

# SMALL SIDED GAMES

(7-Adult)

## FOTBOLL

*Attack -Transition- Defend-Transition -Attack*

## WHY SSG?

*Play the game to learn the game- Learn by doing*

*"Safe to Fail" environment*

*It is fun*

*Creates intrinsic motivation*

*Includes the factors that form and build a players skill and performance level.*

Social

Biologisk

Psykologisk

Utbildning



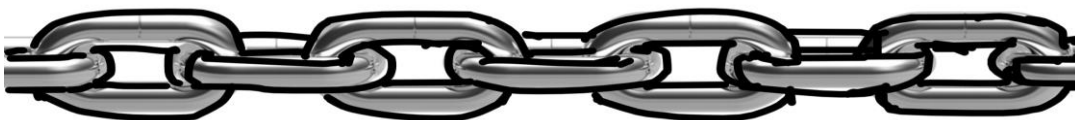
*Includes the factors that form and develop a players technical, tactical, physical and cognitive abilities.*

Perception

Understanding

Decision

Action



*A natural learning environment where the player learns to recognise different patterns and match situations as they appear.*

## **DOGMA**

***Soccer coaching is not about players learning drills but about educating and inspiring them to learn to think for themselves.***

***Training should always reflect the real game.***

***A good trainer can blur the lines between the training session and the real game.***

***Do not underestimate the possibility that children can play train, have fun and learn at the same time.***

***Who Learnt To PLAY This Way?***



***Everything I have achieved in football is due to play football in the streets with my friends - Zinedine Zidane***

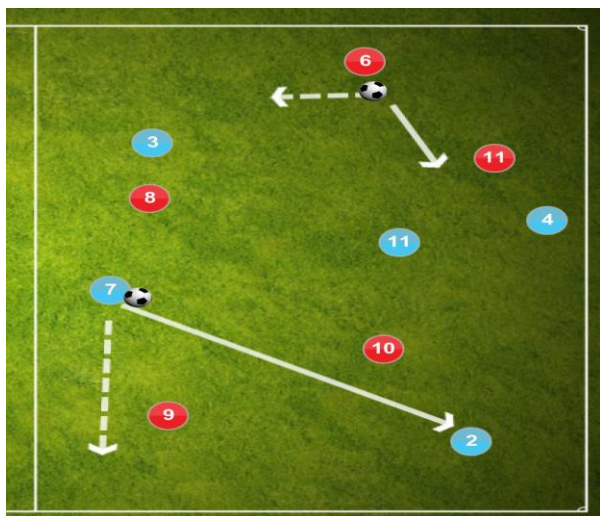


***The street taught us- Johan Cruyff***

***Good coaches use the basic criteria of "Streetfootball" for their vision of "grassroots" development. These elements produce a natural process that provides the most effective training for young children- Rinus Michels ( The Father of Total Football)***

# 1

## Warm Up



2 teams. 4- 6 players 25 x 35m. Each team has a ball, spreads out and finds space. Blue passes to blue. Red passes to red. Pass move then find free space.

Encourage the players to create width and depth and try and get in to a position where they can see the ball.

1. Pass to the feet, find free space.

2. Pass to the space in front of the player, find free space.

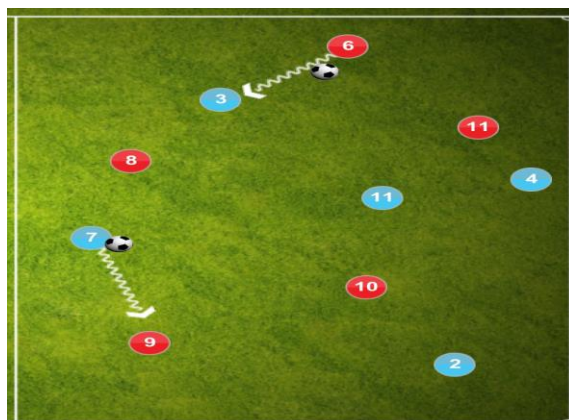
3. 2 balls per team

4. 3 balls per team

5. Red can only pass to blue and blue can only pass to red (Use at least 3 balls)

# 2

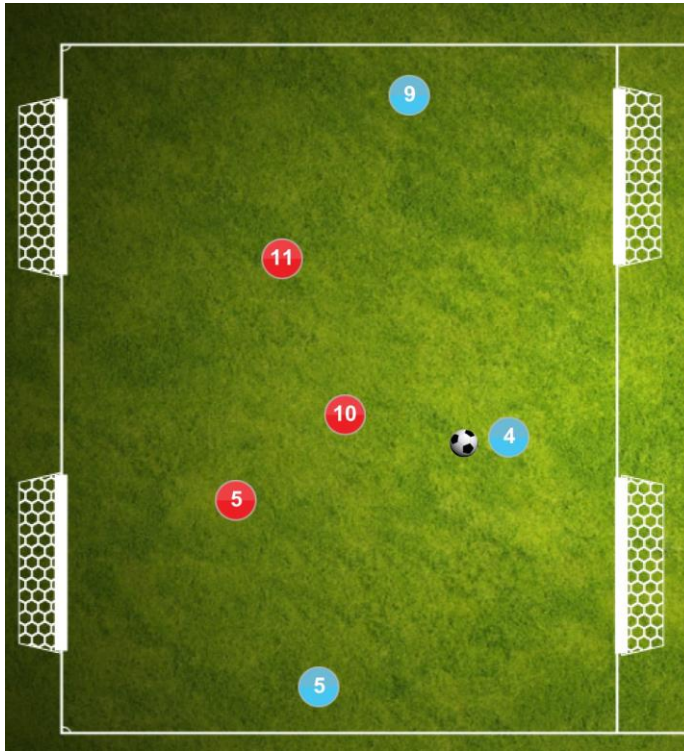
## Warm Up



2 teams with 4-6 players, 25 x 35m. Each team begins with two balls

1. You must dribble past a player of the opposite colour before you can pass the ball. After 1 minute the team in possession of the most footballs is the winner.

**3**



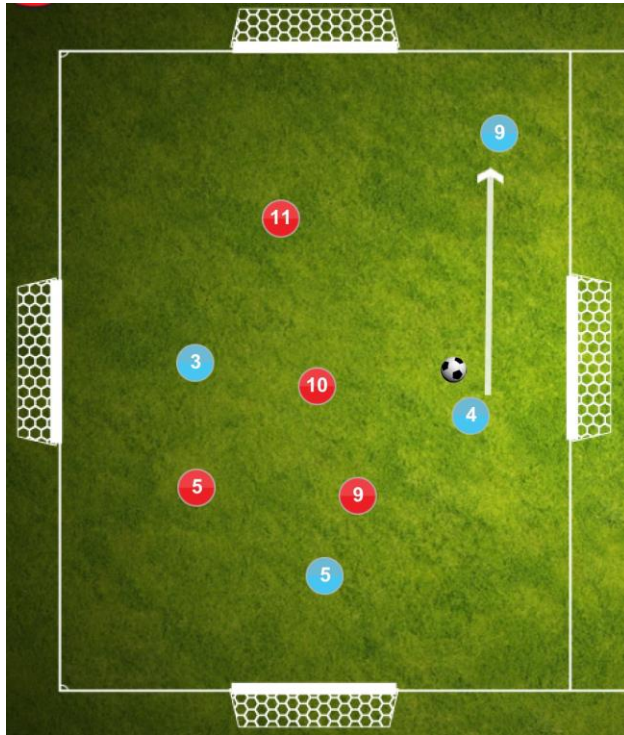
***3v3, 4v4, 5v5.....***

***Both teams attack and defend 2 goals.***

***Everyone defends, everyone attacks.***

**Encourage width, depth, switch of play and when in possession if possible, get in to a position where you can see the ball. This opens up a passing line.**

**4**



***4 goals game ( 4 or more players)***

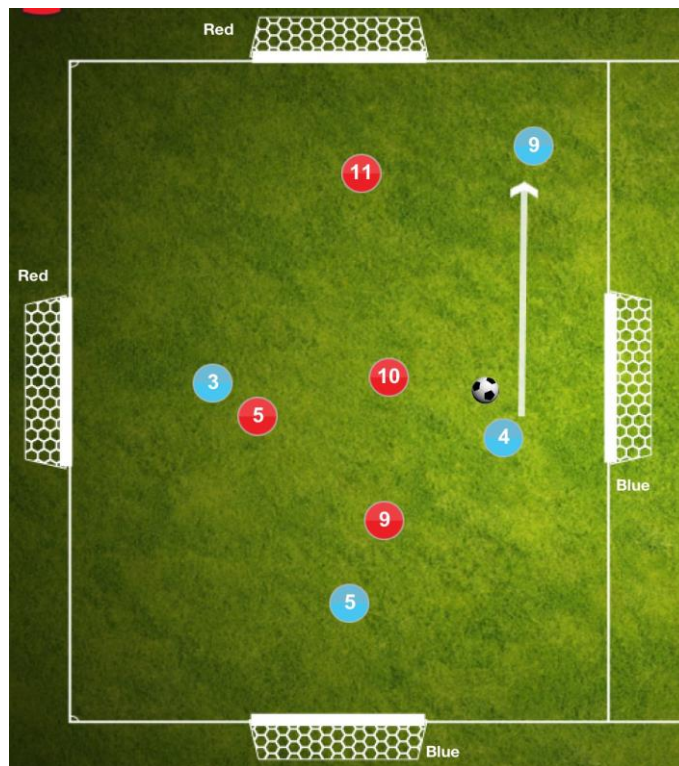
***4 passes (depending on the level) before you are allowed to score a goal. You can score in any of the 4 goals.***

**Encourage width, depth, switch of play and when in possession if possible, get in to a position where you can see the ball. This opens up a passing line.**

***Development***

- 1. Limited amount of touches***
- 2. Rules on how many passes must be completed before scoring a goal.***
- 3. Pitch size***

5



**Blue defend the 2 goals marked blue and attack the 2 goals marked red.**

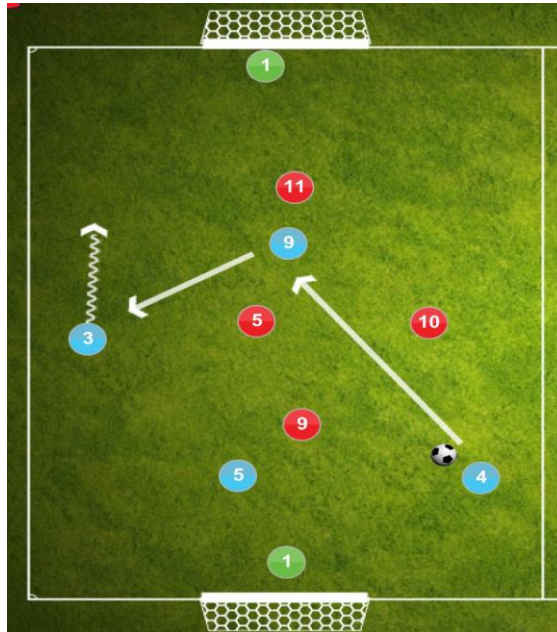
**Red defend the 2 goals marked red and attack the 2 goals marked blue.**

**Encourage width, depth, switch of play and when in possession if possible, get in to a position where you can see the ball. This opens up a passing line.**

#### **Development**

- 1. Amount of touches**
- 2. Amount of passes before you can score a goal**
- 3. Amount of times you must switch the play before you score.**
- 4. Pitch size**

6

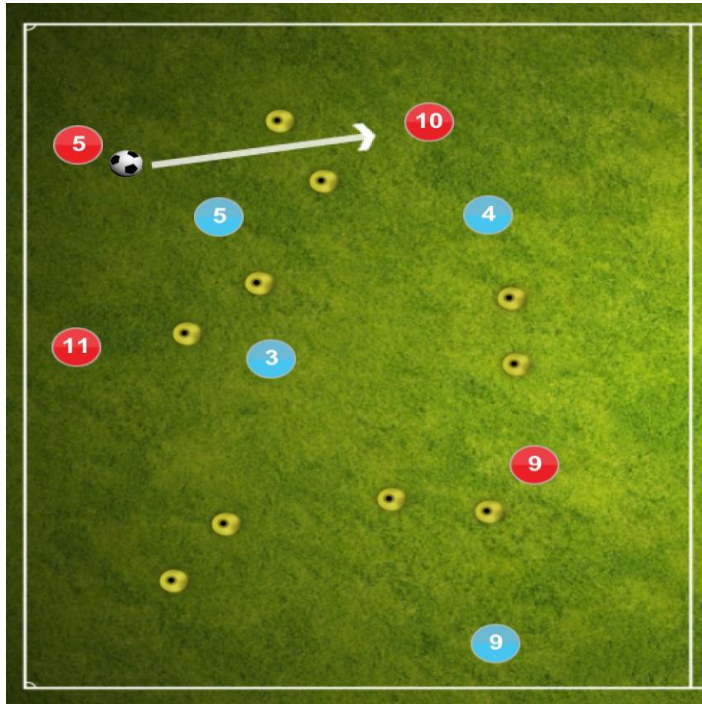


### 1-0 Game

1. If a team scores a goal they cannot score another until their opponent scores.
2. If a team scores a goal they must at least complete 4(depends on the level) passes in a row before they can score another goal. Development 5, 6, 7 completed passes in a row.
3. If a team scores a goal they must switch the play twice before being allowed to score another goal. Development 3,4,5 switches of play.

Encourage width, depth, switch of play and when in possession if possible, get in to a position where you can see the ball. This will open up a passing line.

7



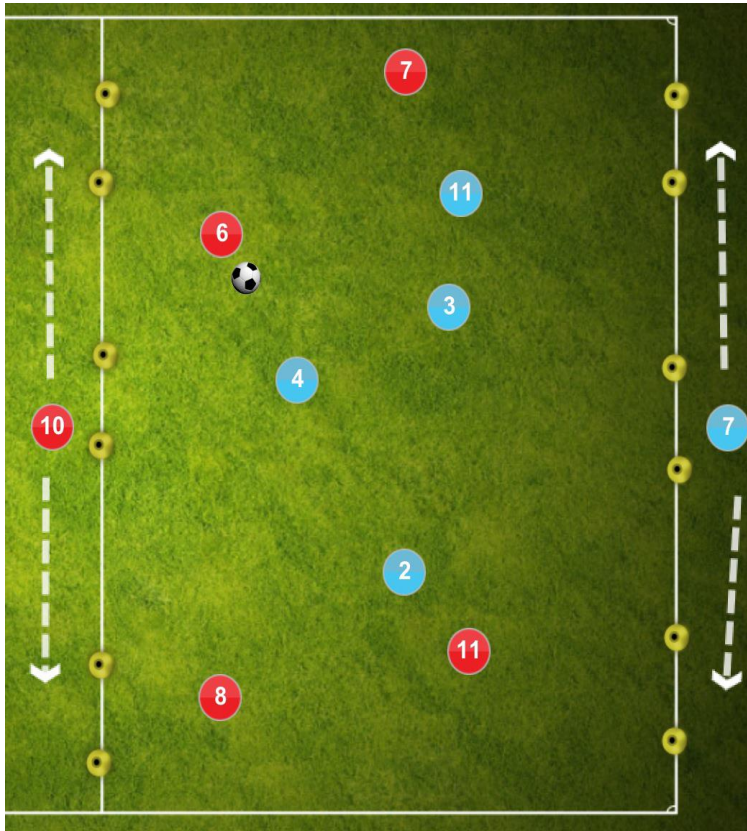
4 v 4 with 5 goals.

To score a goal you must pass the ball between the cones to a teammate.

Development

1. Limited amount of touches
2. Pitch size

# 8



## 3 goal game

Each team protects 3 goals and tries to score in one of their opponents 3 goals.

Behind the goal line is an extra defender. If this player is standing behind a specific goal then the team in possession must try and score in one of the other 2 goals.

Encourage width, depth, switch of play and when in possession if possible, get in to a position where you can see the ball. This opens up a passing line.

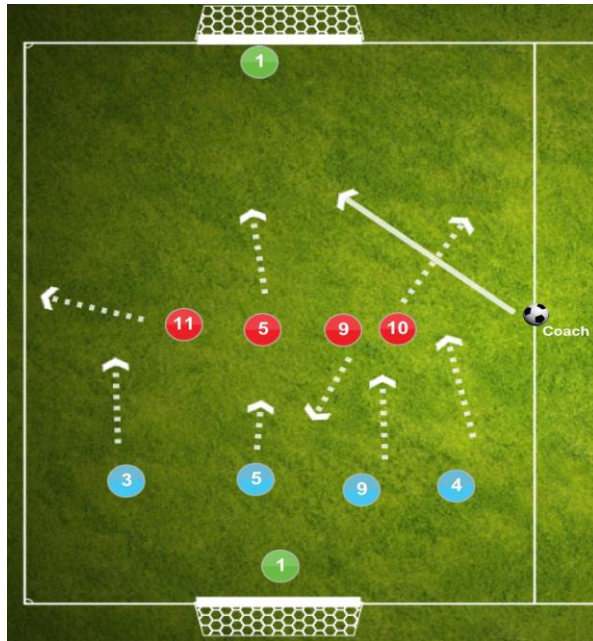
## Development

1. Limited amount of touches
2. Pitch size

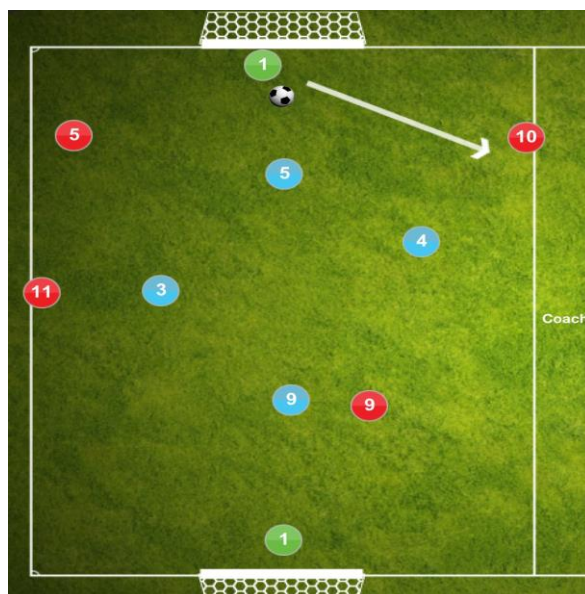
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To find the solution to a problem why not begin the game with the problem?

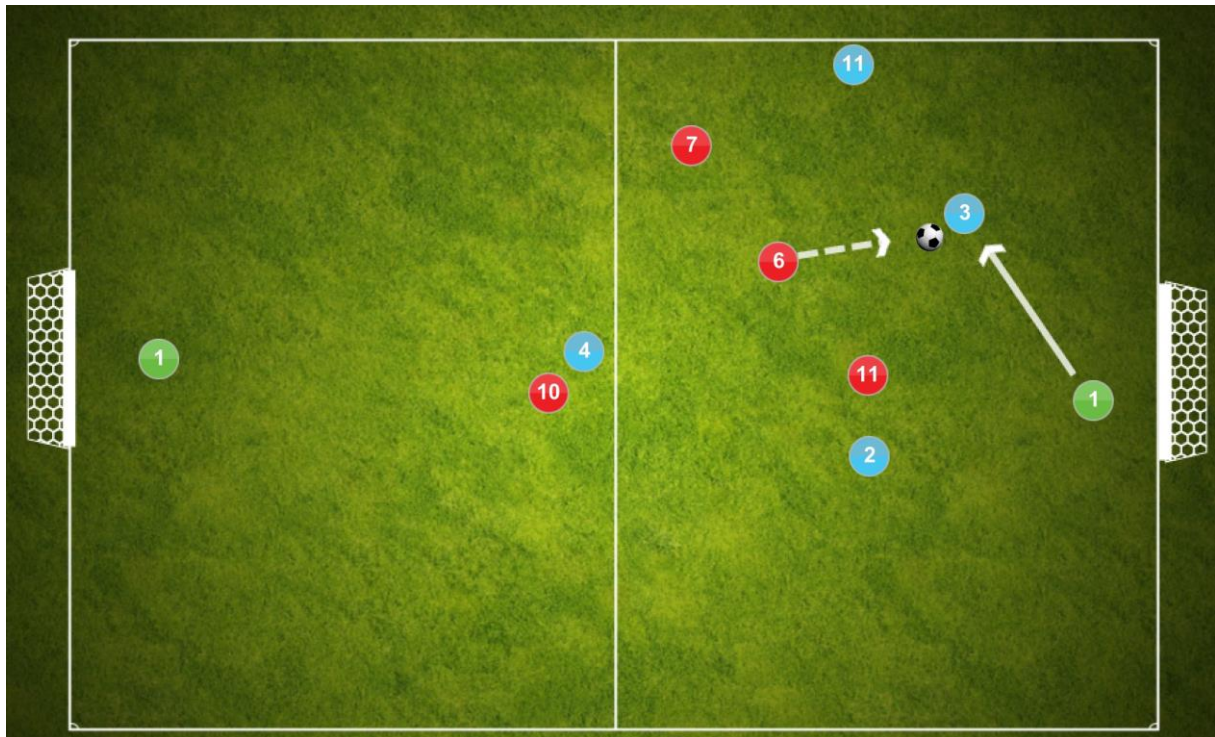
Running back facing your own goal under pressure and trying to play the ball out under pressure.



Coach begins the game by passing the ball behind the backline



## High Press Game



If a team wins the ball in the opponent's half and scores a goal without the ball being passed back in to their own half that is counted as 2 goals

Encourage width, depth, switch of play and when in possession if possible, get in to a position where you can see the ball. This opens up a passing line.

### Development

1. Limited amount of touches
2. Pitch size