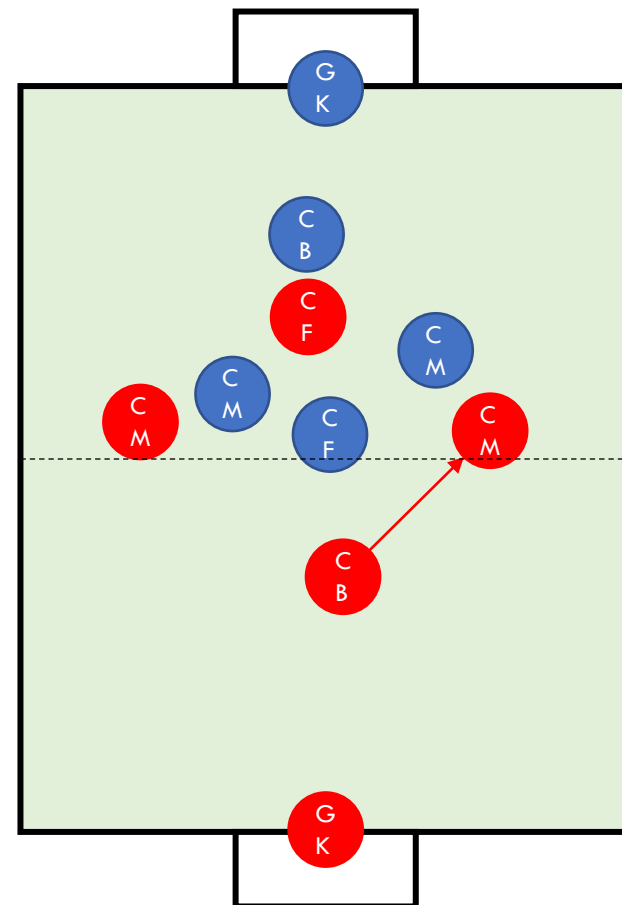
- The pitch is split into two halves.
- When out of possession, teams are challenged to have everyone in their defensive half.

### Returns

- High repetition of performing a low block and defending deep.
- Opportunities for counter attacks if regained in defensive half.

### Coaching Considerations

- Staying compact and protecting the middle of the pitch.
- Nearest player pressing, supporting players covering.
- Move across the pitch at the speed of the ball.
- See the opponent, space and opponent.



## Organisation

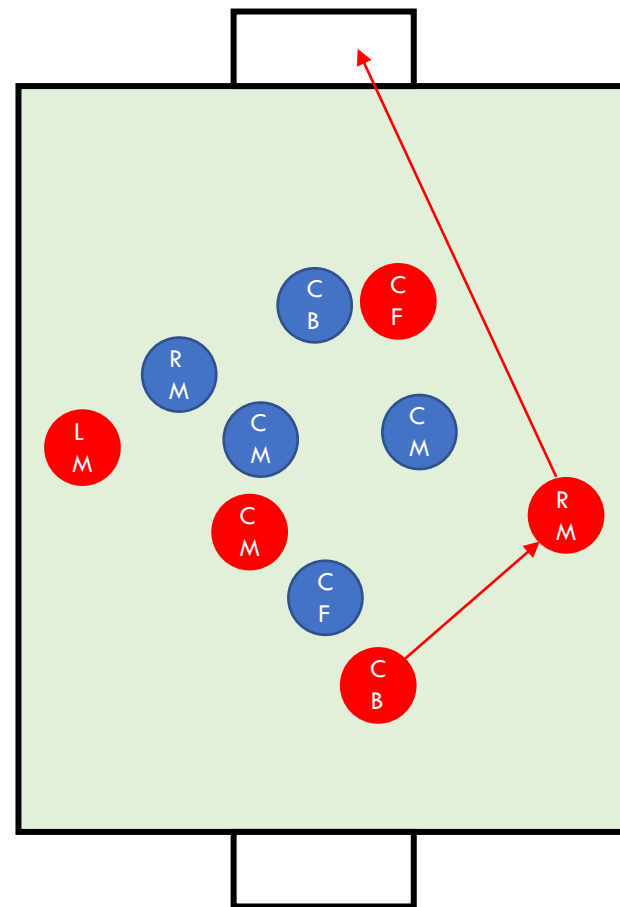
- The pitch is set up small and teams won't have a goalkeeper.
- Players can score from anywhere.

## Returns

- High repetition of counter pressing and attempts to win the ball back as quickly as possibly.
- High repetition of nearest player pressing the ball.

## Coaching Considerations

- Nearest pressing the ball.
- Counter pressing to prevent shots.
- Hunting the ball in packs.



## Organisation

- The pitch is set up with horizontal thirds.
- If players can regain the ball in the attacking third and score, they get 3 points.

## Returns

- High repetition of pressing high up the pitch to regain possession close to the goal.
- Repetition of setting traps to press high up the pitch.

## Coaching Considerations

- Setting traps to press the ball (dropping off to encourage the short pass).
- Making play predictable when pressing (force one way).
- Hunting the ball in packs.
- Expect the long ball if pressing high.

