

The Coaching Family



Small Sided Games Sharing Summer 2012

The Coaching Family

Welcome to the Coaching Family Small Sided Game sharing booklet – The first edition!!

For those who don't know about us, The Coaching Family is an unofficial group of coaches who use social networking site Twitter to share views, sessions and debate various topics.

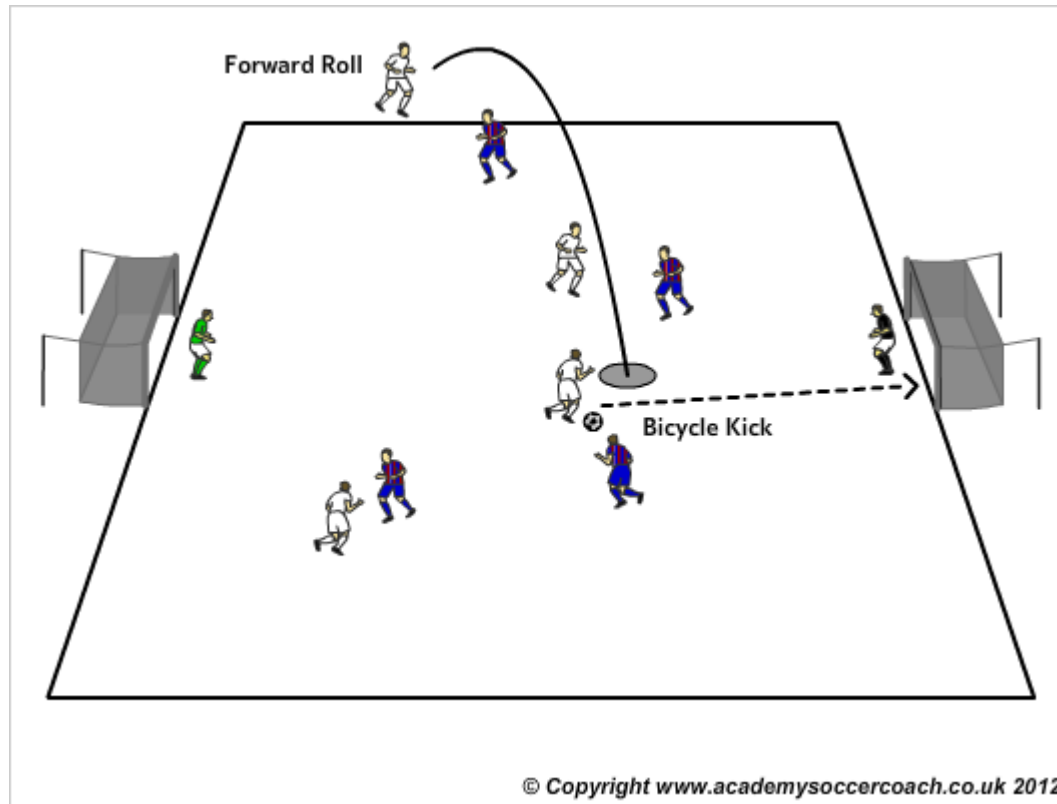
Currently we have just over 3,200 followers and counting. Thank you all for making @CoachingFamily the massive success it has become over the last two years.

You may also be interested in Chris Hodgson's #CoachesBible – You'll need to follow him @Soccer20_Hodga first! – The Coaches Bible is a file sharing website which Chris and other coaches use to share useful files and documents.

Enjoy the booklet, share it around and keep doing things the right way... let them play!

Ben - @19BRT

Andy Brown - @Youthsoccerblog



The OuTrAgEoUs game

No Rules

No Boundaries

No Coaching

The only thing players need to bear in mind is... EVERY touch needs to be OUTRAGEOUS!!

Forward rolls before taking throw ins, Back heeled goal kicks or bicycle kicks at goal.

Harry Watling - @HarryWatling



1v1 Continuous

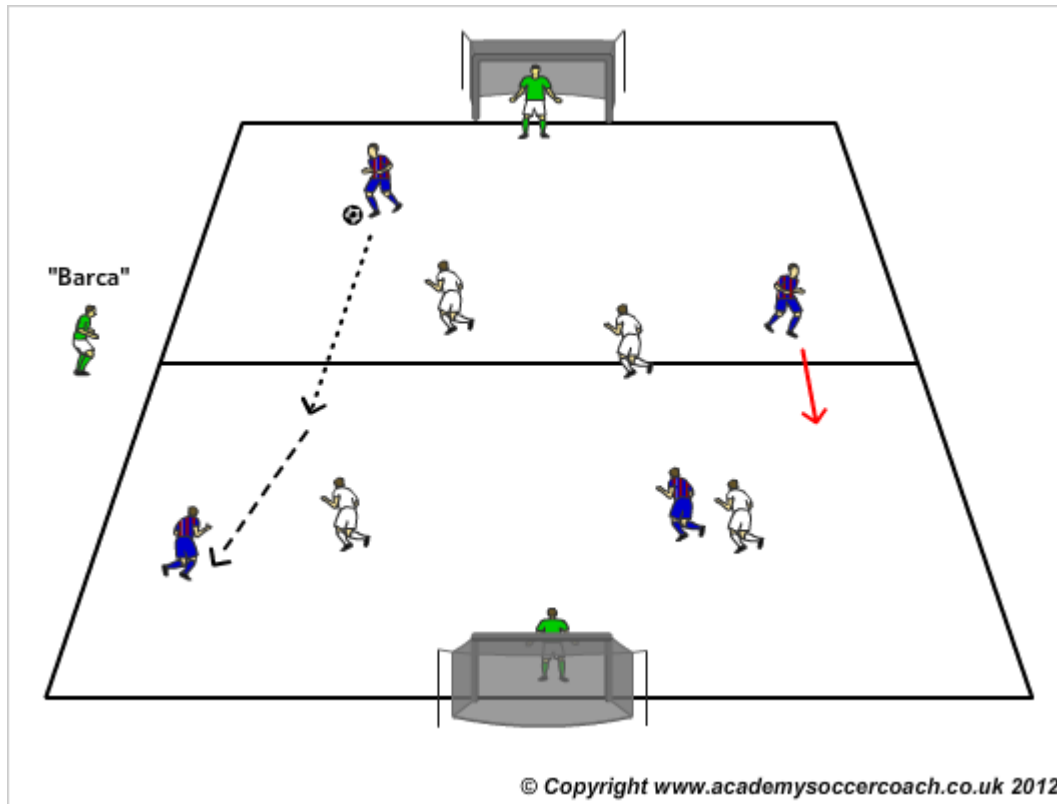
Footballs placed in central area, with 4 different 1v1 targets around a square.

Whites attack and try to score by shooting, dribbling or running with the ball against Blue defenders.

Attackers must return to centre and attack a different zone each time.

Switch roles after 5 minutes.

Harry Watling - @HarryWatling



Coaches Call

4v4 game (plus GK's)

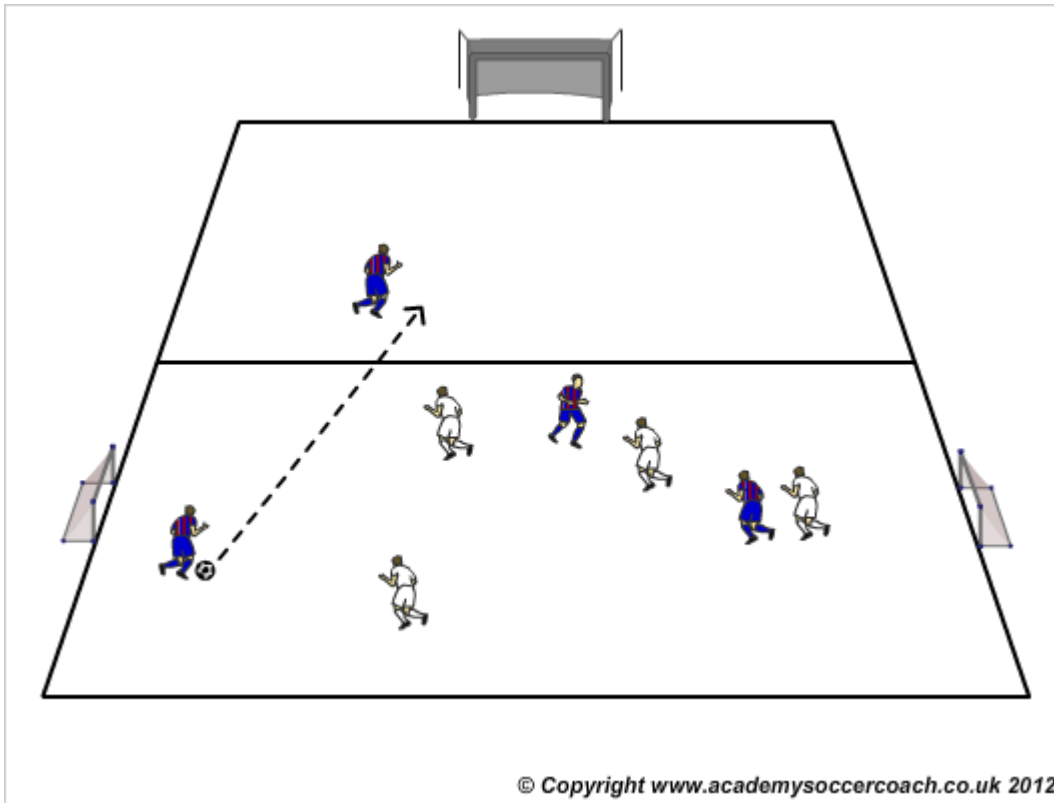
The team in possession has to respond to the coaches call.

"Possession" – team must keep the ball in their own half.

"Normal game" – As it says

"Barca" – team must push up in to opposition half and keep the ball.

Harry Watling - @HarryWatling



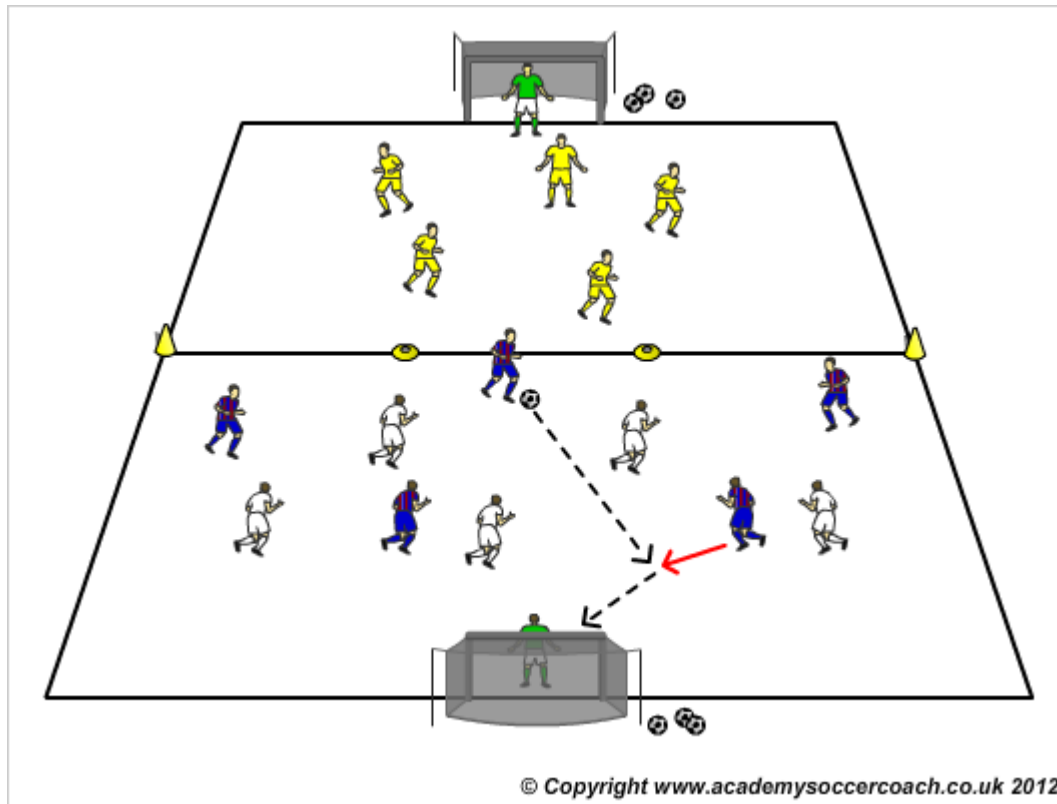
Golden Goal game

4v4 game played on half pitch into small goals.

The first team to score 3 goals keeps the ball and looks to release a runner running towards the big goal.

Once a pass is made the opposition can defend and try to stop the attacker scoring.

Ben Trinder - @19BRT



Transitions Game

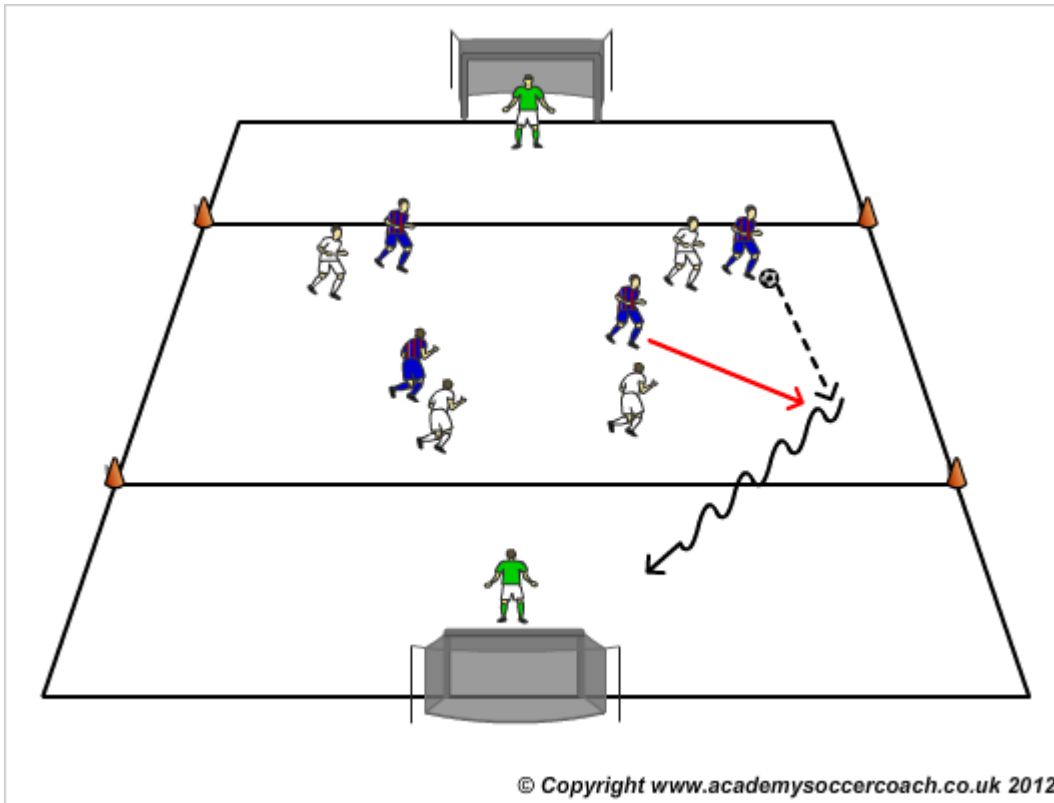
3 Teams of 5 players plus 2 goalkeepers.

Coach passes ball to blues who attack against whites in one half.

If white win the ball they take it into opposite half and attack vs yellows. (If blue score vs whites, they attack yellows) and so on.

Count how many successful attacks all three teams have.

Ben Trinder - @19BRT



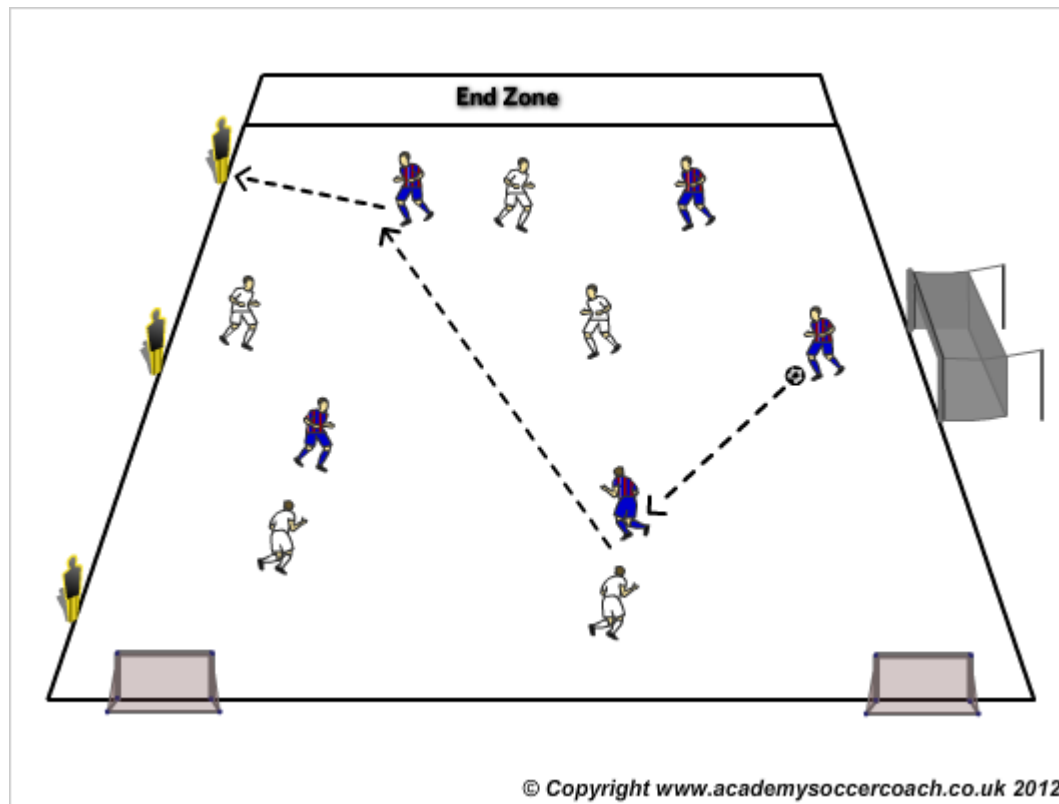
1on1 Breakout Game

Mark three thirds, one goalkeeper at either end and outfield players 4v4 in middle.

To score, the attacker has to dribble into the attacking third and beat the goalkeeper.

Defenders aren't allowed to retreat into defensive third.

Ben Trinder - @19BRT



Switch Goal Game

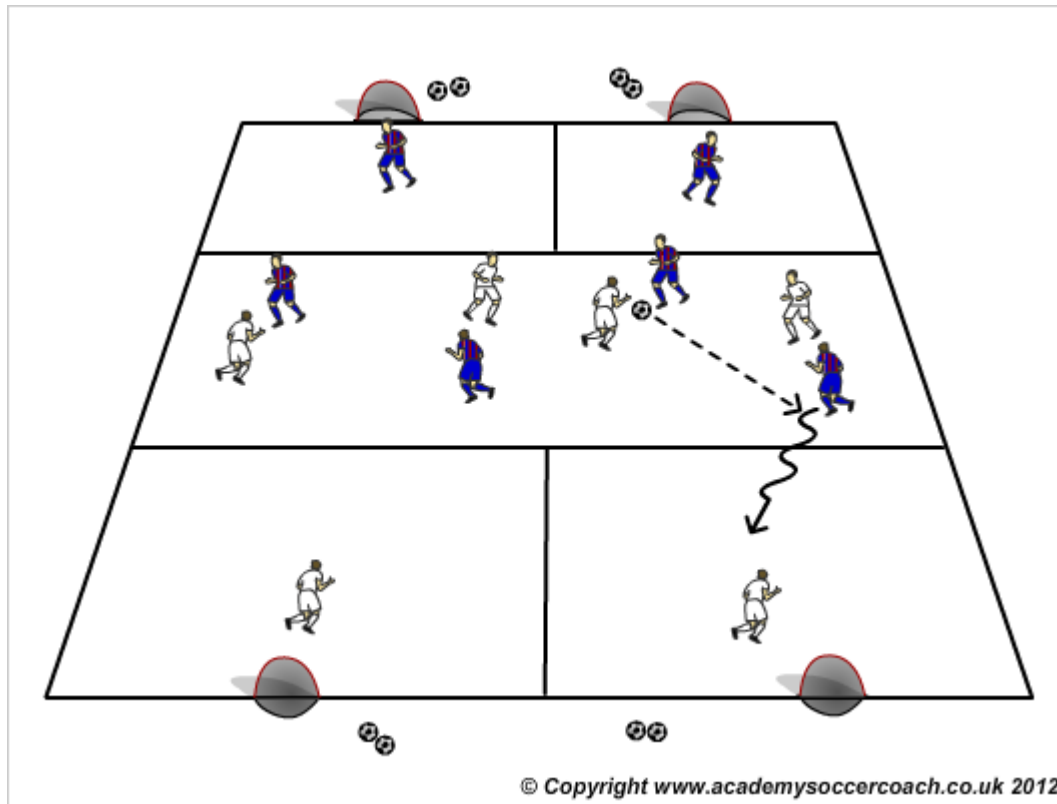
2 Equal teams play a directional game.

After 5 minutes of play the coach calls "switch" and both teams switch to defend the area on their left.

The game covers lots of different skills -

END ZONE – Dribbling
GOAL – Shooting/Finishing
2 SMALL GOALS – Switching play
MANNEQUINS – Forward passing

Ben Trinder - @19BRT



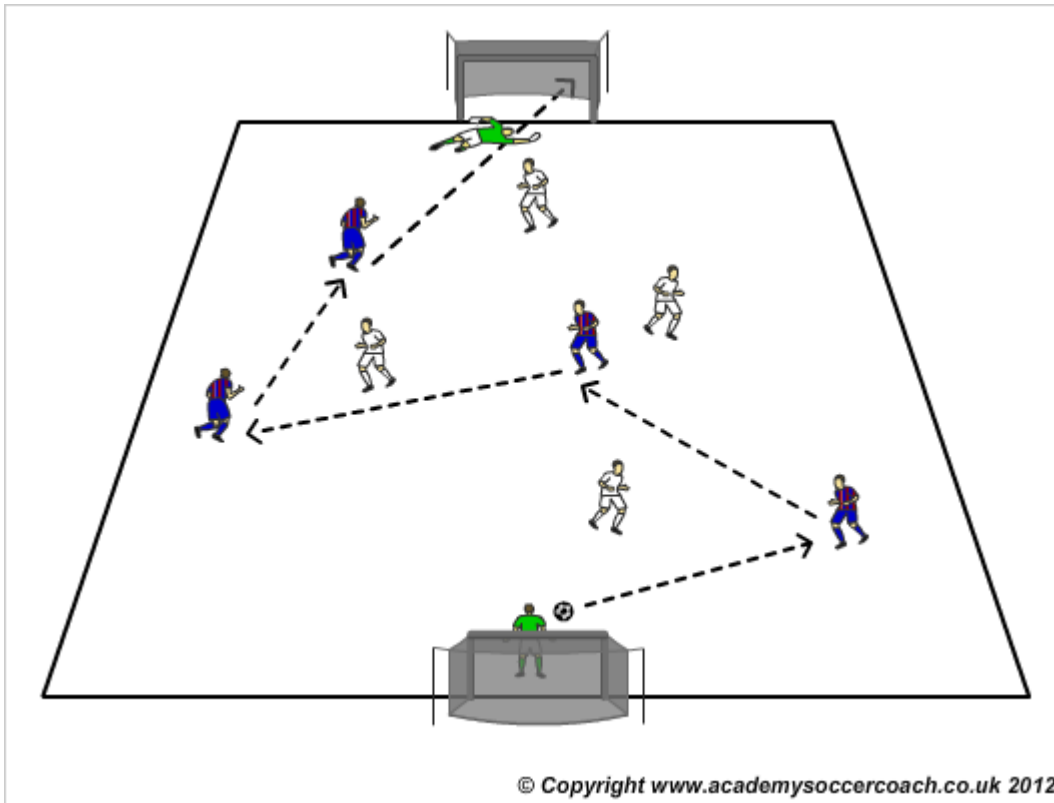
4v4 breakout to 1v1

4v4 played in the middle area while two defenders stand inside the small zones at each end.

The 4v4 is played until one team can create an opportunity to break into an opposing zone.

They then play 1v1 to see if they can score.

Hugo Langton - @baldy1974



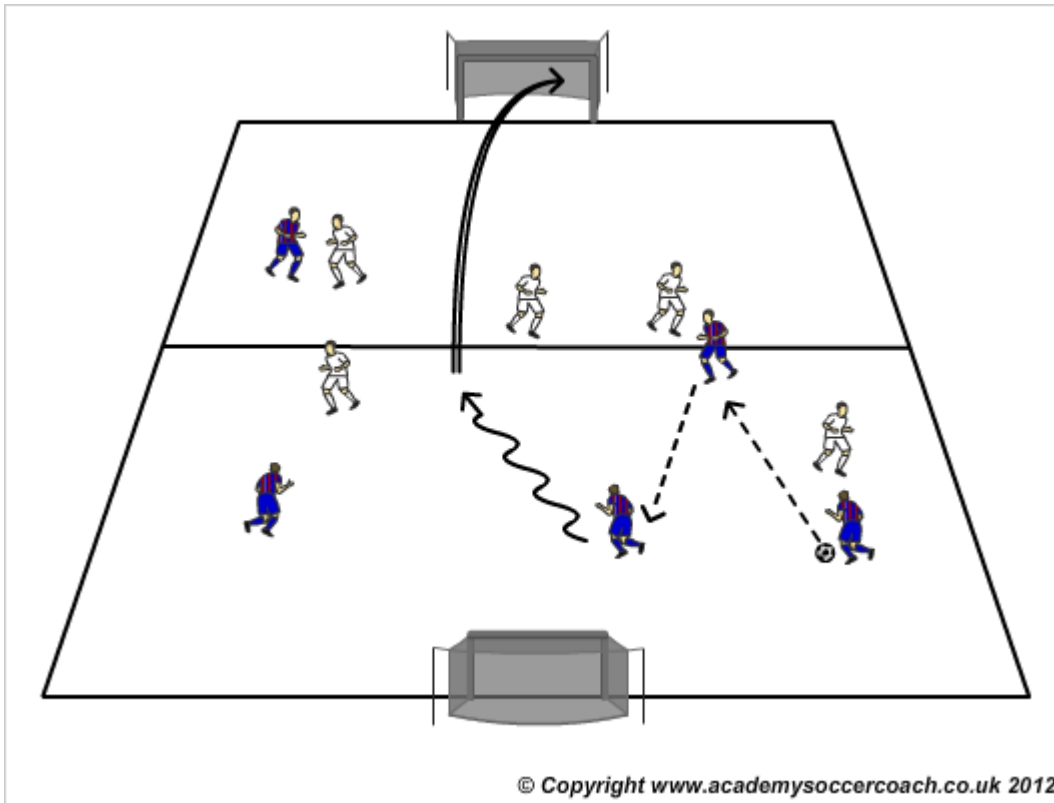
Team play/Communication

Play 4v4, 5v5 or 6v6 depending on age. Adjust pitch size as appropriate.

All players on the team have to touch the ball before a goal can be scored.

This will encourage teamwork and communication.

Hugo Langton - @baldy1974



Pressing Game

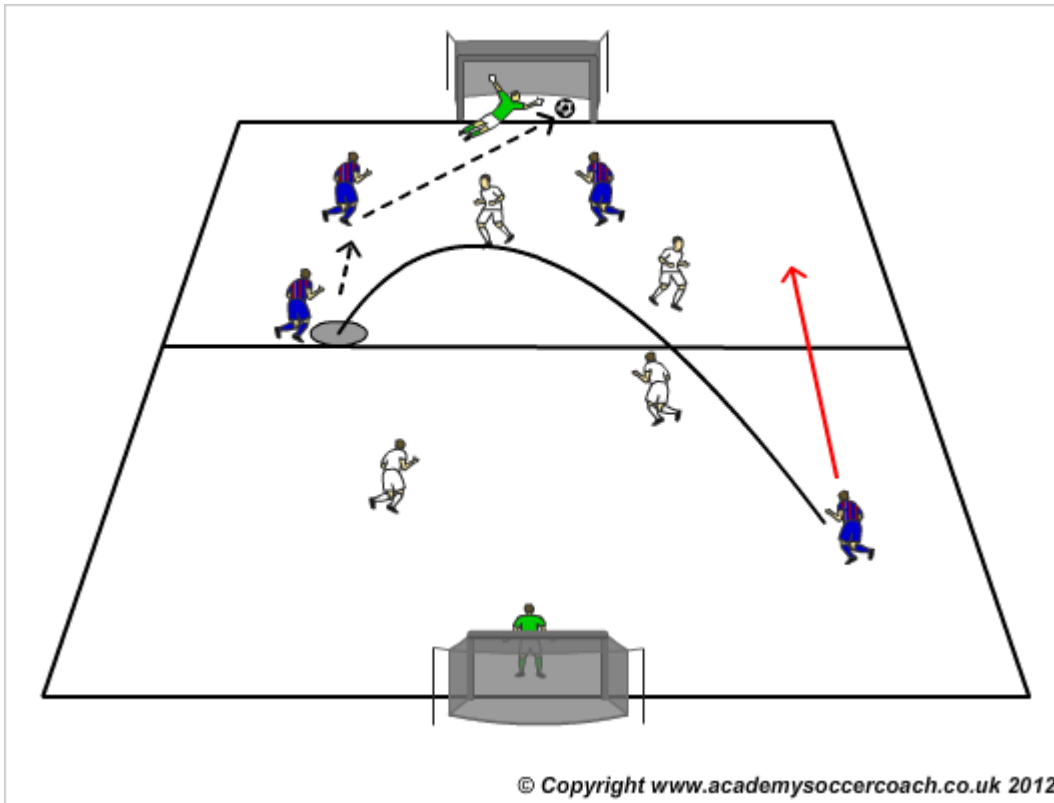
Two teams 5v5 with no goalkeepers.

To score a goal teams can only shoot in their own half.

This game will encourage players to press high up the field.

Can they cut out a ball over the top or stop a shot on goal?

Hugo Langton - @baldy1974



Push up Game

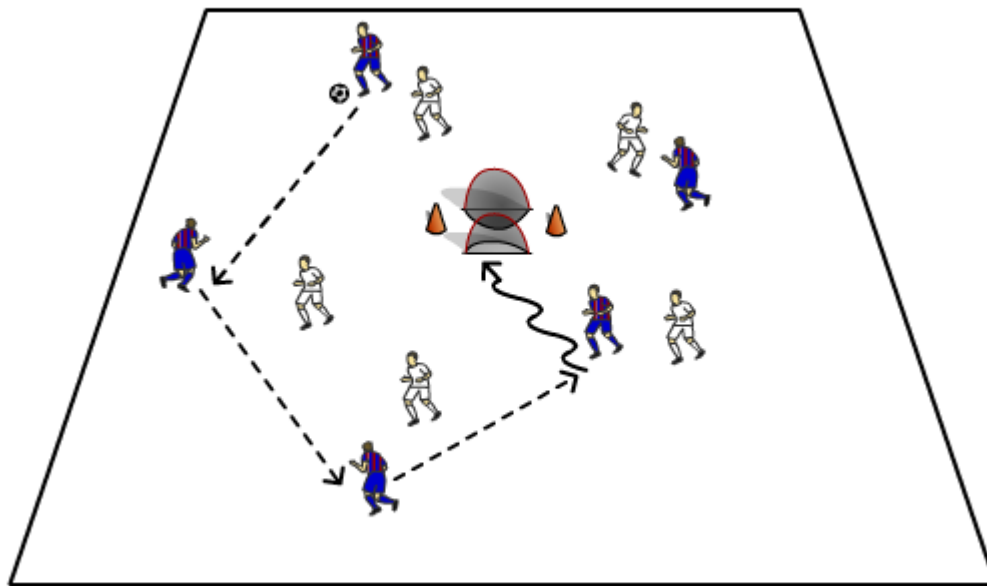
Two teams, 4v4, 5v5 or 6v6 plus two goalkeepers.

To score a goal, ALL of the attacking team must be in the opposition's half of the pitch. (Except GK)

This encourages the defensive line to move out quickly during a game.

Play offsides to make it competitive.

Simon Schafer - @funkyjalepeno



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Real Madrid Game

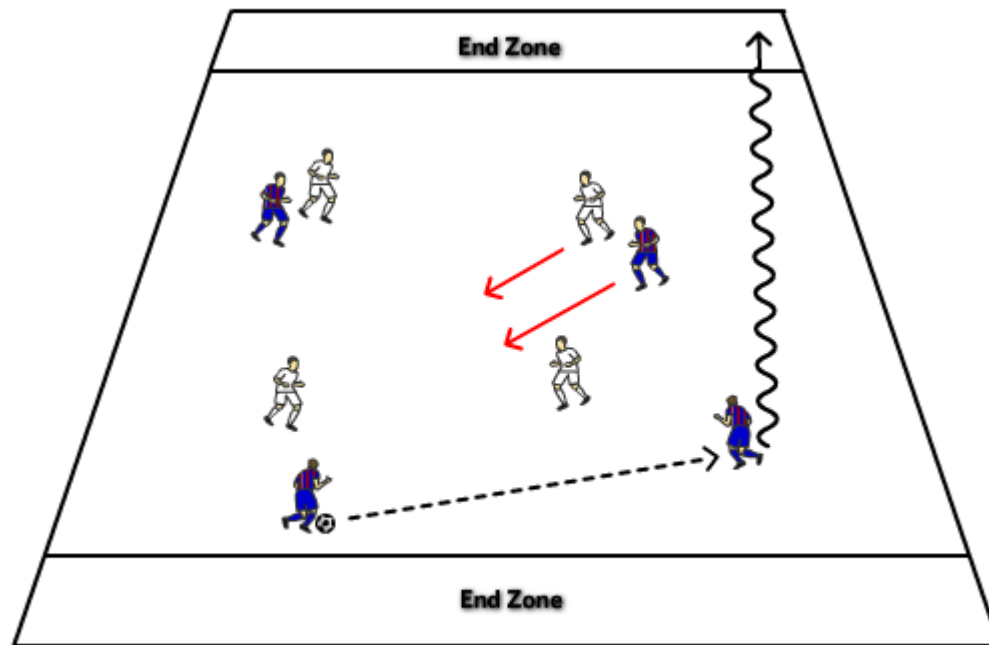
Two small goals placed back to back in the centre of a square pitch.

Teams arranged either 4v4 or 5v5.

Both teams can score in any goal but must choose the right time, and angle, to attack.

Players will naturally spread out to cover all angles and make the pitch big.

Simon Schafer - @funkyjalepeno



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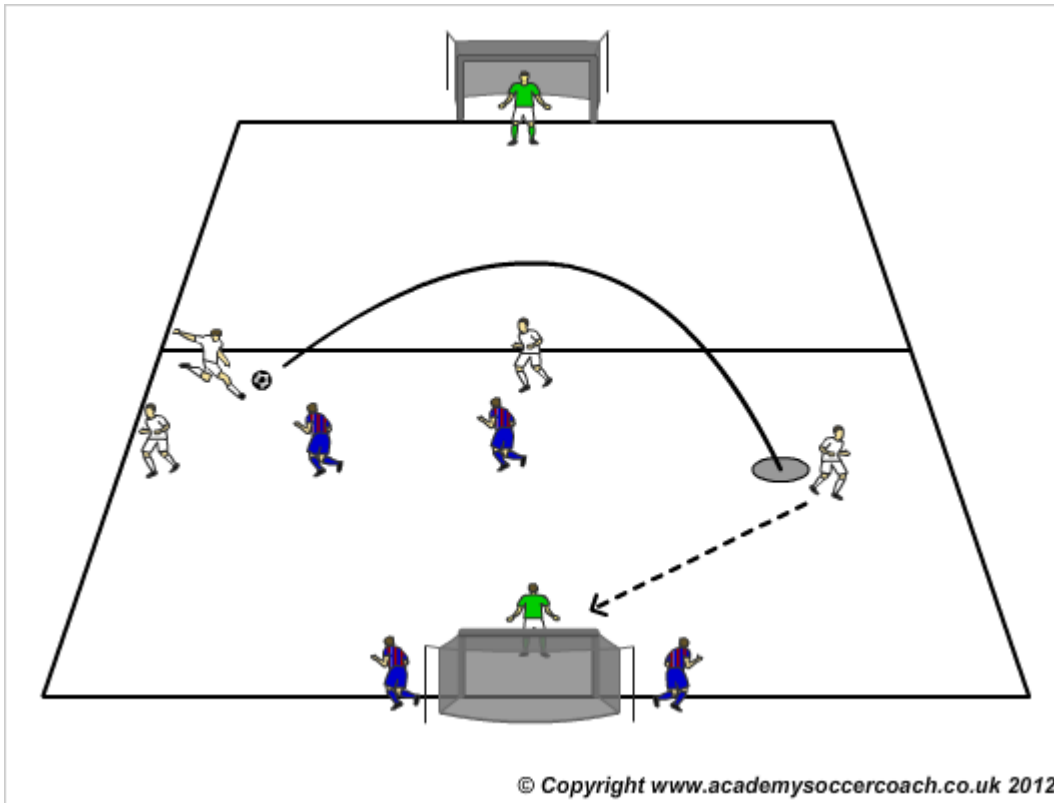
Dribble to score

Two equal teams play 4v4, 5v5 or 6v6.

Directional game where both sides score by dribbling the ball into the end zone.

Multiple variations to deliver different outcomes. For example – Through balls, Long passes and Running with the ball.

John Johnstone - @nottscounty2009



Breakout Transitions Game

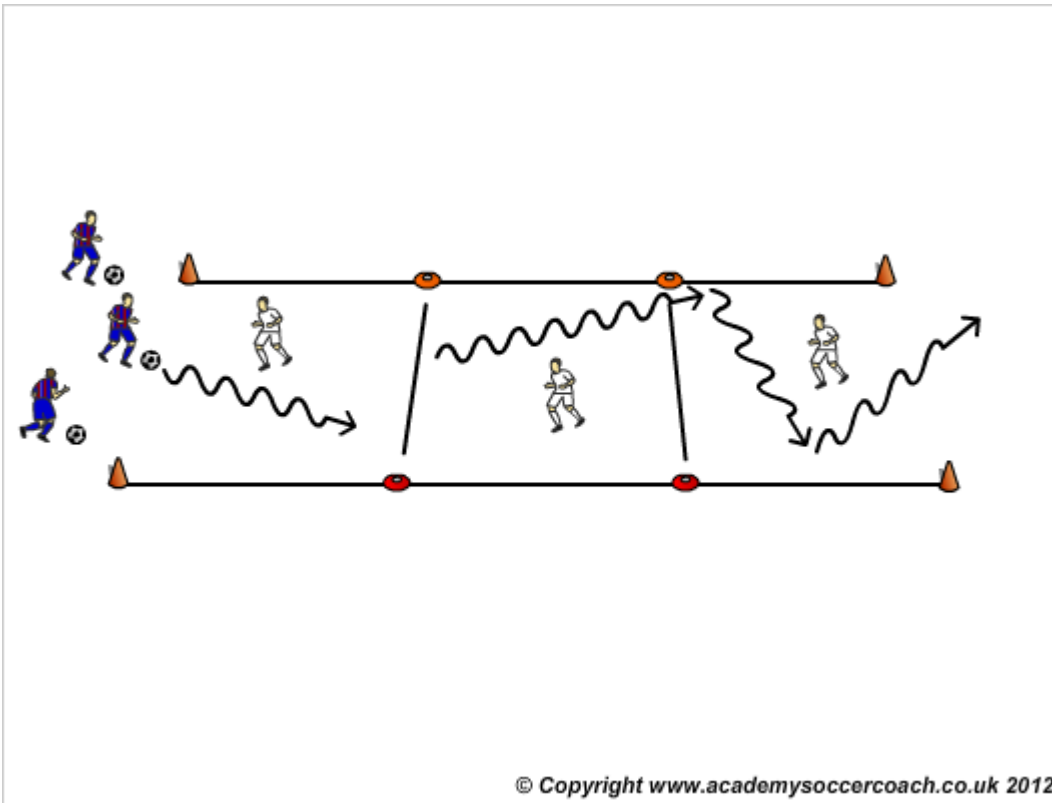
Two goalkeepers and two teams of 4.

2 players from defending team on goal line at all times, while other 2 defend.

After a change of possession the defending team attack at the other end.

Or, if a goal is scored teams play same roles at the opposite end.

Liam Reggie Donovan - @Liam_Reggie



Gladiator

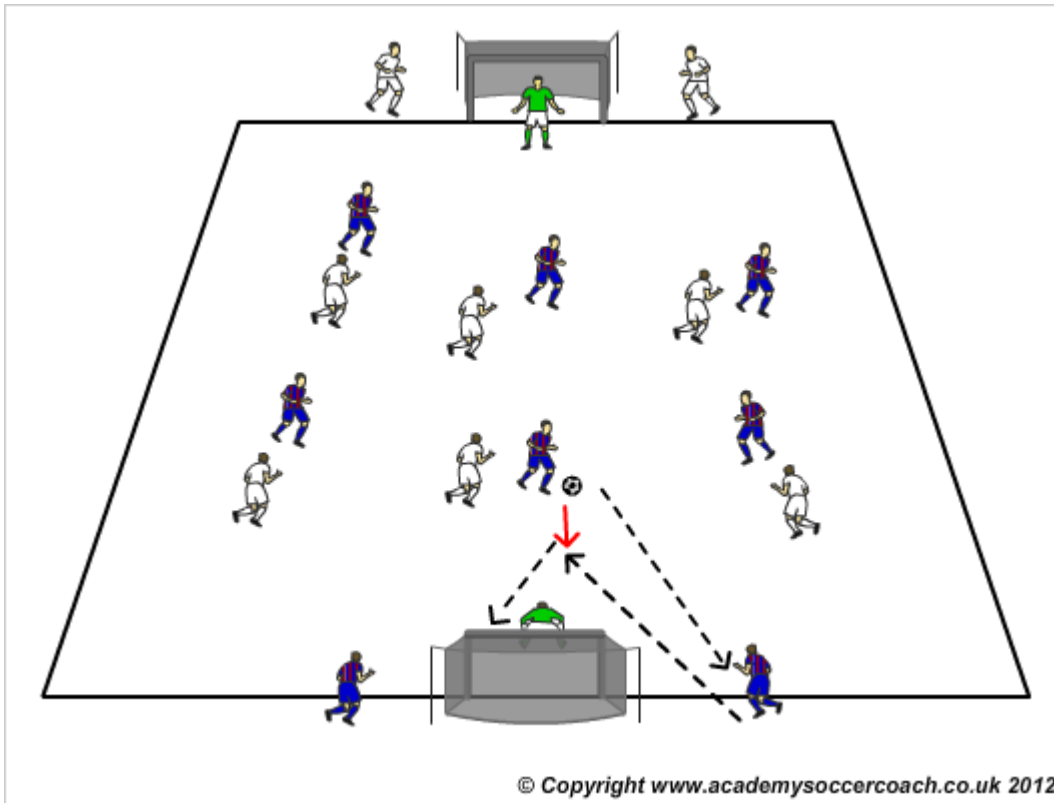
Based on the old Gladiators game Gauntlet.

Players play one at a time to see if they can beat all three defenders who must stay in their own zone.

Sell this as a chance for players to demo' their tricks.

Make sure roles are switched so everyone gets a turn.

Matt Kirkwood - @Matt_1991



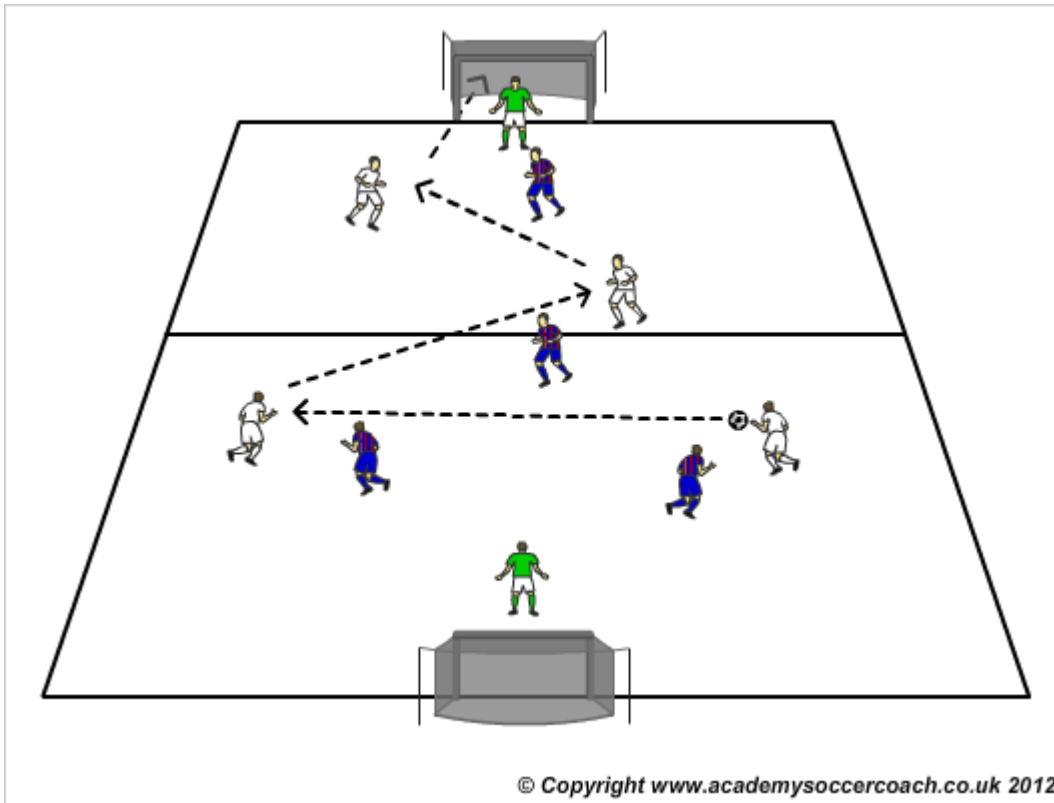
7v7 +2 Target man

Two equal teams play 6v6 on the pitch with two target players on either side of the goal.

Teams aim to work the ball forward to the target player and score from a returning pass.

Target players can only have one touch so quality is essential.

Stefan Lowes - @jumperoo14



Volley ball

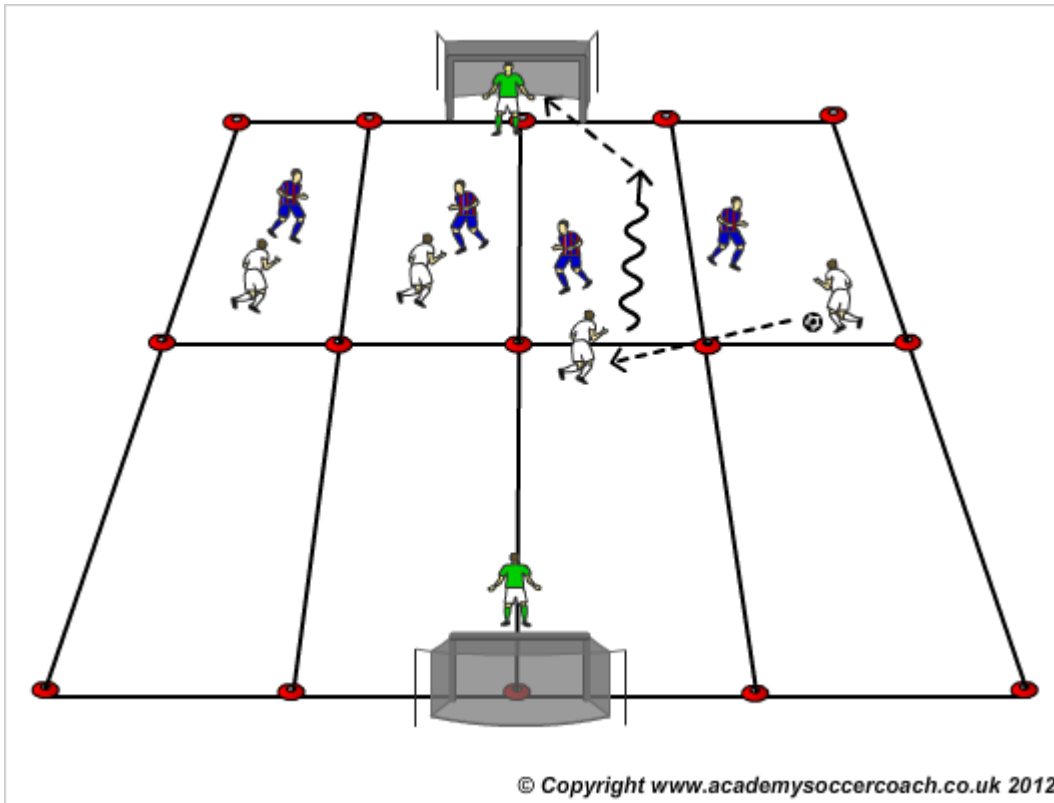
Two equal teams plus goalkeepers.

Play with ball in hands, volley with laces or side foot to pass to team mates.

Allow interceptions with hands and feet.

Players must stand still with the ball in their hands.

Stefan Lowes - @jumperoo14



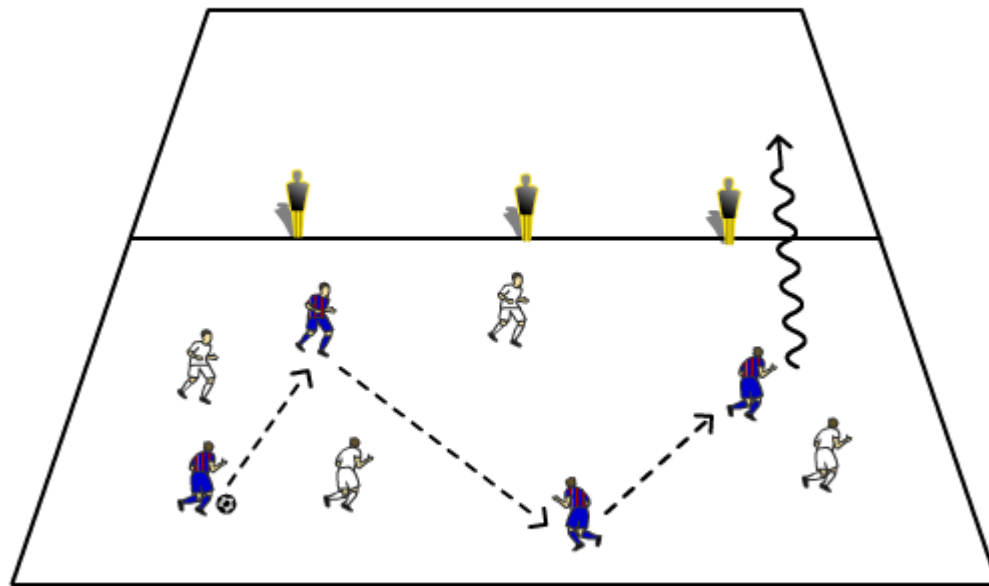
Rugby Rules

4v4 plus goalkeepers with both teams arranged in channels.

This creates opportunities for 1v1's.

Players can only pass backwards or sideways so dribbling is their best form of attack.

Simon Bradley - @simonbradley76



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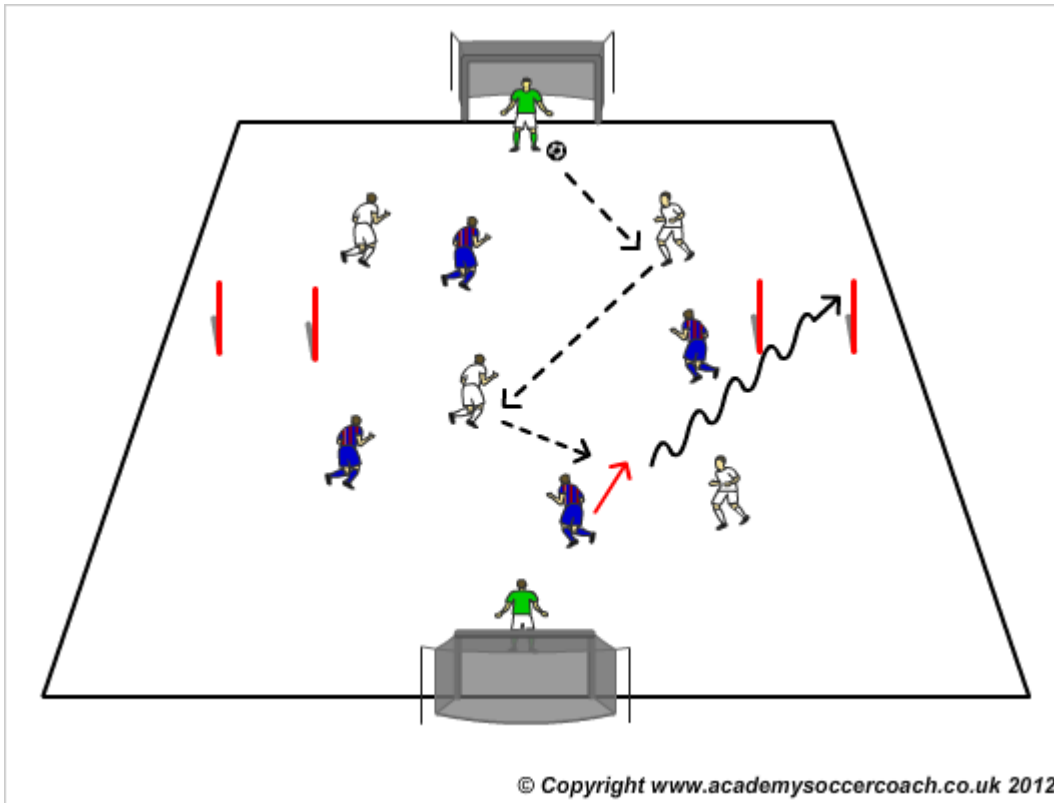
Developing Possession

2 equal teams 4v4, 5v5 or 6v6 play a possession game in one half.

Teams can decide at any point to break out into the opposite half either by dribbling or passing the ball over.

Players must bear in mind that the halfway line acts as an offside line.

Simon O'Neill



Dribblers vs Shooters

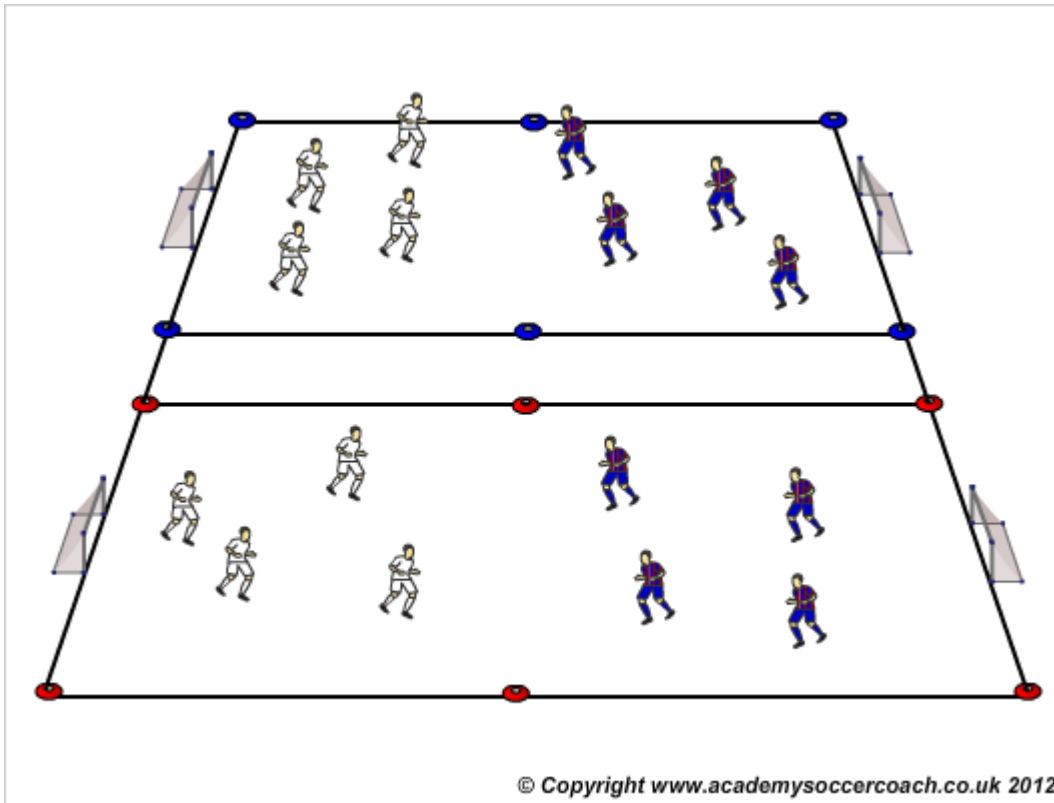
2 equal teams play with different objectives within the same game.

White team can score in either goal.

Blue team try to intercept and dribble or pass the ball through the gates. They can pass to either goalkeeper to keep possession.

Switch teams after a given amount of time so they change objectives.

Sarah Davis - @gingdavis77



Dealing with Overloads

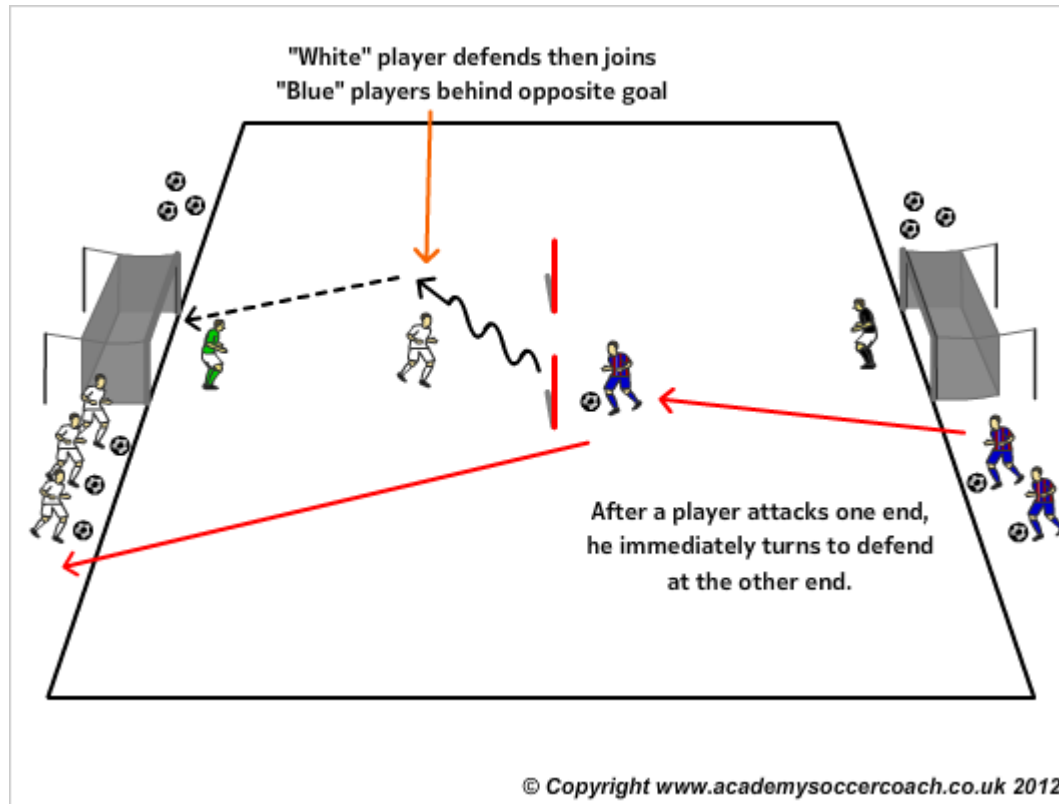
Mark out two pitches big enough for 6v6 games.

Arrange players into blue and white teams and play 4v4 on both pitches.

Once they are playing, if a blue player score on the top pitch – he drops down to play for the blue team at the bottom pitch.

This creates a 3v4 and 5v4 overload on both pitches. Every time a player scores on one pitch, they go to join their team on the opposite pitch.

Billy McEvoy - @billy_mcevoy



1v1 Continuous

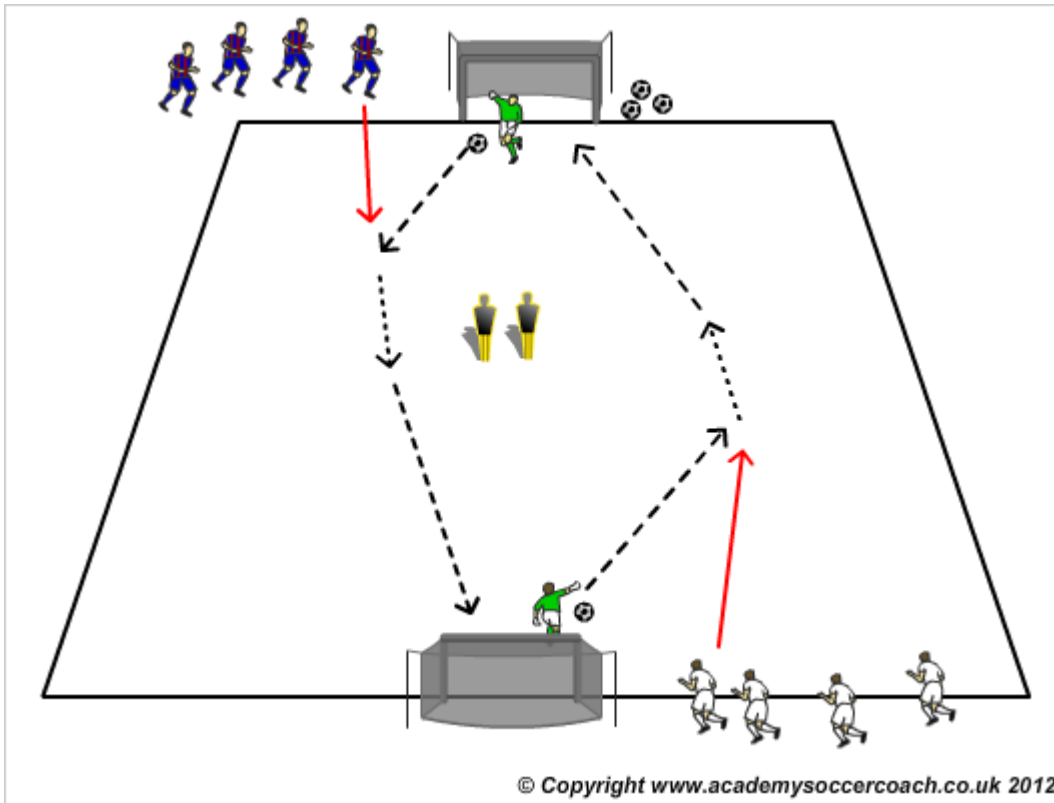
One player dribble out from goal line and go 1v1 against a defender.

Once a goal is scored or ball goes out of play, the attacker then becomes the defender.

He must return to the other half to defend the other goal.

Play continuously and keep score where possible

Paul Simms - @simmsy76



Goalkeepers v Strikers

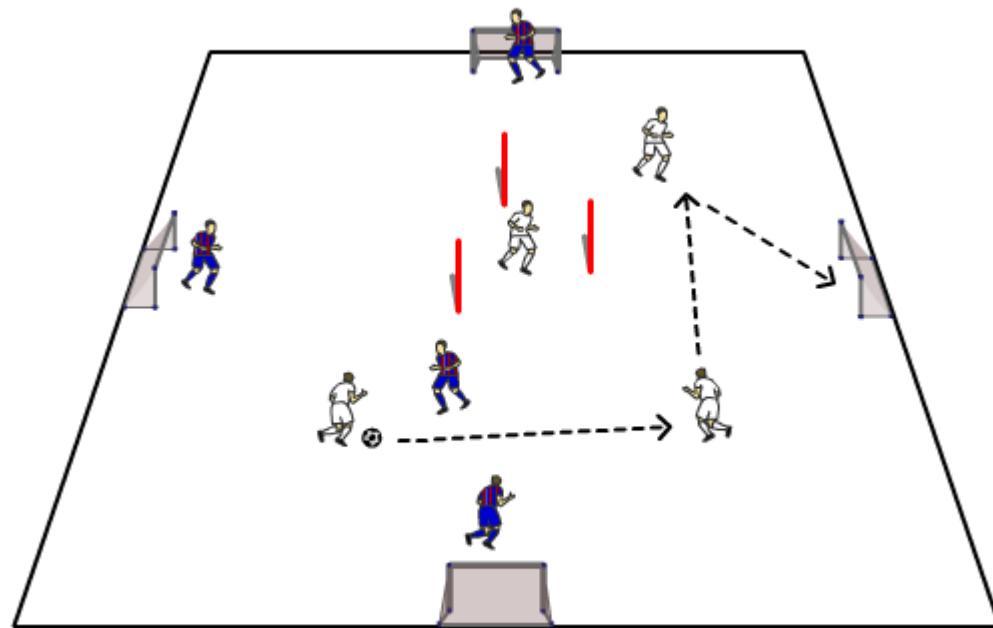
Attackers lined up either side of the goal.

Goalkeepers roll a ball out for attacker who dribbles on and gets a shot at goal.

Goalkeepers must get across their goal, in line with the ball ready to make a save.

Strikers aim to score. Make it a competition.

Liam Broxup - @Broxy8



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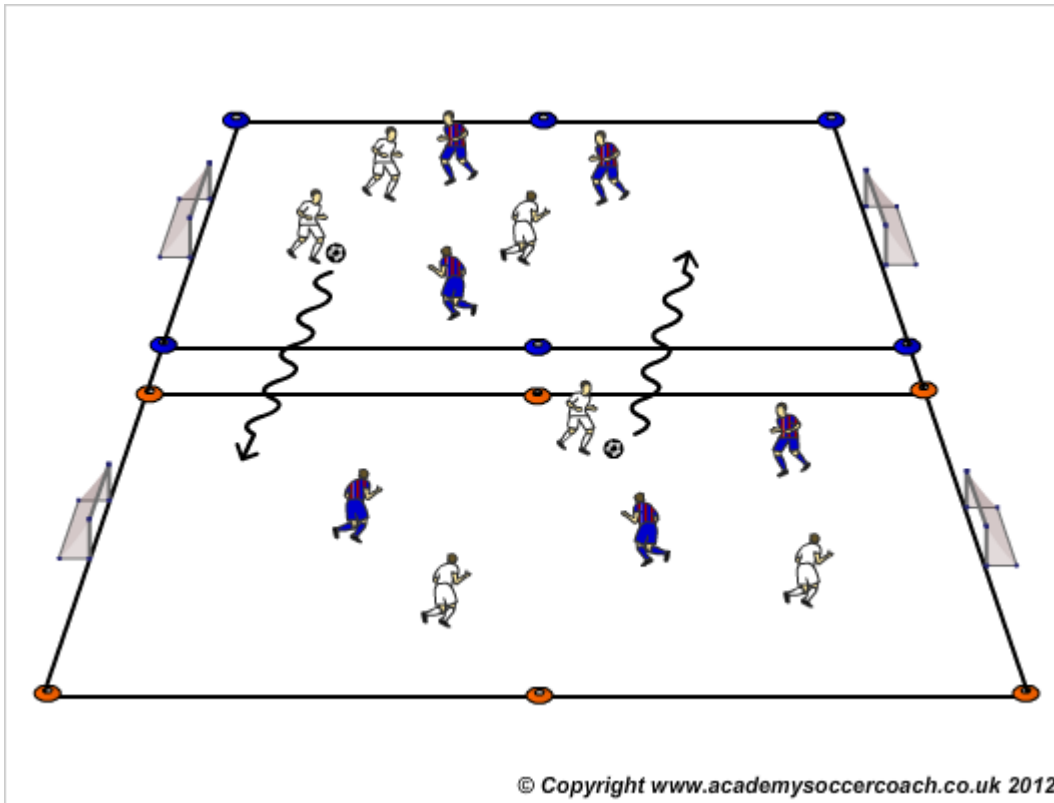
Triangle Goal game

4v4 game

One team defend the four small goals while trying to score in the “three goal” triangle goal in the centre.

The other team nominate a goalkeeper to defend the triangle goal, while 3 outfield players try to score in the four little goals around the pitch.

Ricky Clarke - @RickMasterCoach



Xavi SSG

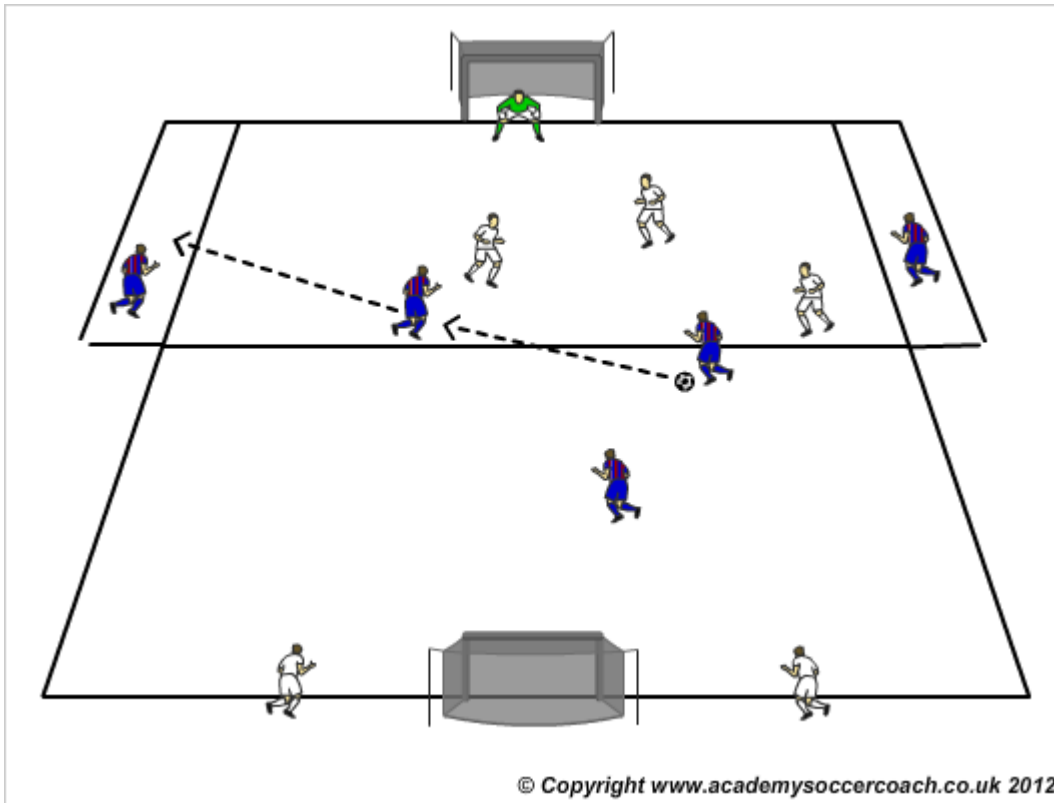
Set up two 3v3 games side by side.

Players can only score once they have beaten a player.

Progress to players in possession calling "switch" to change pitches. Always maintain a 3v3 game though.

Allow players to make decisions.

Bradley Marshall - @BradMarshall90



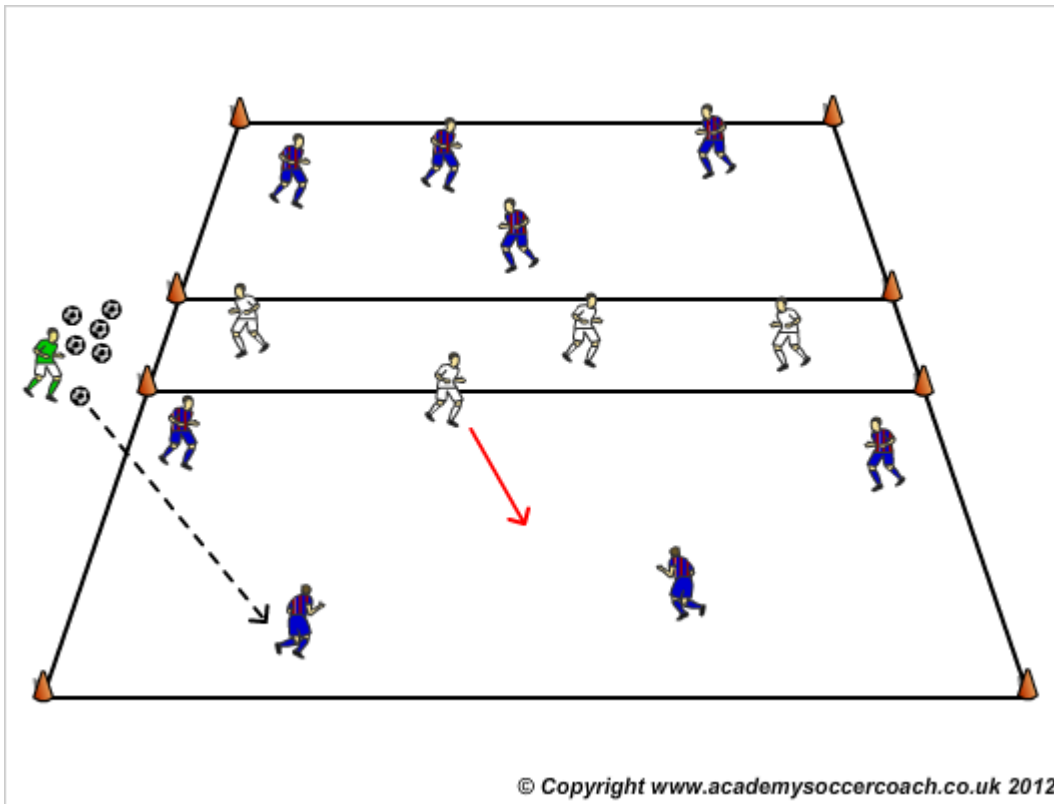
Wingers v Target Men

Two equal teams, 5v5 plus goalkeepers.

One team (blue) has two players playing as wingers in wide areas. One of these wingers must receive the ball to deliver a cross before a goal can be scored.

The other team (white) have two players standing on either side of the goal their team attack. Their team mates try to play up to them and support quickly to score a goal. Target men have one touch.

Bradley Marshall – @BradMarshall90



Break the Line

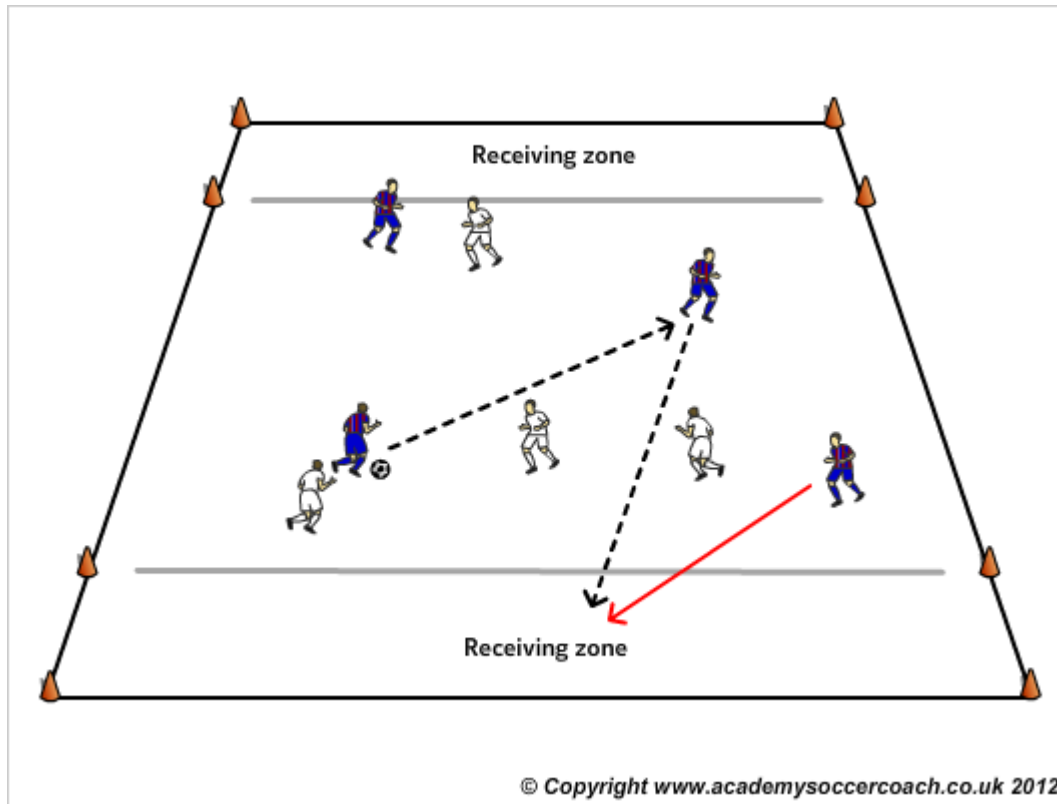
Three teams of four, two teams in blue occupy large areas while the white team play as defenders in the smaller mid zone.

Coach plays the ball to one of the blue teams. 1 white player joins in and acts as pressure.

The blues try to pass the ball through to the opposite blue team on the other side.

Add constraints, e.g no balls over the top – so the players must be patient and look for a through pass.

Illinois Skill School - @ilskillschools



Receiving zones

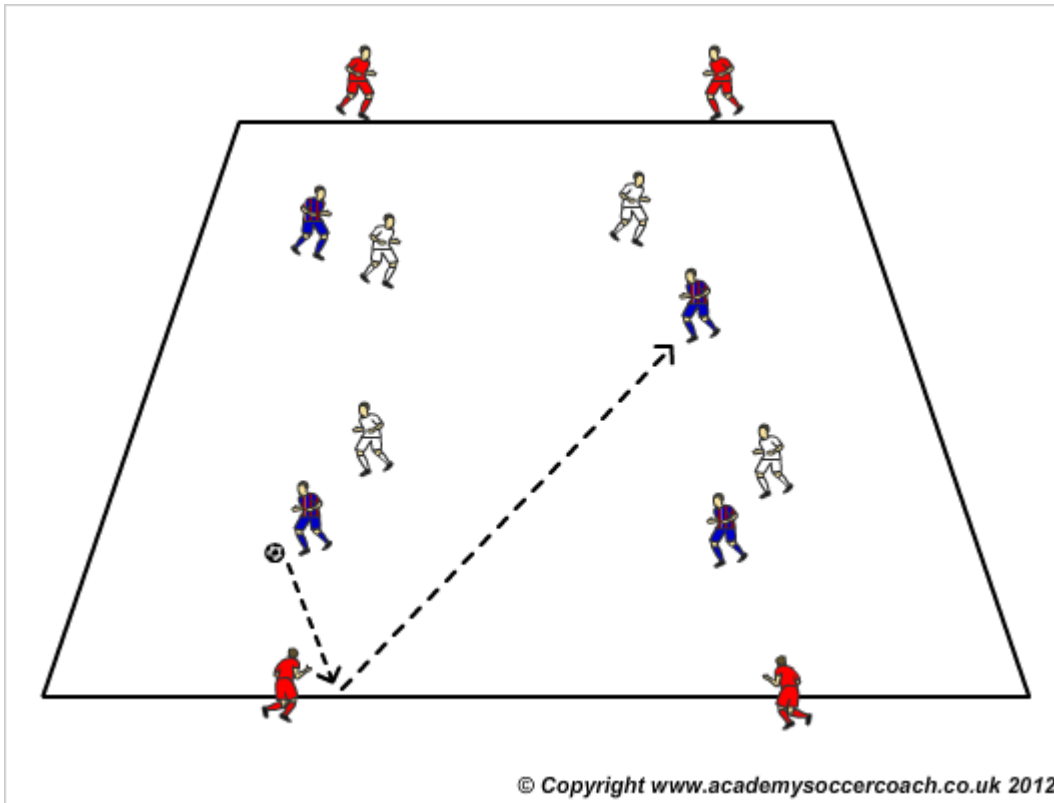
4v4 game with no goalkeepers.

Both teams attack end zones, marked by cones.

Players from both sides aim to get a runner moving into the "Receiving zone" to receive a pass.

Each pass received in the zone equals a point.

510 Soccer – @510soccer



Wall pass game

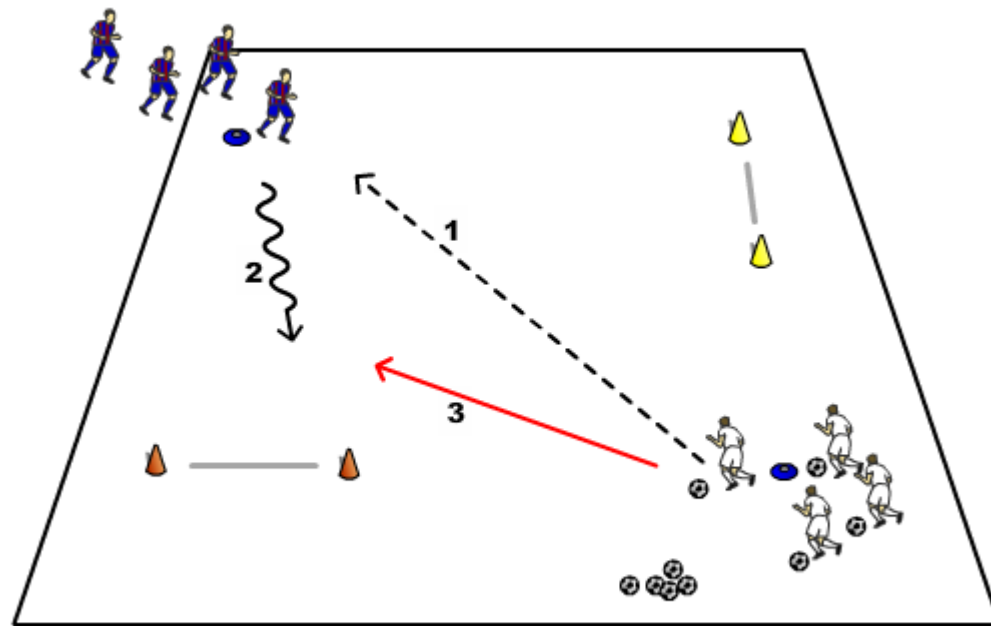
4v4 in the central area with two “bounce” target players at each end.

Both teams work to keep possession and play out to a bounce player.

Teams must move into space to receive a return pass as the bounce players only have one touch.

Progressions include adding goals to shoot into.

Paul Meikle - @paul_meikle



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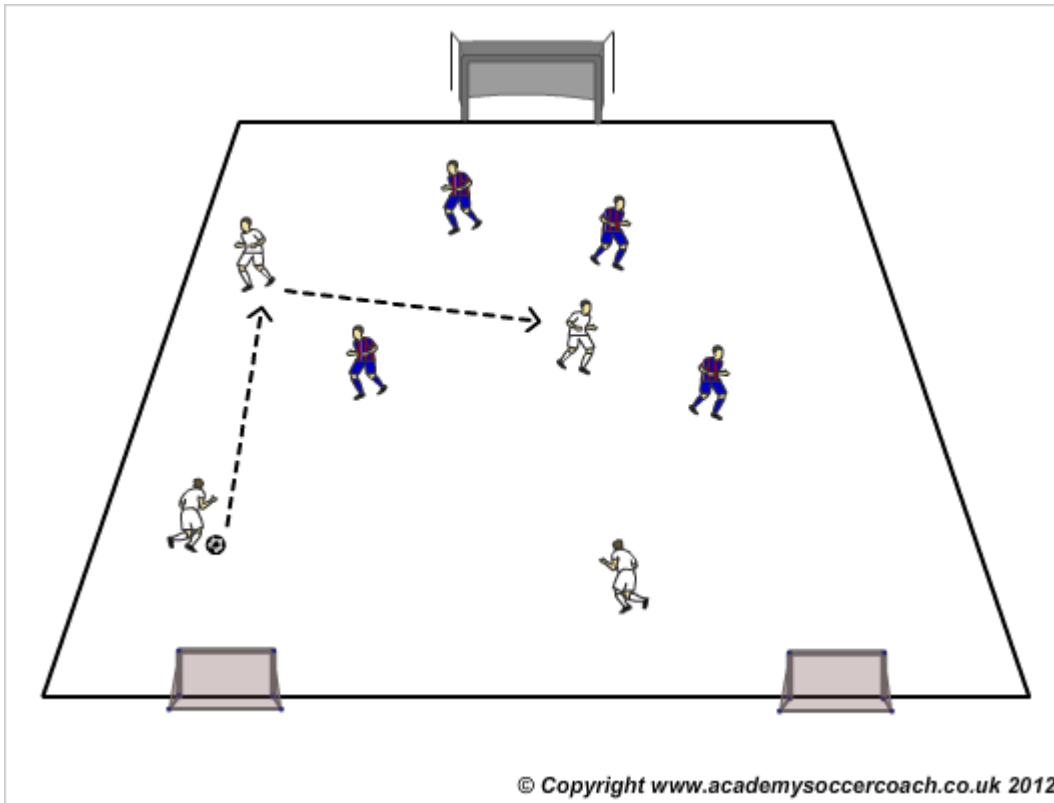
1v1 Battle

White player plays a ball into the blue player to start the game.

The blue player aims to use their skills to dribble through either the red or yellow gates.

White defenders can't move until blue has had a touch of the ball.

Manraj Sucha - @FootyMad_Manraj



Wide or Narrow?

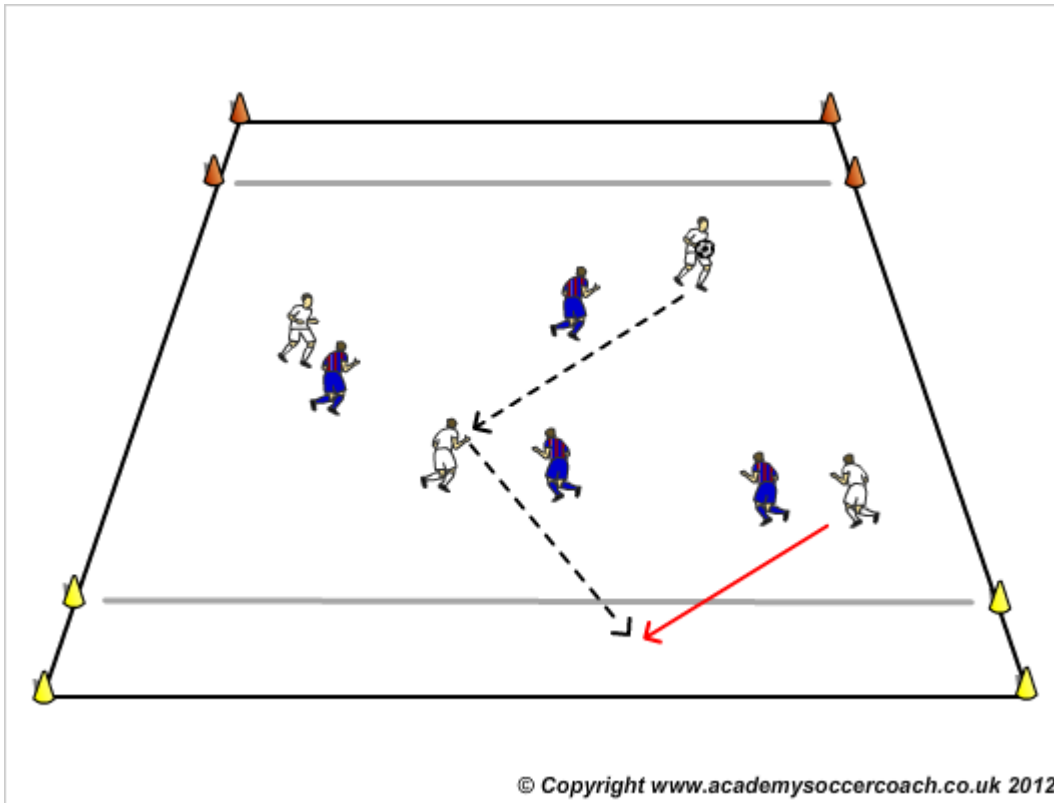
Normal 4v4 game

White team attack the big goal (nearest blue is the goalkeeper). Blue team attack the small goals.

This game focuses on different types of shooting techniques in relation to the size of goal or amount of defenders around you.

Can you be creative?

Richard Graveling – @Gravers196



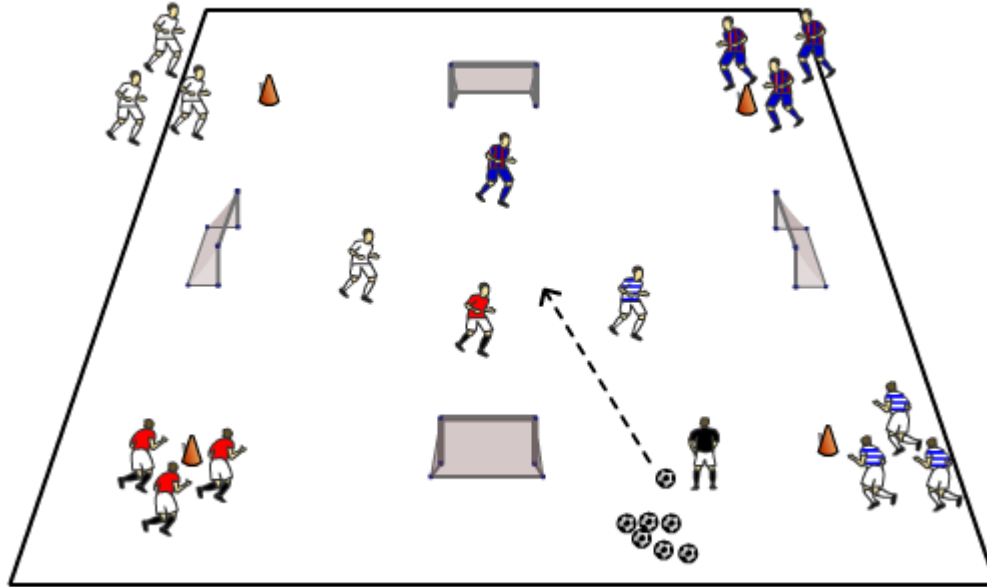
Handball

Two equal teams, 4v4, 5v5 or 6v6.

Teams have ball in hands to start. Once in possession of the ball they must pivot and release the ball in 5 seconds.

Teams score by passing to a runner inside the end zones.

Matt Rice - @90Ricey



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Score to win a team mate

Organise four teams of four players – Arrange four goals facing each other in a square.

One player from each team start on the pitch.

If a player scores, another player for their team joins in.

The first team to score with 4 players on the pitch wins.

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