

Small Sided Games - #1 / Two Goal Game, Any Goalkeeper

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Session Set up as illustrated.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

Rules

- Nearest player to the goal becomes the goalkeeper.
- No offsides.

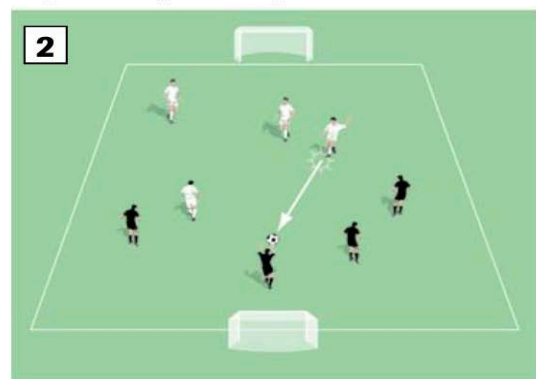
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Play the ball to the outside players as often as possible to score a point.
- When defending, close down the player on the ball quickly.

Diagram



1. Play a normal 4 v 4 game without keepers.



2. The black player nearest the goal can save the white player's shot.



3. The black team can then quickly launch an attack on the white goal.

Small Sided Games - #2 / Two Goal Game, Skinny Pitch

Start Game – 15 Minutes

Organisation/ Explanation

- 4v 4 + goalkeepers' game.
- Playing Area: 25m x 20m.
- Two size zones 5m from touchline.
- Session set up as illustrated.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

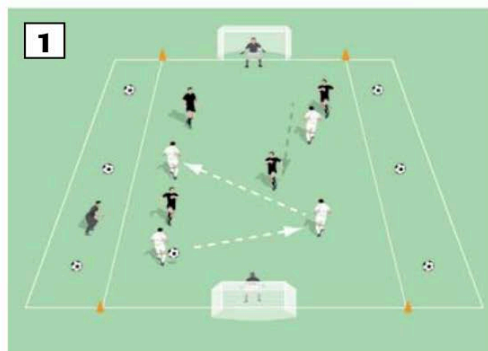
Rules

- The pitch is long in length but short in width.
- This forces the teams to try and build up in central areas using their skill and combination play.
- No offside rule.

Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Play the ball to the outside players as often as possible to score a point.
- When defending, close down the player on the ball quickly.

Diagram



1. The team in possession must pass up the middle of the pitch.



2. The narrow pitch means they need to pass accurately and shoot quickly.



3. Each team takes it in turn to mount an attack.

Small Sided Games - #3 / Volley & Catch

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Session Set up as illustrated with 6 small goals on the end lines.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

Rules

- The player in possession is allowed to make one bounce movement using their hands (basketball style).
- To pass the ball players must make a volley pass out of their hands to one of their teammates.
- To score a goal, the players must make a first-time volley shot into the one of the opponents' goals.
- No offsides.

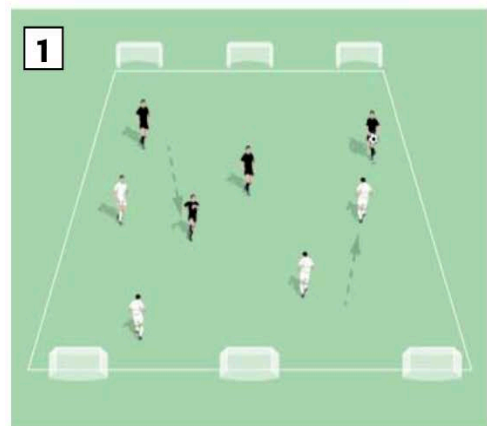
Variation

- To pass the ball, players use their hands to throw the ball to team mates to encourage goalkeeping skills.

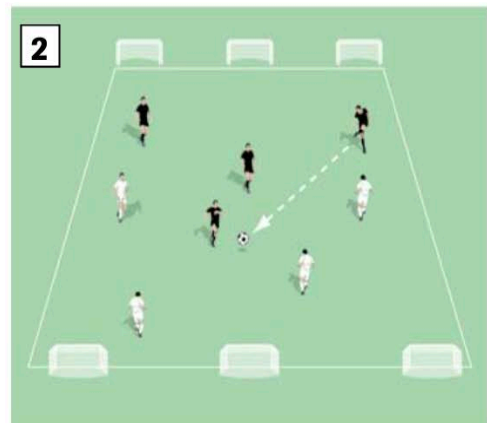
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot when the opportunity presents itself.
- When defending, close down player on the ball quickly.

Diagram



1. The player in possession can bounce the ball basketball-style.



2. The players must volley "out of their hands" to pass.



3. To score, the players must volley the ball into an open goal.

Small Sided Games - #4 / Wide Pitch Game

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game + goalkeepers
- Playing Area: 30m x 20m.
- Set up as illustrated. Set up goal on the longer side of the playing area making the pitch wide.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.
- No offsides.

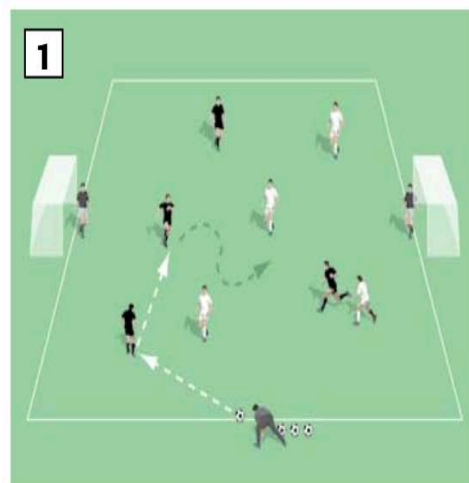
Coach Focus

- The game is played on a wide pitch that is short in length. This practice encourages the following tactics.
- 1) Shooting from distance.
 - 2) Passing the ball into wide areas to create crossing opportunities.

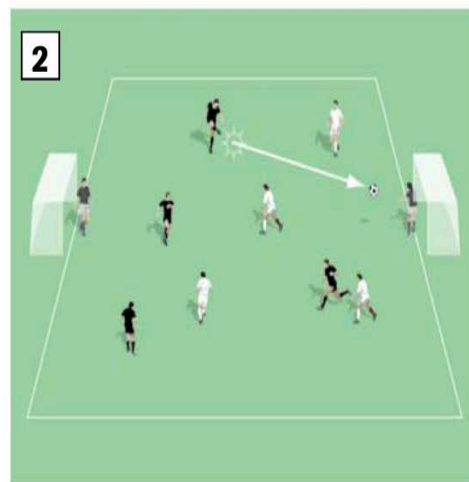
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from a defender to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down the player on the ball quickly.

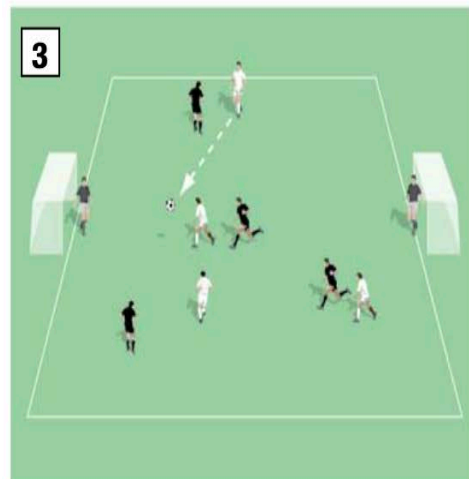
Diagram



1. The coach feeds the ball to the black team to begin attacking the white goal.



2. The wide pitch should encourage your players to shoot from distance.



3. It should also encourage your players to get wide and get crosses on goal.

Small Sided Games - #5 / Possession v Pressure

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game + goalkeepers
- Playing Area: 35m x 20m.
- Set up as illustrated.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.
- No offsides.

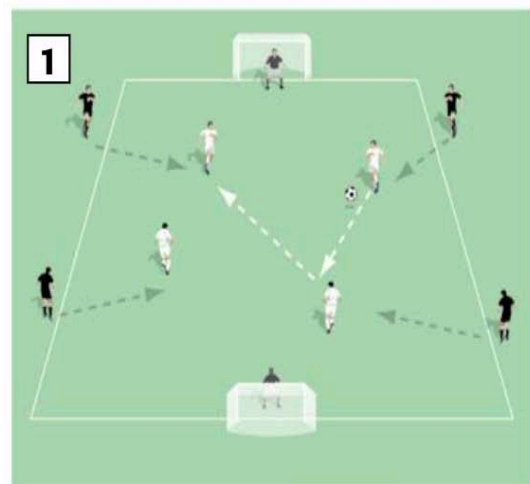
Rules

- One team start on the pitch and passes the ball around.
- On coaches' whistle, the team on the outside must race onto the pitch and try to win the ball and the score a goal.
- The passing team must try to keep possession.
- The passing team can use their keepers to keep possession of the ball.
- The pressuring team have 30 seconds to win the ball and score a goal – if they fail then the passing team is awarded the goal.
- Rotate the teams for the next game.

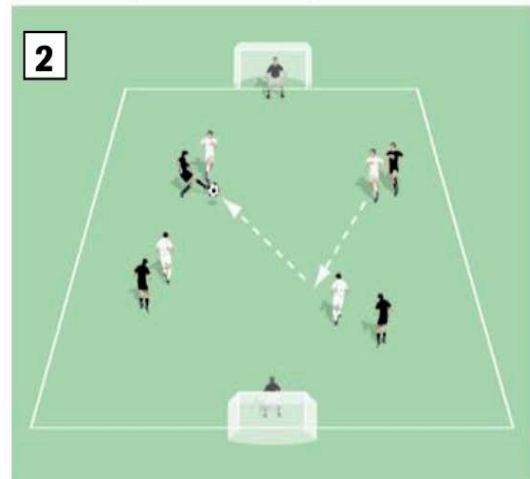
Coaching Points

- Encourage players in possession to make the field as big as possible to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down player on the ball quickly.

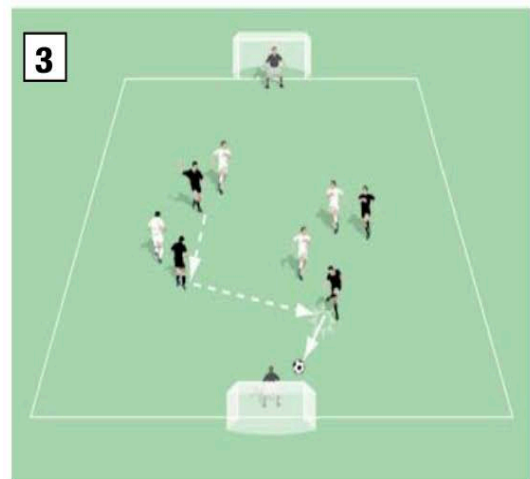
Diagram



1. The white team pass the ball around amongst themselves.



2. The black team enter and apply pressure on the white team.



3. The black team win possession and create an attack.

Small Sided Games - #6 / Play Out, Go Out.

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Set up as illustrated.
- Both teams have two players inside the playing area and two players on outside of the playing area.

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

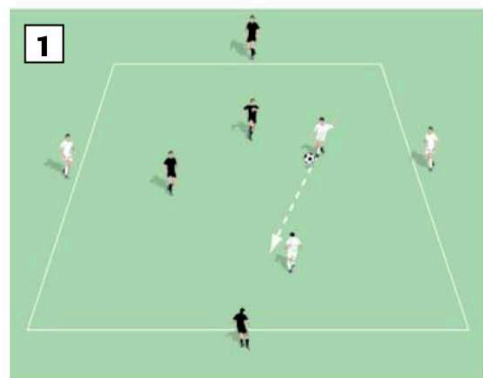
Rules

- 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 playing area.
- A goal is awarded for each successful pass to an outside player.

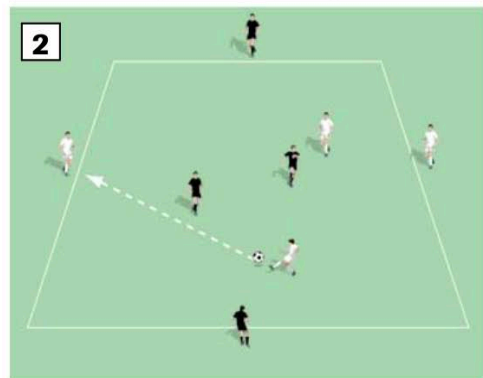
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Play the ball to the outside players as often as possible to score a point.
- When defending, close down the player on the ball quickly.

Diagram



1. The white team are in possession in a simple 2 v 2 game.



2. A white player creates an opportunity to pass to his team-mate off the pitch.



3. A successful pass means the two players swap roles.

Small Sided Games - #7 / Gate Game

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 25m.
- Set up as illustrated, 5 gates made of cones.
- No goals

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

Rules

There are a number of ways this game can be played and score:

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.
- The team not in possession must try to win the ball from their opponent and then use one of the methods above to score.

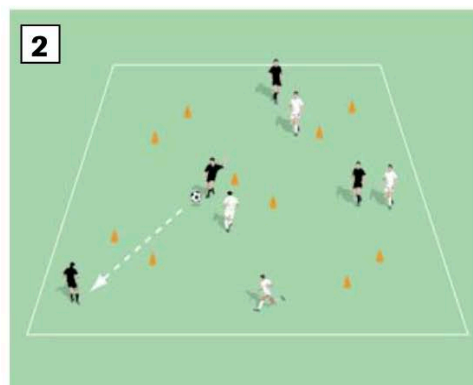
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Dribble or pass the ball through the gate to score when the opportunity presents itself.
- When defending, close down the player on the ball quickly.

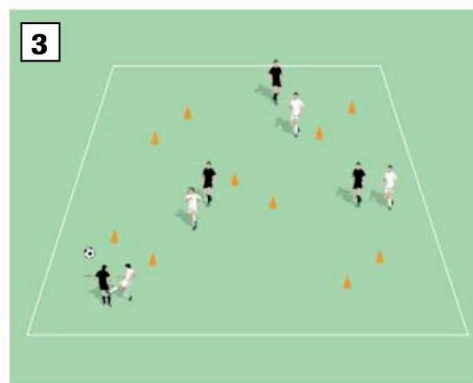
Diagram



1. The team in possession score by dribbling through a gate.



2. The team in possession score by passing through a gate.



3. If the opposition manage to make a tackle it becomes their turn to score through the gates.

Small Sided Games - #8 / Four Goal Game

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Set up as illustrated, 4 mini goals set up at the end of the playing area.
- No goalkeepers

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

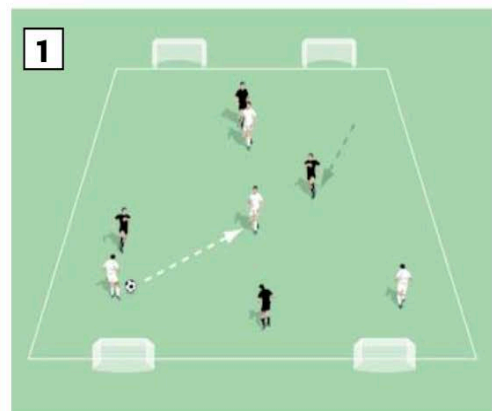
Rules

- The game is played as a normal 4v4 game without any goalkeepers, but each team must defend two goals and attack the other two goals.

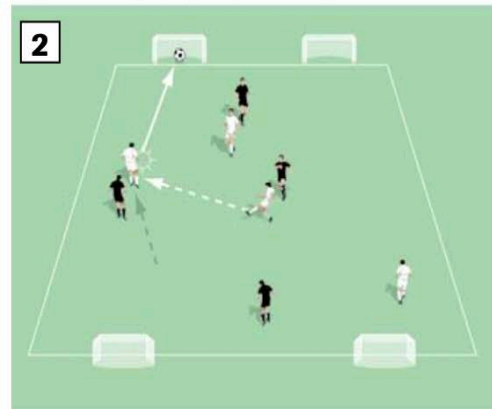
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot when the opportunity presents itself.
- When defending, close down the player on the ball quickly.

Diagram



1. Play 4v4 without keepers, at high tempo and with two goals to attack and defend.



2. Here, the white team pass their way through to score, but...



3. ...can they regroup to defend the quick break in the opposite corner?

Small Sided Games - #9 / Passers v Defenders – Rewards Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 35m x 25m.
- Mark out a 10m x 10m area as illustrated.
- Two teams of 4 players.
- One goal, one goalkeeper.

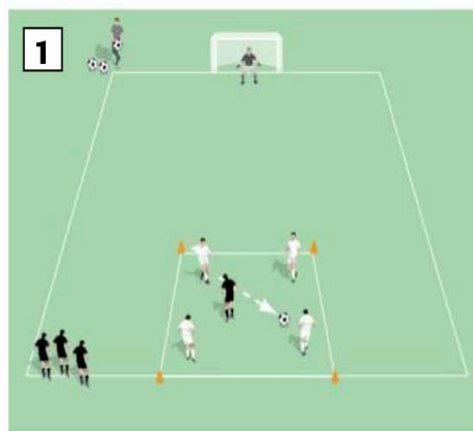
Rules

- One team works as the passing team.
- One team works as the defenders.
- The passing team work in the 10m x 10m area, passing the ball and attempting to keep possession.
- Each player in the defending team has two turns at entering the area and attempting to win possession from the passing team.
- If the defending player wins the ball or forces a mistake, they break away from the 10m x 10m playing area, receive a pass from the coach and look to shoot at goal.
- If team in possession complete 10 passes they are awarded 1 point.
- After 10 completed passes the defender is replaced by a new defender.
- Rotate attackers and defenders regularly.

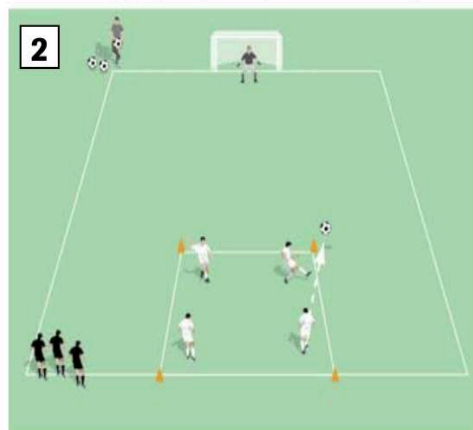
Coaching Points

- Encourage players in possession to make the playing area as big as possible in the 10m x 10m area.
- Move the ball quickly.

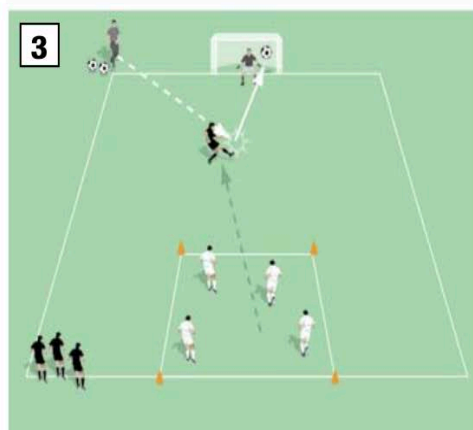
Diagram



1. The white team play keep-ball against a single defender in the 10 x 10 yard area.



2. Pressure from the defender leads to a mistake by the passing team.



3. The defender then races forward to receive a pass from the coach - he shoots, he scores!

Small Sided Games - #10 / 4v4 – Ice Hockey style

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Set up as illustrated using cone for goals.
- No goalkeepers

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

Rules

- The players can score in the front or the back of the goal.

Coaching Points

- As with most small-sided games, the emphasis is on pass.
- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot when the opportunity presents itself.
- When defending, close down the player on the ball quickly.
- Encourage players that if they are blocked when in front of goal they should look to play quickly to the other side, behind the goal to try and score.

Diagram



1. The team in possession are looking to create scoring opportunities but the path to goal is blocked.



2. A white attacker makes a run behind the goal, his team mate spots him and passes.



3. A goal is scored through the back of the goal - ice hockey style.

Small Sided Games - #11 / 4v4 Role Reversal Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 25m.
- Two teams of four players.
- One goal, one keeper as illustrated.
- Each team number themselves 1 to 4.
- One team starts as defenders.
- One team starts as attackers.

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

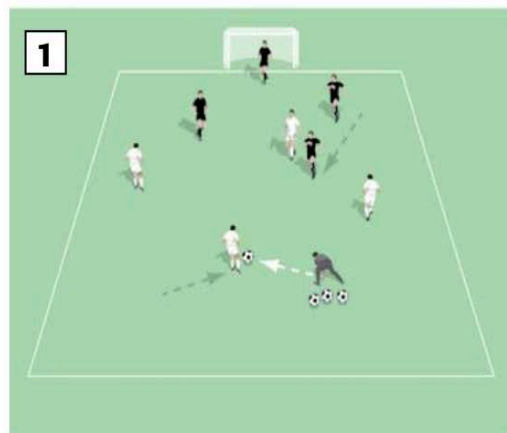
Rules

- When defending, the players each take a turn as goalkeeper.
- The attacking team receive a ball from the coach and attempt to build up and score in a 4v3 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.

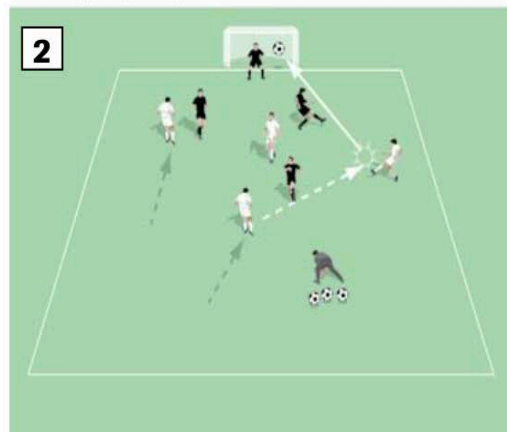
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Look to pass to the free player.
- Shoot when the opportunity presents itself.
- When defending, close down the player on the ball quickly.

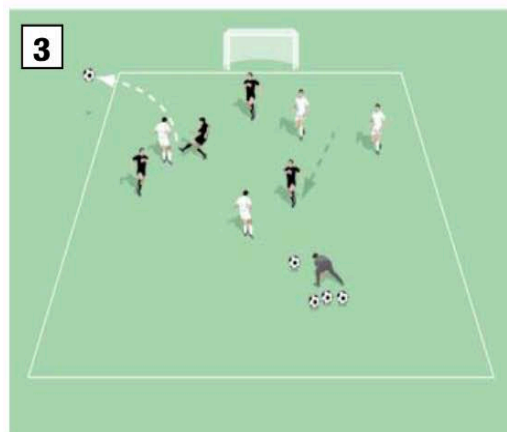
Diagram



1. Start the game by feeding a ball in for a 4v3 attack.



2. The attacking team must use their numbers advantage to score.



3. If the defending team can win the ball, roles are reversed and they attack.

Small Sided Games - #12 / One Big v Two Small

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game + 1 goalkeeper.
- Playing Area: 35m x 20m.
- Set up as illustrated with one normal size goal at one end and two mini goals at the other end.

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch immediately.

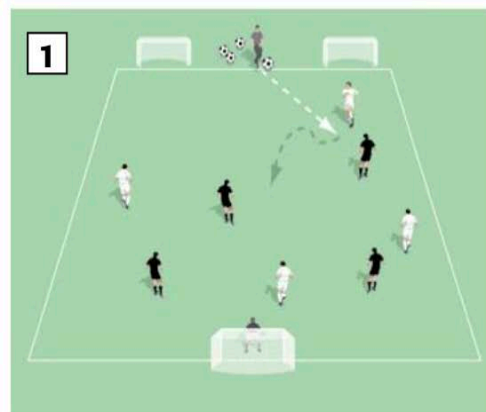
Rules

- One team attacks the normal goal.
- One team attacks the two mini goals.
- The game is played in two halves with each team taking one half attacking the normal goal and one half attacking the mini goals.

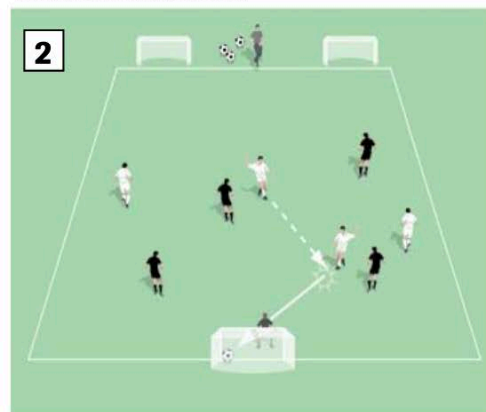
Coaching Points

- Encourage players in possession to make the field as big as possible to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down player on the ball quickly.

Diagram



1. The white team start with possession.



2. Can they pass their way to the normal sized goal and beat the keeper?



3. If the black team win possession in an advanced position they can simply pass the ball into one of the target goals.

Small Sided Games - #13 / Through Pass Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 35m x 30m.
- Set up as illustrated with six mini size goals.
- Two teams of four players.

If ball leaves play, play restarts with:

- Coach passing a new ball to either one of the teams.

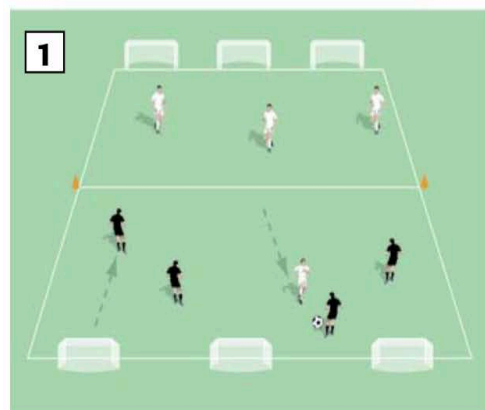
Rules

- Each team starts in their own half.
- Immediately an opponent 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 their 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 opponent's half.
- The game is played continuously.

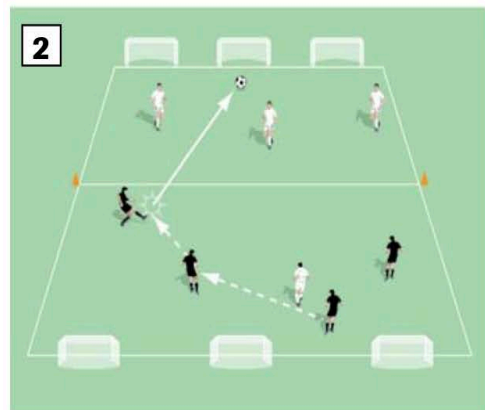
Coaching Points

- Encourage players in possession to make the field as big as possible to receive a pass.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down player on the ball quickly.

Diagram



1. The game starts with one team in possession and one player applying pressure.



2. The team in possession must create a chance to pass into an opposition mini target goal.



3. If successful, possession switches and the goal-scorer must immediately apply pressure to the opposition.

Small Sided Games - #14 / 4v4 Front and Back Goals

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 30m x 25m.
- Set up as illustrated with four mini goals.
- Two teams of four players.

If ball leaves play, play restarts with:

- Coach passing a new ball to either one of the teams.

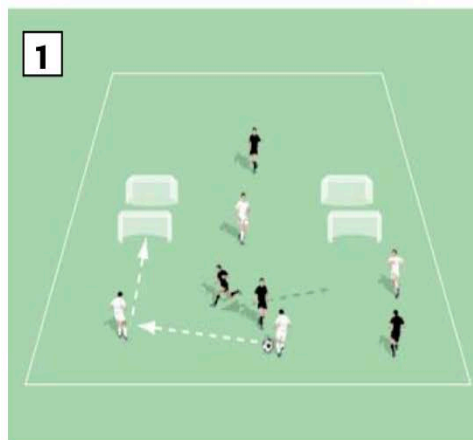
Rules

- The teams can score in the front of and back of any of the four goals.

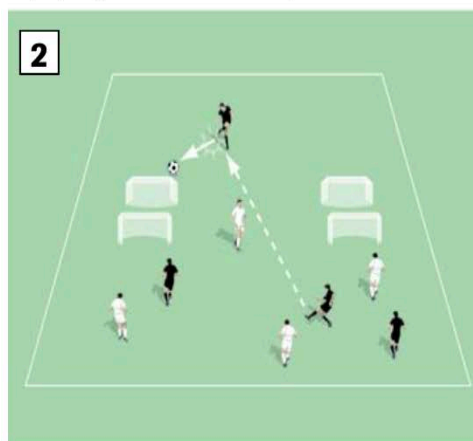
Coaching Points

- Encourage players in possession to make the field as big as possible to receive a pass.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down player on the ball quickly.

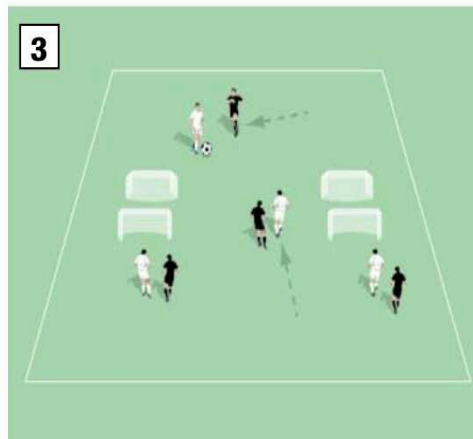
Diagram



1. Quick passing and movement will lead to many chances to score.



2. Tell them to use their imagination and the full length of the pitch to score in the "back" of the goal.



3. But if they're not quick enough with their passing, they'll soon be closed down and pressured off the ball.

Small Sided Games - #15 / 4v4 Continuous 2v1 Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated.
- Two teams of four players + goalkeepers.

If ball leaves play, play restarts with:

- Coach passing a new ball to either one of the teams.

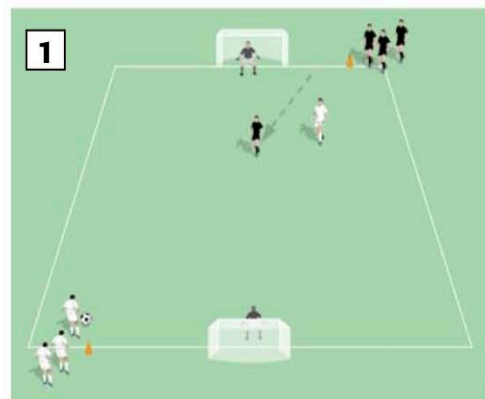
Rules

- Each team defends one goal.
- One player from each team starts on the pitch.
- The white 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 white players leaves the pitch.
- Now one of the black players dribbles onto the pitch to make a 2v1 situation.
- The game works continuously for a set time period.

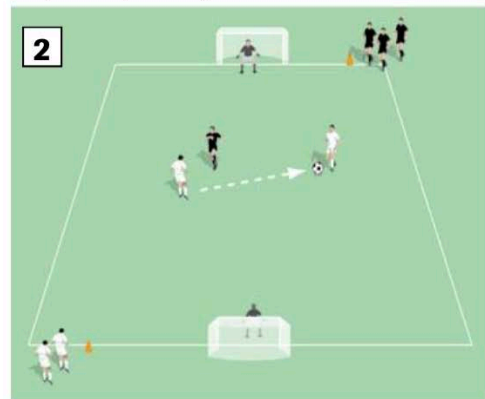
Coaching Points

- Encourage players in possession to make the field as big as possible to stretch the defender.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, try to get close enough to the ball but position yourself so that it's difficult for the team in possession to pass the ball.

Diagram



1. Set your teams up to start the game like this.



2. A white player joins his team mate to make a 2v1. Can they score?



3. Now the tables are turned as a white player exits and the black team get the advantage.

Small Sided Games - #16 / 4v4v4 Team 1v1 Battles

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated.
- Three teams of four players.
- Four goals arranged as shown in the diagrams.
- Four cones or poles to mark the starting points.
- 16 balls.

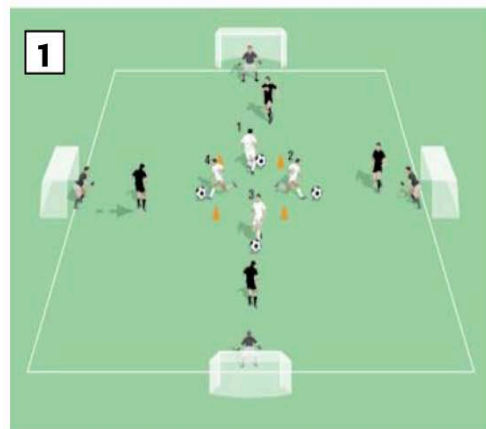
Rules

- One team work as attackers, one as defenders and one as goalkeepers.
- The attacking team players wait for your whistle, then attempt to score in a 1v1 situation.
- When the ball is played, the attacking player then goes to the next station to their left and waits for the coaches' whistle to attack again.
- Therefore, each attacking player has four 1v1 situations.
- When all the balls have been played, count 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 team's score.

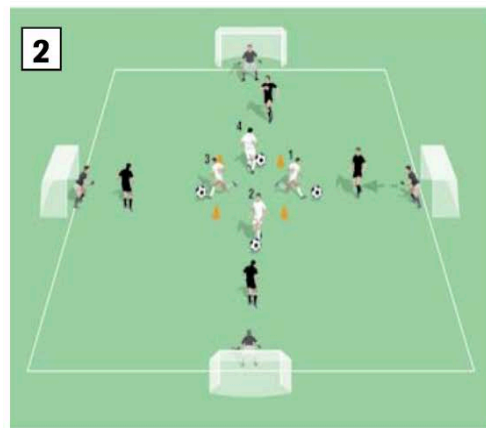
Coaching Points

- Encourage player with the ball to be creative and brave to beat the defender in the 1v1 dual.
- Shoot as often as possible.
- When defending, put immediate pressure on the player in possession.

Diagram



1. Set up your three teams of four like this and have each attacker go 1v1.



2. Now make the attackers move through each successive station for 4 rapid 1v1 attacks.



3. Now switch the roles so that everyone gets a turn in attack, defence and goal.

Small Sided Games - #17 / Triangle Goal

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated with 4 mini goals and 3 poles or cones to make triangle.
- Two teams of four players.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

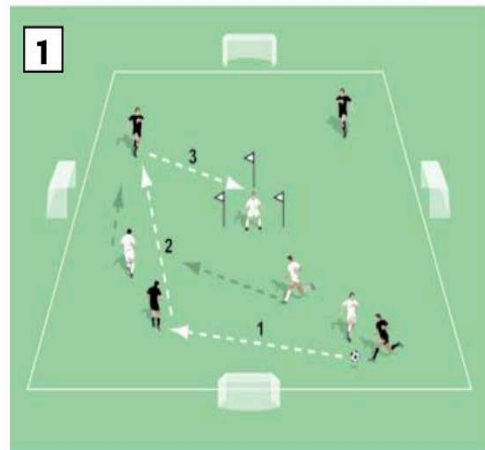
Rules

- One team defends the triangle goal and one team defends the four mini goals.
- The team 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.

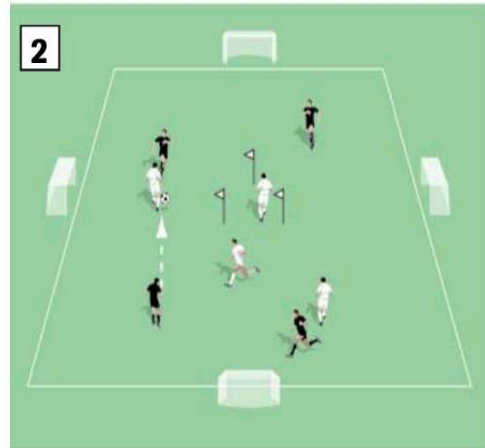
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- When defending, close down the player on the ball quickly.

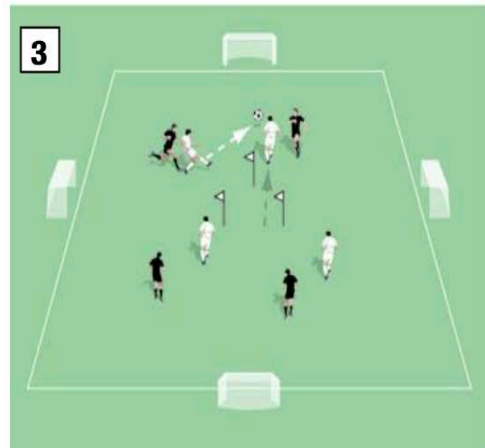
Diagram



1. The black team pass the ball trying to create an opportunity to score in the triangle.



2. The white team press and win the ball.



3. The white team launch an attack on the black team's goal.

Small Sided Games - #18 / Directional Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated with 4 mini goals, positioned on all four sides the playing area.
- Two teams of four players.

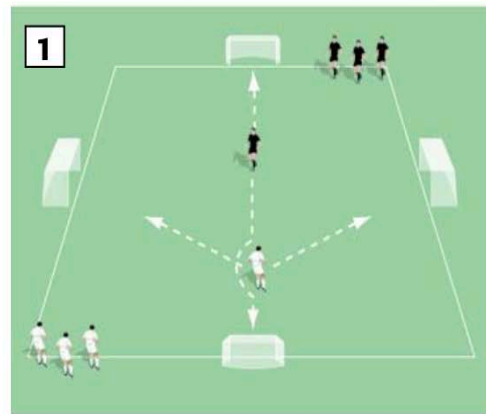
Rules

- One player from each team enters the pitch.
- Start the game by feeding a ball in for a 1v1 dual.
- One team attacks the goals across the width of the pitch.
- One team attacks the goals down the length of the pitch.
- One team attacks the goals down the length of the pitch.
- After each attack add one to each team.
- The game is played for a set period of time.
- If a goal is scored or the ball leaves play, pass a new ball onto the pitch.

Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- When defending, close down the player on the ball quickly.

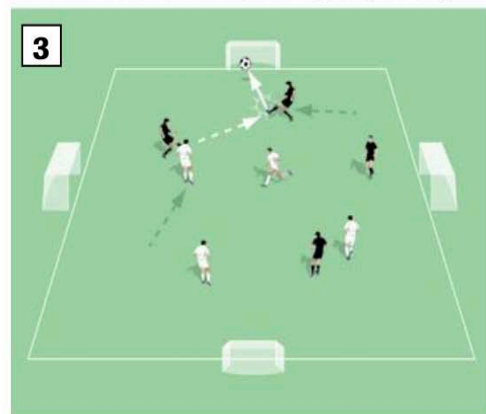
Diagram



1. The white team are trying to score left to right, blacks top to bottom.



2. It's now 4v4 and the black team make it difficult by pressing and tackling.



3. When they win possession, the black team must attempt to score.

Small Sided Games - #19 / Three Games in One

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- 4v4 + goalkeepers.
- Set up as illustrated with 2 goals and four pairs of cones.

Rules

- There are three ways to score in this game.
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.
- Play for a set period and count the scores.

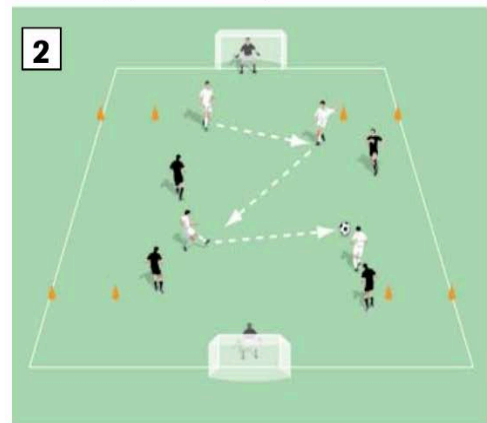
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down the player on the ball quickly.

Diagram



1. Dribble through a gate and cross for one point.



2. Six consecutive passes earns two points.



3. Three points for a shot past the keeper.

Small Sided Games - #20 / Two Goal Game, Score In The End Zone

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 30m x 25m.
- 4v4 game.
- Set up as illustrated with 2 empty goals.
- No offside.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.

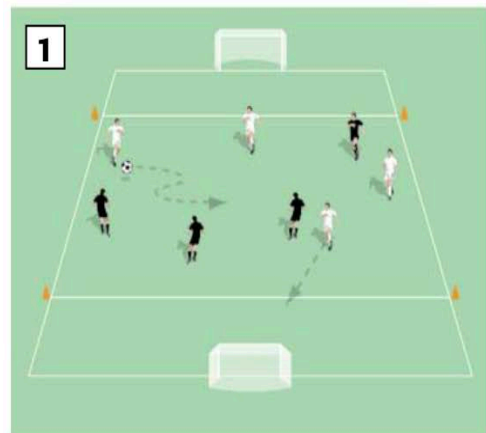
Rules

- A goal can only be scored from inside the end zones.
- Game is played in the central area.

Coaching Points

- Encourage players in possession to make the field as big as possible.
- Create space away from the defenders to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot as often as possible when in the end zone.
- When defending, close down the player on the ball quickly.

Diagram



1. The white team are in possession but must start within the coned off area.



2. A white player makes a run into the end zone.



3. His team mate spots the run and makes a pass into the end zone.

