



25 SMALL SIDED GAMES

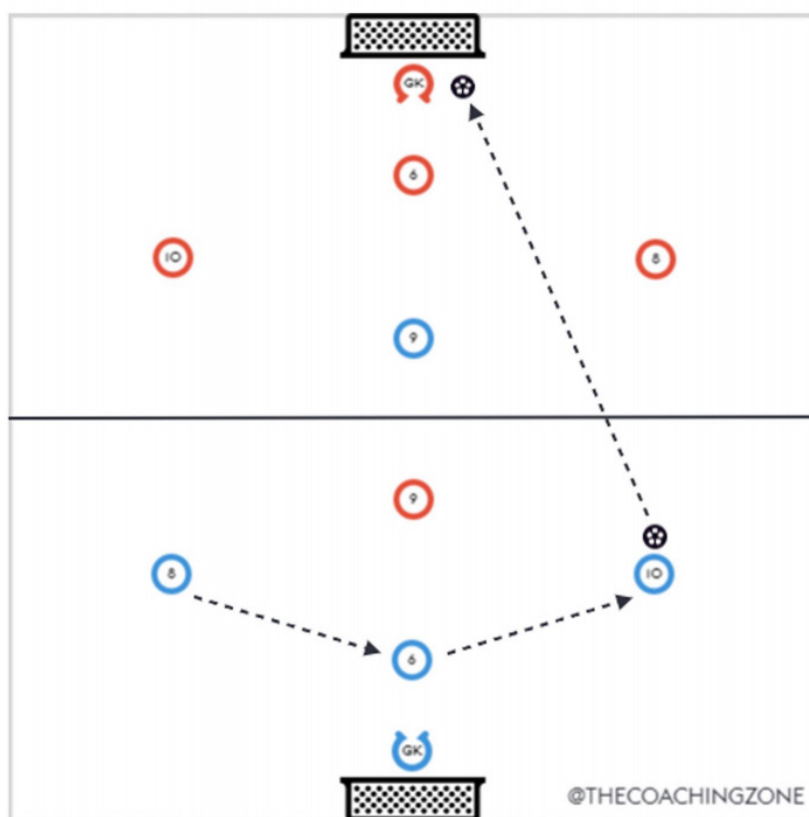
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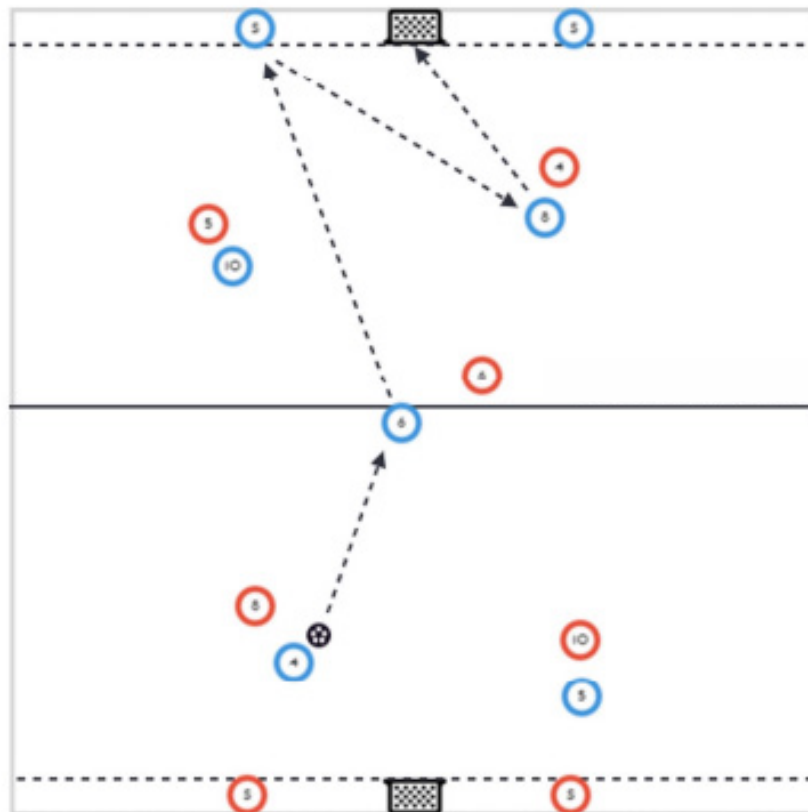
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THE LONG SHOT



- Instructions** Players cannot cross the half way line.
The 'defensive players' outnumber the attacker by 3 to 1.
Therefore the players discover that shooting from distance is the best option to score. Playing the ball into the attacker will leave them severely outnumbered in the offensive half of the field (like in the example above).
The sniffer (#9) is encouraged to follow any shots in incase the goalkeeper spills the ball or a deflection makes the ball drop.
- Scoring** Teams score a goal as normal but with the conditions discussed above.
- Progressions** If the ball is passed into the sniffer (#9) by the defenders or goalkeeper, one of the defenders can go forward into the attacking half of the field and join the sniffer to create a 2v3 and give them a better opportunity to score.
Remove the half way line and play normally, encouraging shots from distance. Add a second striker (sniffer). This gives the defenders less time to stage an attack and get off a good shot. If playing with 6 outfield players, have 4 at the back and 2 attacking sniffers.

END AND OUT

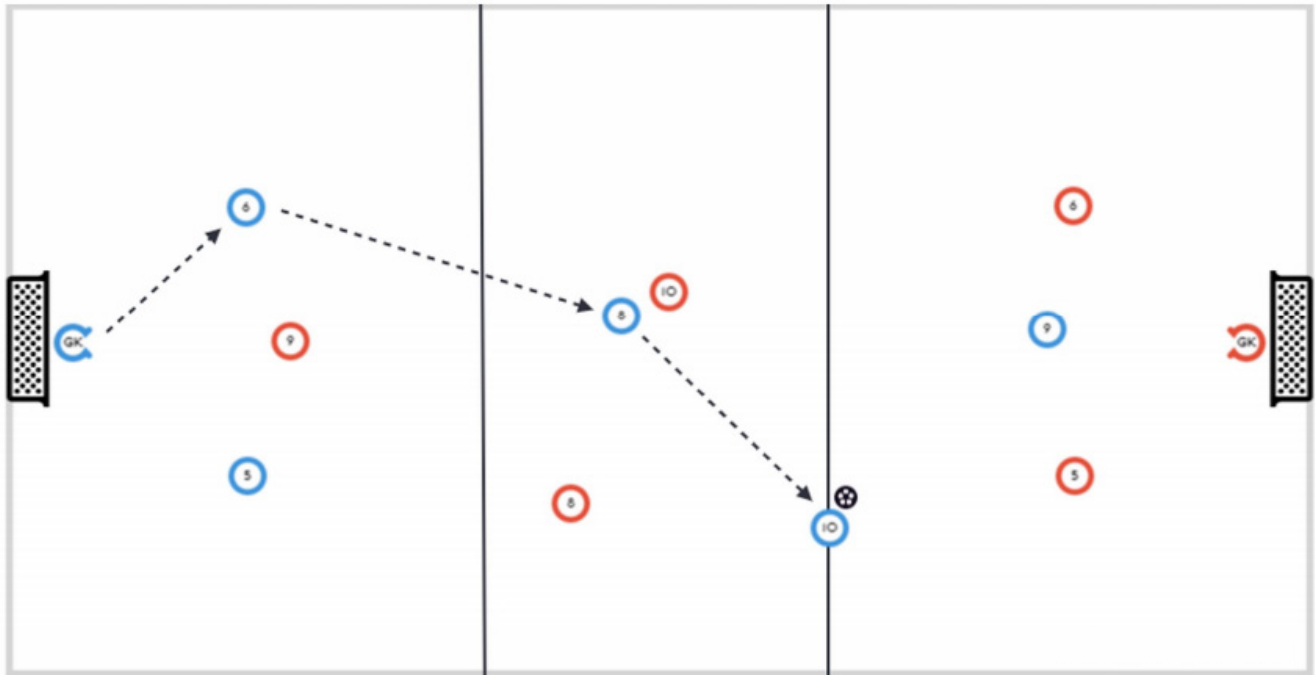


Instructions 5V5 inside the pitch with 2 extra players per team positioned either side of the opposition goals. The extra 2 players are to be utilised as a support players to combine with team mates and help them score. The support players can move side to side to create better passing angles but can't leave the zone. Once goal is scored, the scorer then swaps with one of the support players.

Scoring Teams score a goal as normal but with the conditions discussed above.

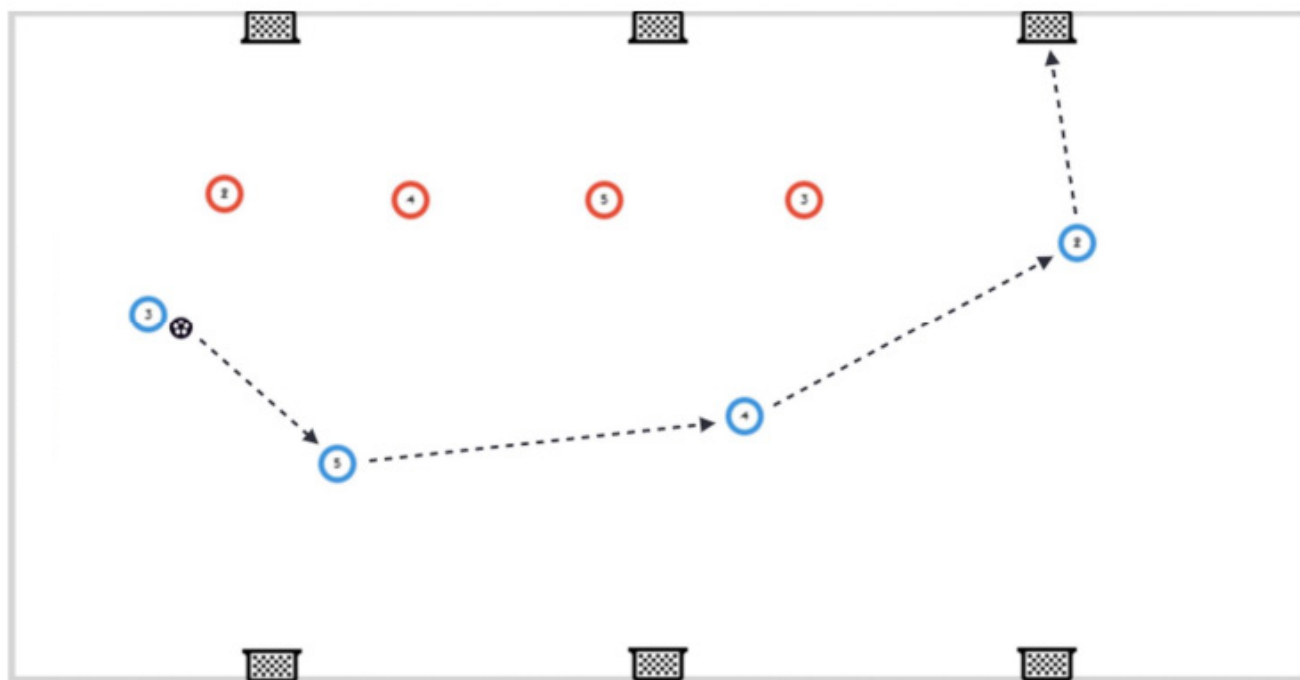
Progressions Add Gk's and bigger goals instead of using mini goals. Limit the touches of the support players to 1 touch meaning they can only be used as a 1-2 Pass. At least one of the support players has to have touched the ball before the team in possession are allowed to score.

MIDDLE PASSAGE



- Instructions** The middle third is known as the 'passage' and is in place to encourage quick and clever combinations between and attacking third. Touches inside the passage are limited to 2, there's no condition on either of the end zones meaning players can have as many touches as they want. Both teams have to have at least 1 player in each zone at all times, meaning in 5v5 the maximum players in a zone can be 3 (1+1 in the other 2 zones)
- Scoring** Teams score a goal as normal but with the conditions discussed above.
- Progressions** Use mini goals instead of big goals which takes away the need for any GK's. Increase/decrease the size of the 'passage'. Limit all conditions and go into a normal game but keep the 'passage' zone coned to see if the players continue to combine quickly between defence and attack.

SWITCH IT UP

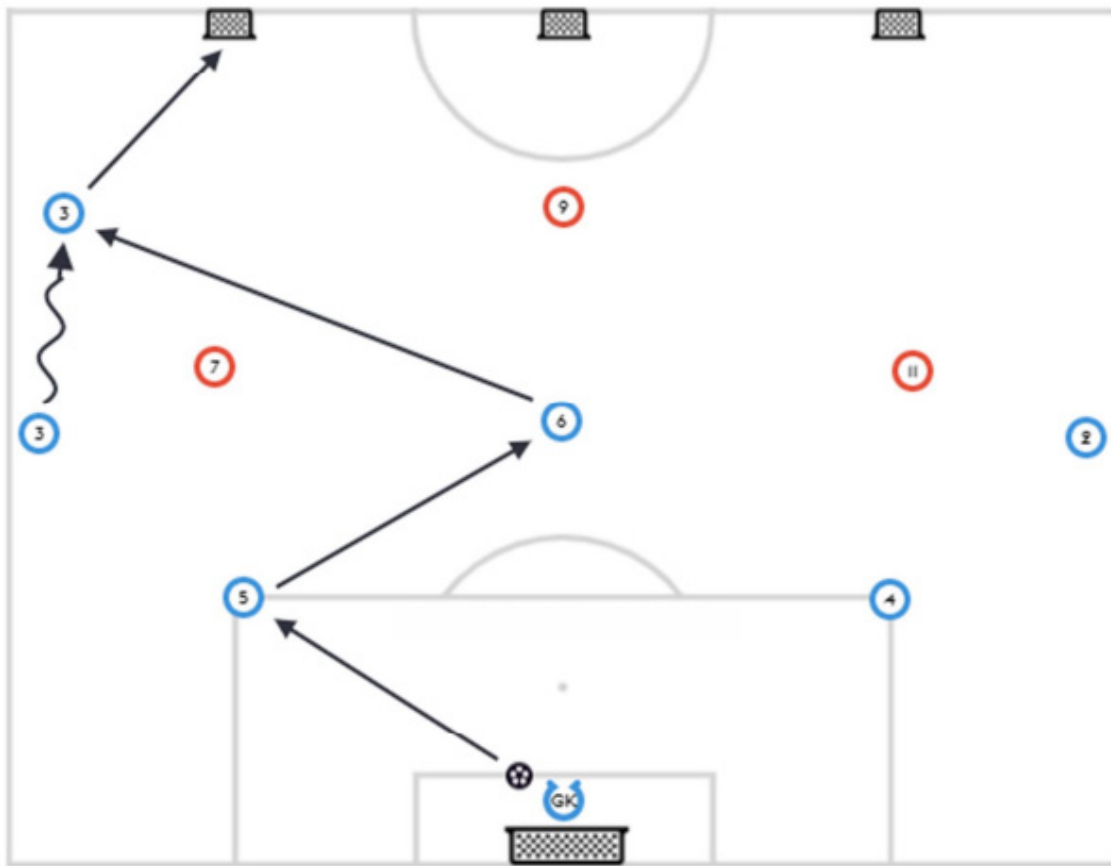


Instructions This SSG is focused around switching play and quickly changing the point of attack. Each time has 3 goals to score into and when any part of the pitch becomes congested they should look to switch the point of attack into an area with open space, as shown in the diagram above. There's no restriction on play. This game is continuous so once a team concedes or wins the ball they should look to begin their attack immediately.

Scoring Players can score into any of the 3 mini goals.

Progressions Limit the amount of touches.
1 touch finish.

PLAY OUT V PRESS

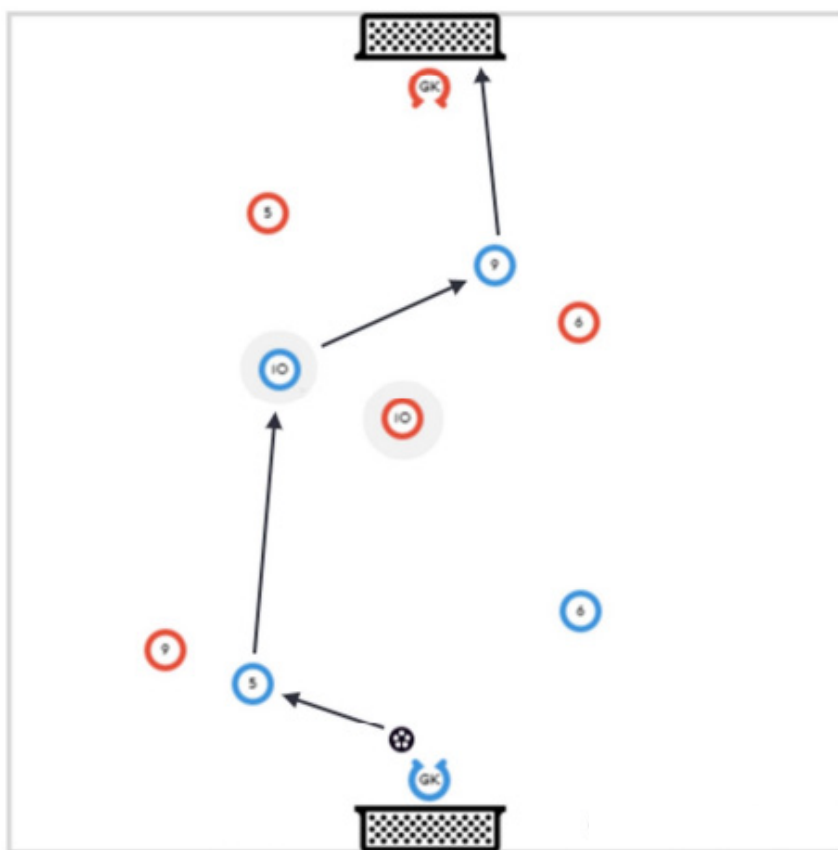


Instructions The defending team should always have 1 or 2 extra players (plus GK ie: 5v3, 5v4, 6v4. Play always starts from the blue GK. The defending teams aim is to score into one of the 3 goals by playing out from the back and bypassing the press. The attacking teams aim is to press the defending team and try to turn the ball over, at which point they can attack the blue goal. Throw ins are normal but there's no corners, if the ball goes out for a corner then play simply restarts from the GK.

Scoring Defending team can score into any of the 3 mini goals, attacking team can score into the normal goal.

Progressions Match the teams evenly (5v5, 6v6) meaning the only advantage the defending team has is the extra player in the GK.
Take away the middle mini goal, encouraging the defending team to play out from the back into wide areas.

THE NUMBER 10

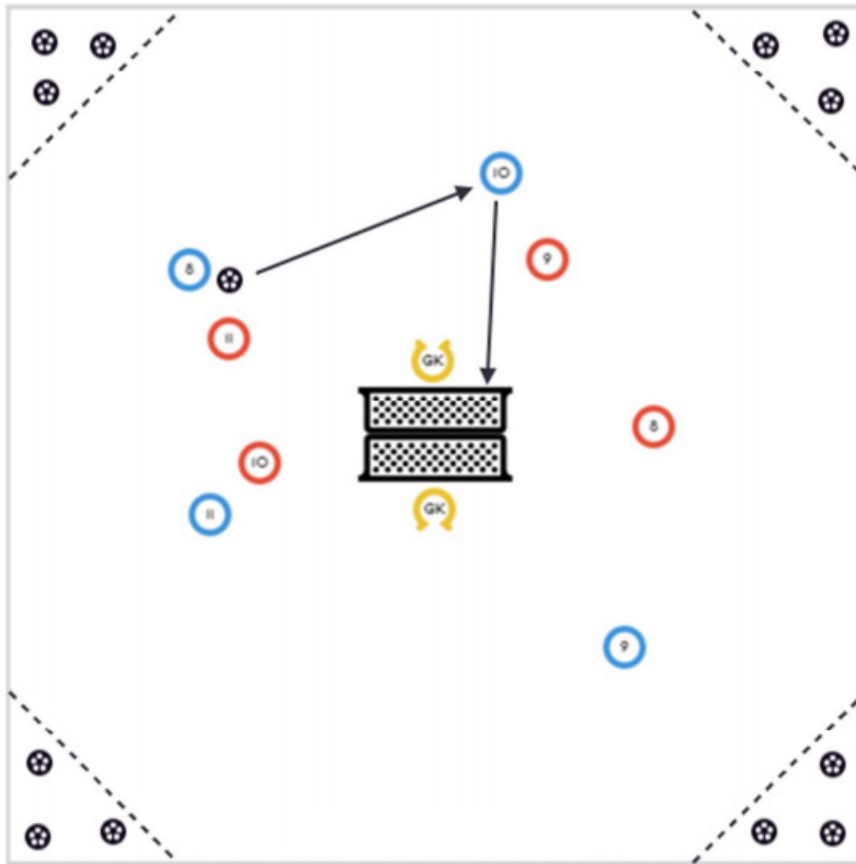


Instructions Normal 2 goal game with each team designating a #10. The #10 must be involved in possession prior to the team scoring a goal. If the team score a goal without the #10 having a touch then the goal won't count. Switch the #10 throughout the practice.

Scoring Teams score a goal as normal but with the conditions discussed above.

Progressions Make both teams share who their #10 is so that the opposition team can make it harder for them to be involved in possession (the #10 will have to be man marking them). Stop the #10 from scoring which effectively turns them into a playmaker.

ROUND THE GOALS

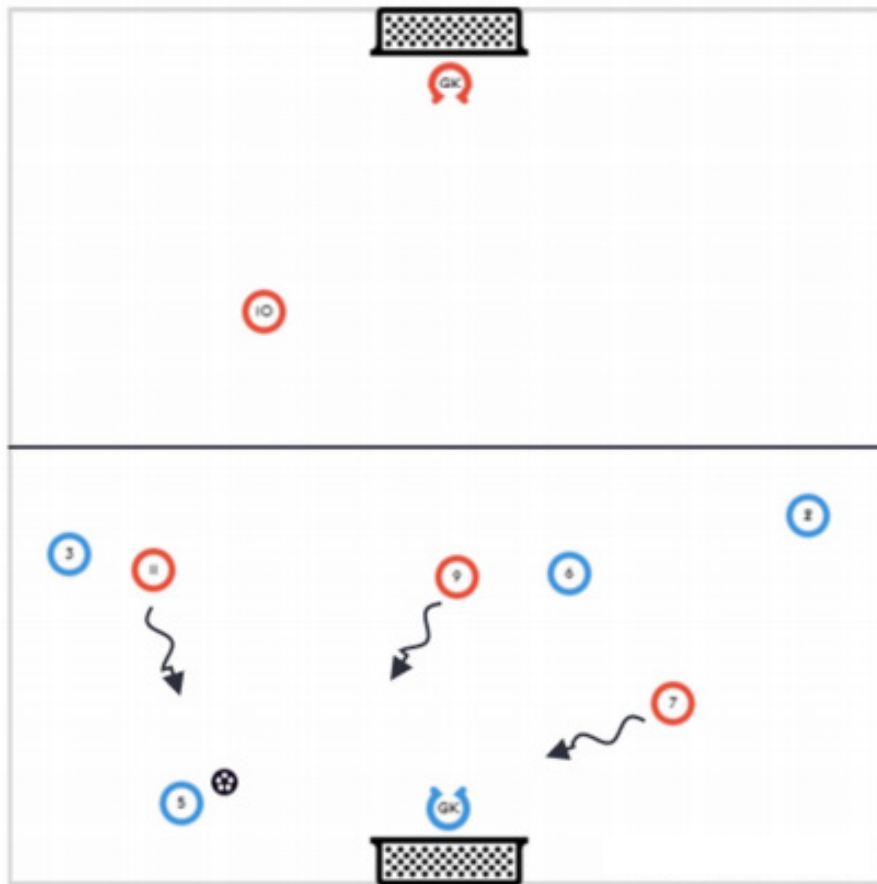


Instructions The GK's are natural. The blue and red team are playing head to head and aiming to score in either of the 2 goals which are placed back to back in the centre of the area. Once a goal is scored, the team who conceded can collect a ball from one of the four corners and restart play. The team collecting the ball can do so from any of the four corners so the opposition team must be alert as to where play is restarting from.

Scoring Teams score a goal as normal in any of the 2 goals but with the condition discussed above.

Progressions Designate one player to collect the ball upon restarting meaning the opposition team can immediately identify where they should be positioned. Limit the game to a 1 touch finish. Instead of timing the game, place 'x' amount of balls in each and once all the balls have been used, thats the final score.

REWARDING PRESS



Instructions Normal game with added incentives. If a team win possession in the opposition half and go on to score then the goal counts as 2. The idea behind this game is to reward proactive pressing. No other guidelines, game is to be played as normal.

Scoring Teams score as normal but with the conditions discussed above.

Progressions Limit the number of touches.
Teams can only press on specific triggers.

PLAYER BINGO



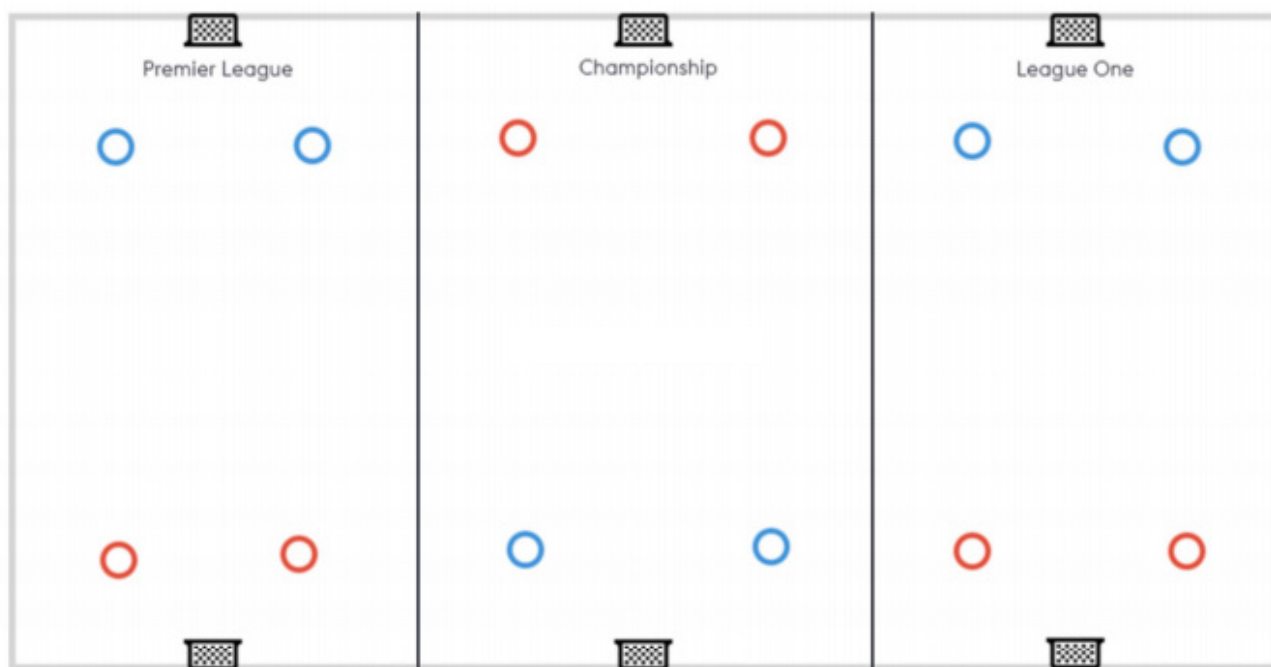
	PLAYER A	PLAYER B	PLAYER C	PLAYER D
SCORE OUTSIDE THE BOX				
PROVIDE AN ASSIST				
PLAY A 1-2				
SCORE A HEADER				
SCORE WITH YOUR WEAK FOOT				

Instructions Football with a bingo twist. A normal game but each player has a number of challenges to complete. As they complete them the coach will tick it off.
First player to complete all the challenges is the winner.
Players could have the same or different challenges, could be position specific.

Scoring Teams score as normal but with the conditions discussed above.

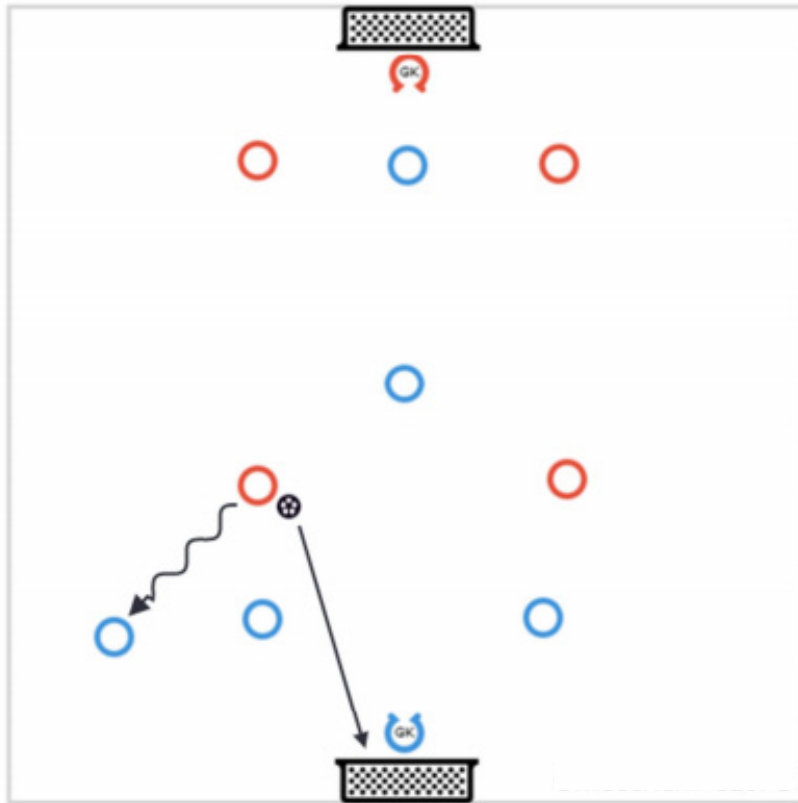
Progressions no progressions.

UP AND DOWN



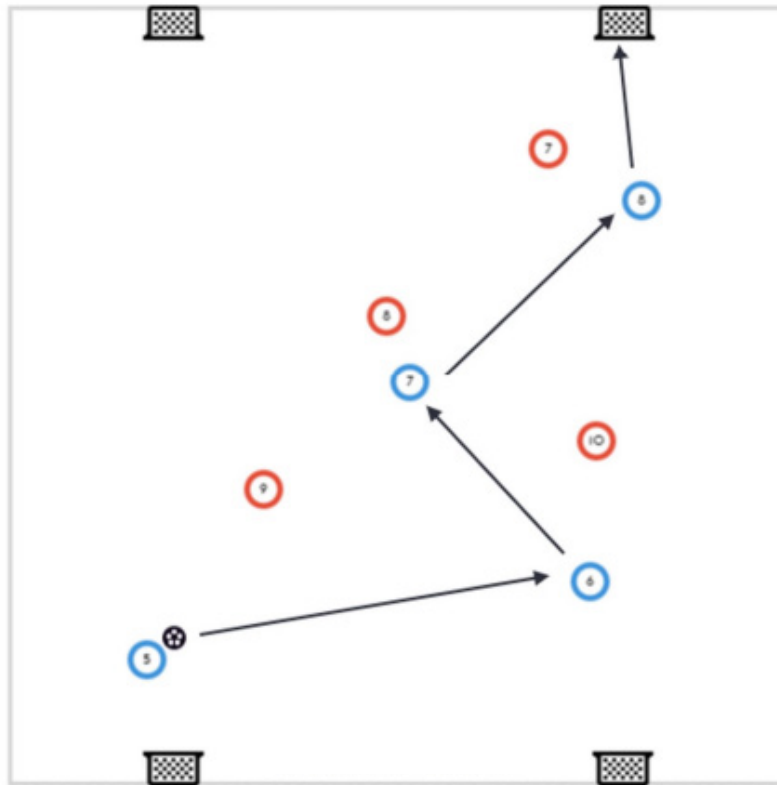
- Instructions** Teams play fast paced 2v2 games over a duration of 3 minutes.
The winning team moves up a pitch and the losing team moves down a pitch.
Throw ins are to be taken on the ground and players can shoot directly from throw in. If any game is tied at the end of 3 minutes then they play golden goal.
The final round of games will determine the league winners of each division.
- Scoring** Teams score as normal but with the conditions discussed above.
- Progressions** Add GK's and bigger goals.
Instead of timed games, play the first team to 'x' amount of goals to stop the possibility of games ending in a tie.

SCORE 'N' SWITCH



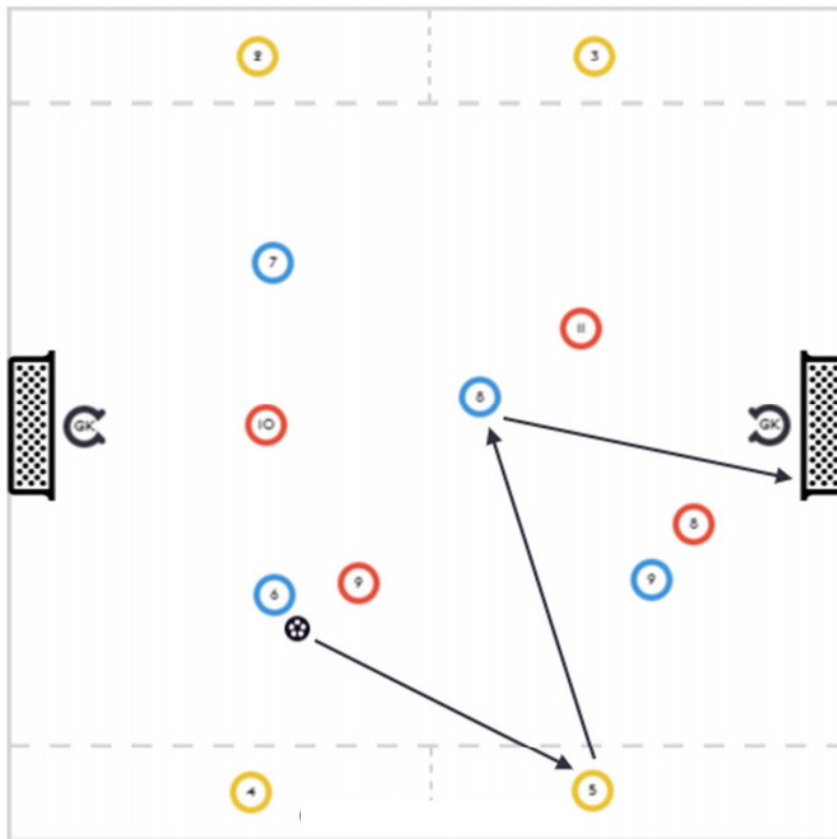
- Instructions** The game starts with even sides (4v4, 5v5 etc....). Once a player scores they immediately switch teams for example the game begins 4v4 and a red player scores, they then switch to the blue team and it becomes a 5v3 in favour of blue. If red scored again the game would become 2v6 but if blue scored then it would go back to 4v4 however its likely that the 4v4 would be a mix of different players as the scorer is the player who has to switch.
- Scoring** Teams score as normal but with the conditions discussed above.
- Progressions** The player who scores can nominate a player on their team to switch instead of switching themselves.

NO GOING BACK



- Instructions** The instructions are in the title, no going back. Players can only make forward passes. Any backwards pass is penalised with a free kick. Players should look to get ahead of the ball immediately after passing otherwise they are essentially no longer involved in play. Corners are the only pass that can go backwards however the ball can't be passed back into your own half, it has to remain in the opposition half.
- Scoring** Teams score as normal in either of the 2 mini goals but with the conditions discussed above.
- Progressions** Designate 1 'playmaker' who can pass in any direction. Make the area wider but shorter to encourage getting the ball into wide areas as opposed to playing through tight congested space.

JUST 4 SUPPORT



Instructions This practice is 4v4+4 as the team in possession can use any of the 4 support players who are confined to specific zones.

First team to score 2 goals wins, once a winner is determined the losing team swaps with the support players and players restart.

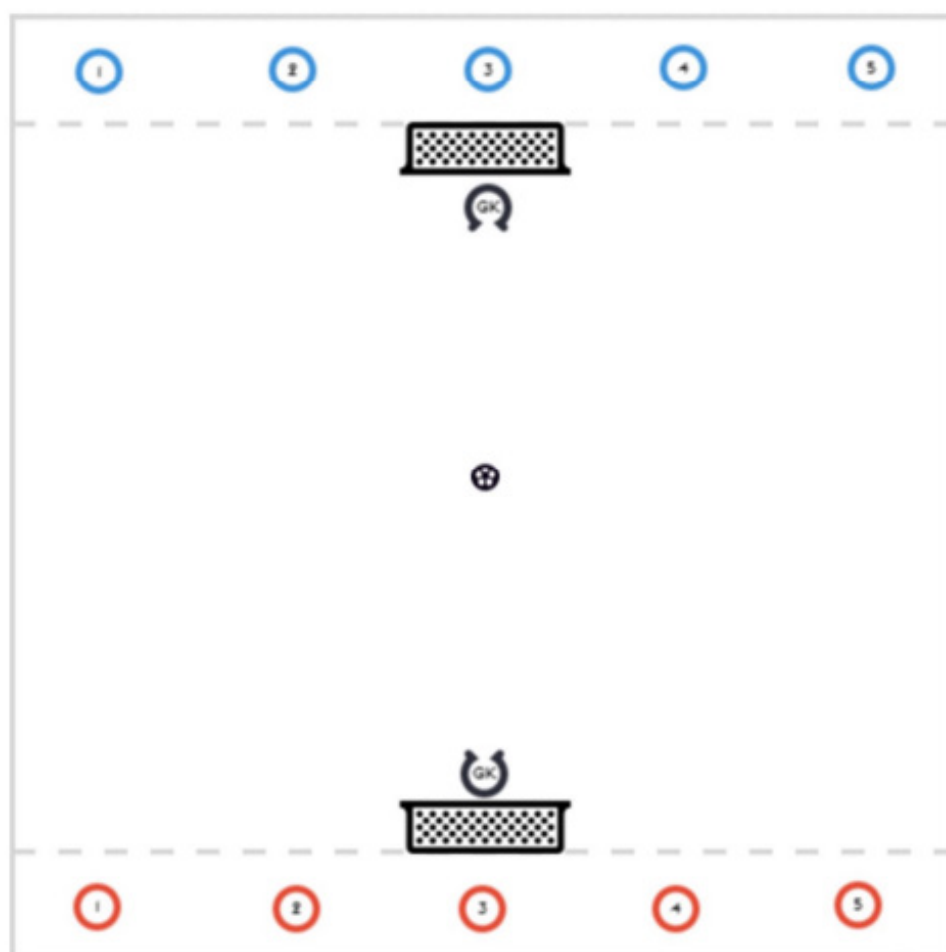
The support players can't score.

The 2 GK's remain in play regardless of the team playing, if there's 3 GK's the specify one to each team.

Scoring Teams score as normal but with the conditions discussed above

Progressions Allow the support players to score.
Limit the touches of the support players

ONE TO FIVE

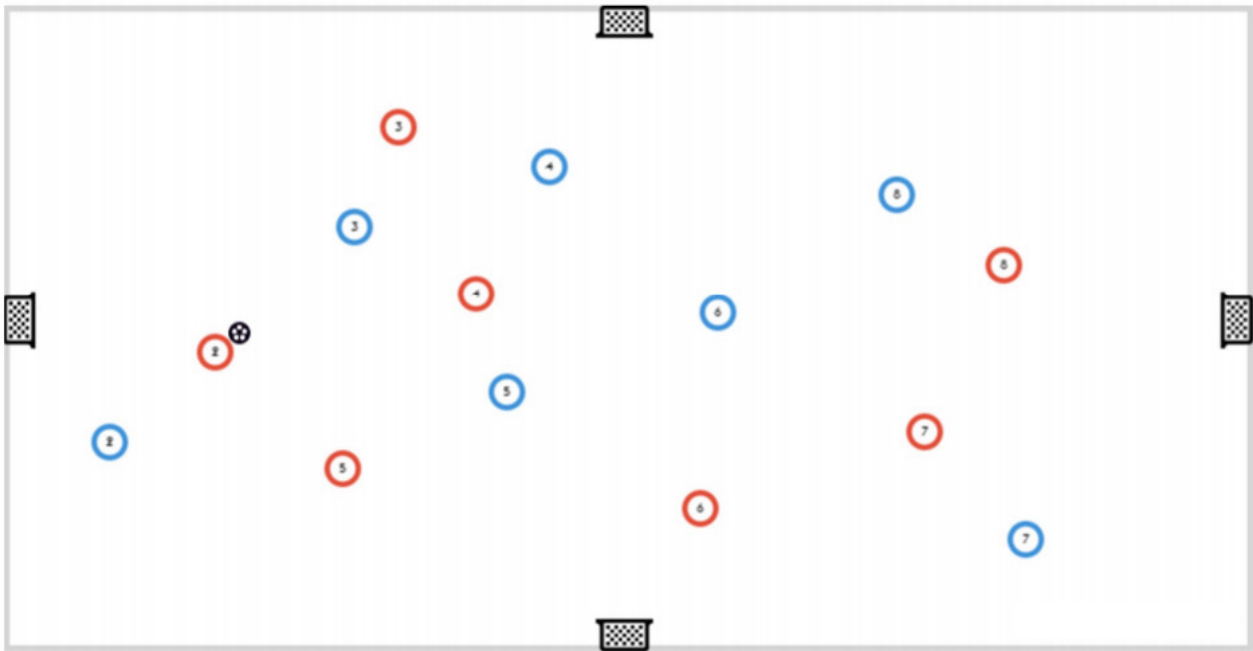


Instructions This practice can range from 1v1 to 5v5. The coach will call '3 blue 2 red' and the game will begin immediately in a 3v2. Once a goal is scored or the ball is out of play then the players will retreat to their goal and the coach will make another call.

Scoring Teams score as normal but with the conditions discussed above

Progressions None.

THE 4 GOAL GAME



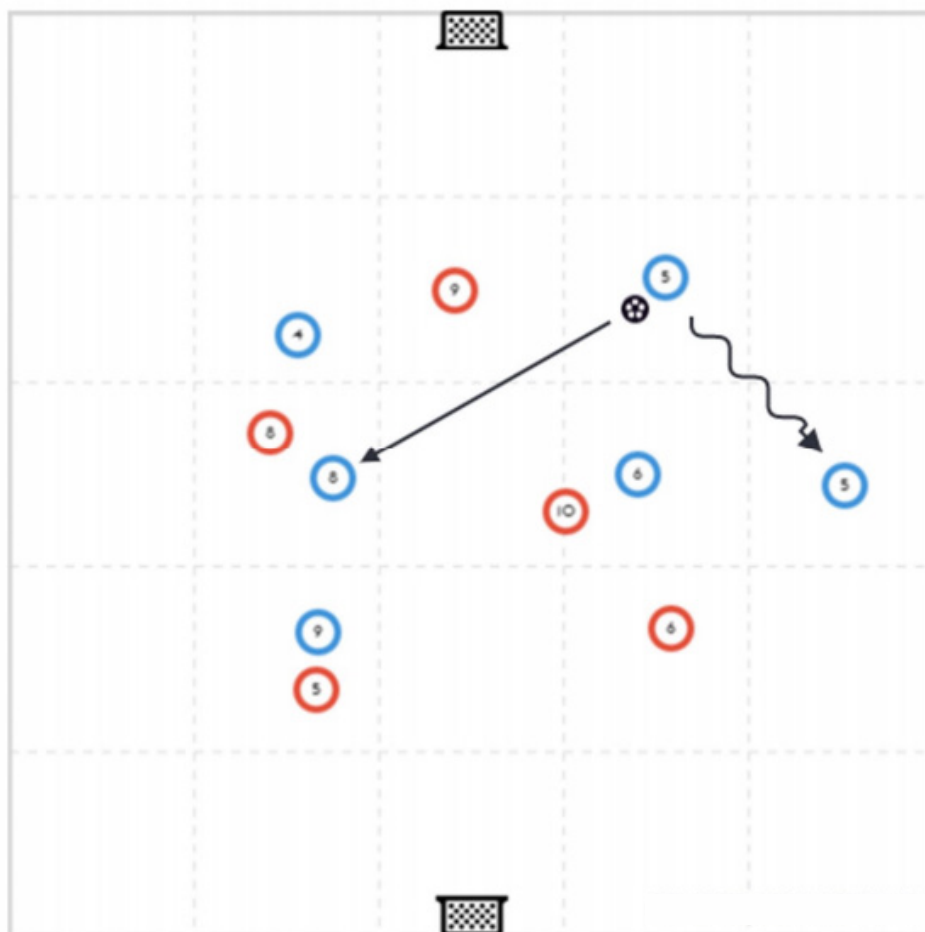
Instructions 7v7 in any direction. There are no positions or direction in which you play. You can score in any goal apart from the one a team has just scored in and where play starts from again.

If the ball goes out of play then it restarts with a ground pass.

Scoring Teams score as normal in any of the 4 mini goals but with the conditions discussed above.

Progressions Add GK's and swap the mini goals to normal goals. Randomise the position of the goals (corners, completely random...) Make it a 1 touch finish.

ONE PER SQUARE

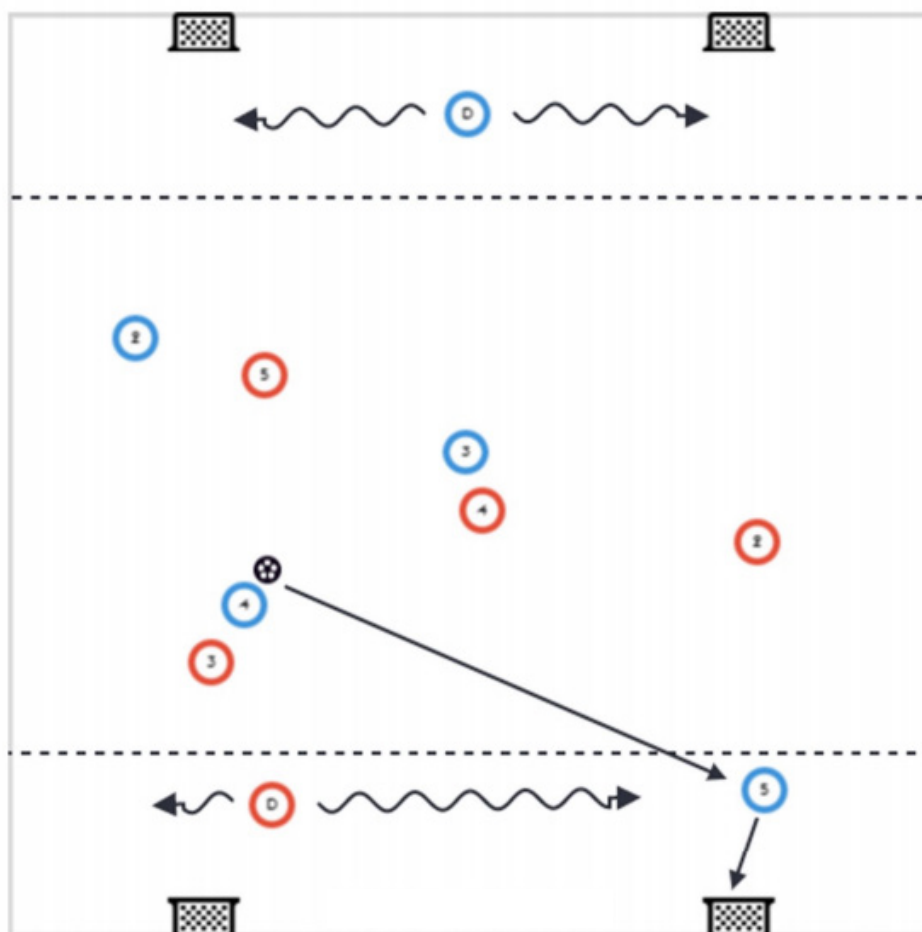


Instructions The pitch is divided into 25 squares as shown above. Each team is limited to 1 player per square meaning players have to find space in a vacant square. Blue and red can share a square together. If 2 players from the same team end up in the same square then a free kick is called.

Scoring Teams score as normal but with the conditions discussed above.

Progressions Add 2 GK's and swap the mini goals for normal goals. Designate players a direction of play, ie: #3 can only move vertically to replicate a full back's movement up and down the line.

THE BREAK IN

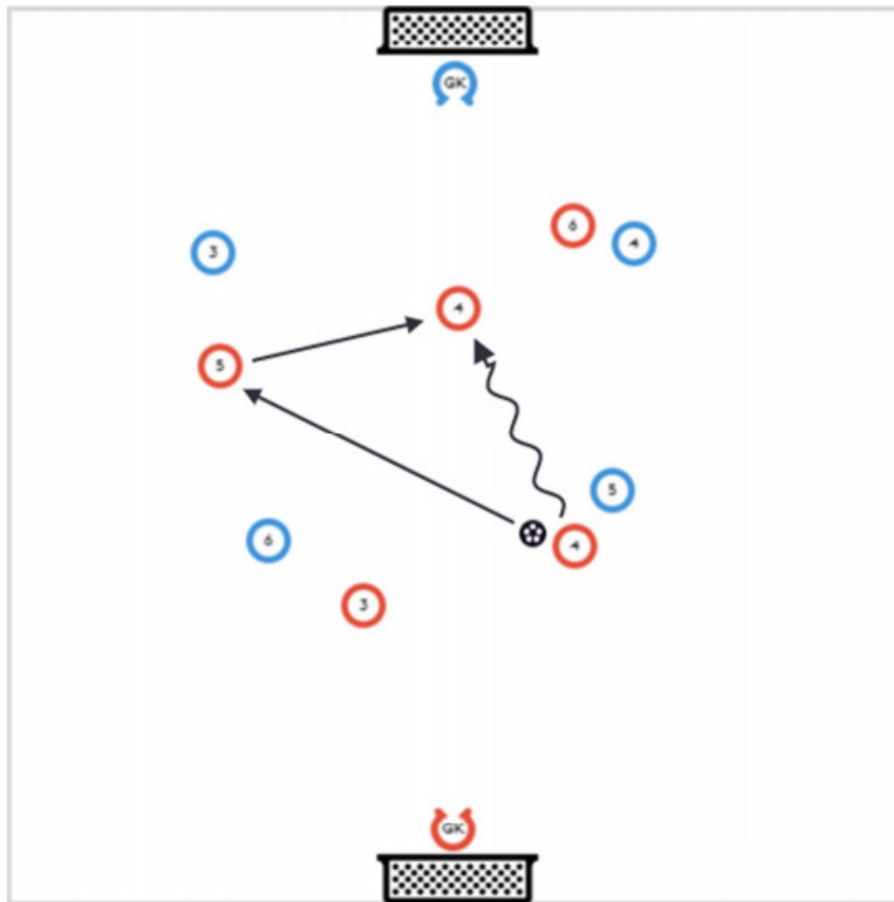


Instructions Both teams must have one player in their defending zone who protects the goals. Team can only score by breaking into the 6 yard scoring zone via a pass. Players can rotate with the protecting player at any time during the game. If the protecting player is in possession of the ball he can't be tackled.

Scoring Teams can score in either of the 2 mini goals one they've broken into the 6 yard end zone

Progressions Allow players to dribble into the end zone. Change the size of the end zone.

HEADBALL



Instructions Players start with the ball in hand, they have to look for the head of a teammate who can then head it back to them, head it into space or head it to another team mate. The opposition can win the ball by intercepting it when its in the air.

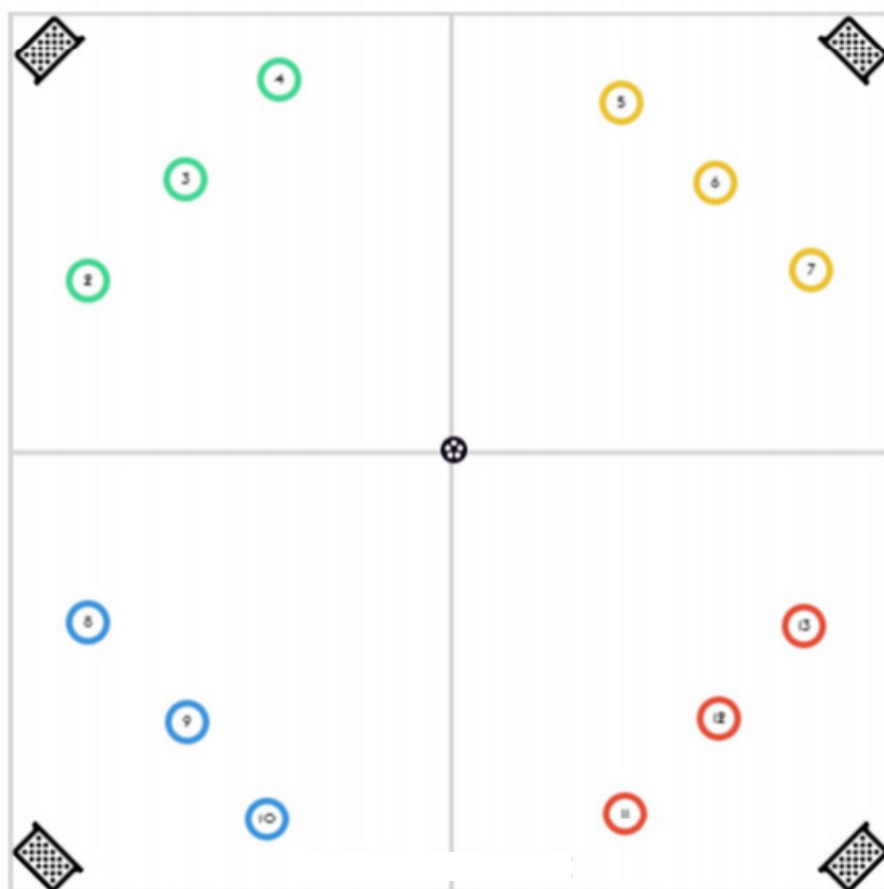
The player with the ball in hand can't move, they can only pivot on one foot.

The only way to score is with a header, you can shoot from anywhere but the idea is to move the ball up the pitch and into heading range.

Scoring Teams score as normal but with the conditions discussed above.

Progressions None.

4 TEAM GAME

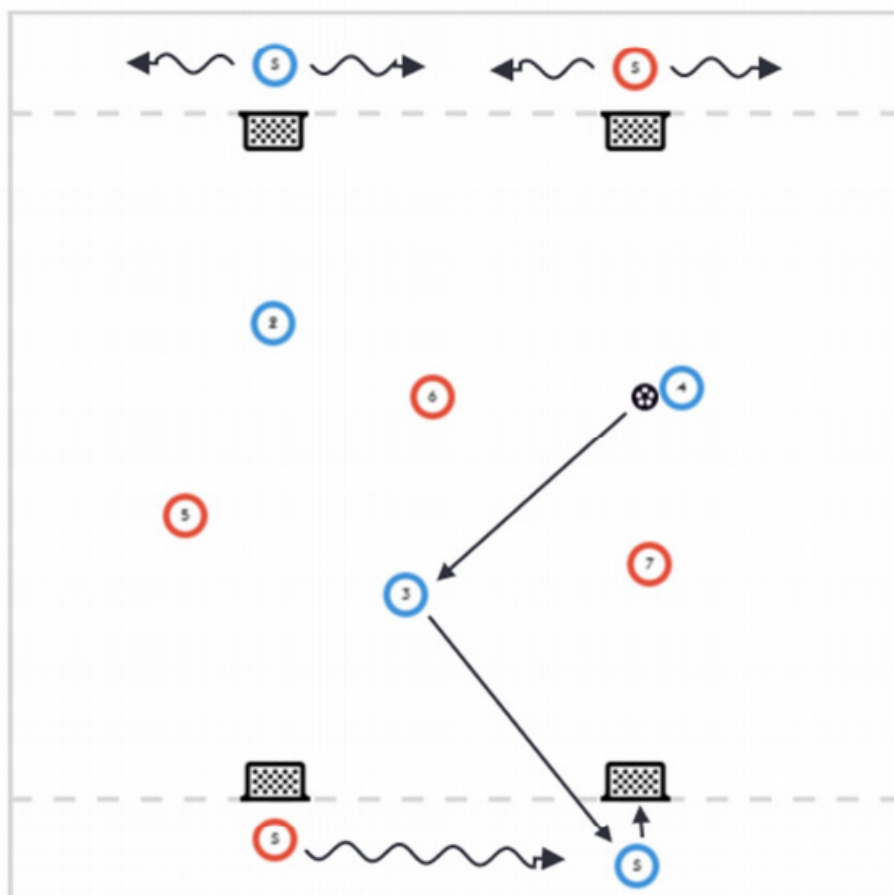


Instructions Each team has 5 lives, every goal they concede is a life lost. Once a team has lost all their lives, their goal is removed. Play continues in all 4 squares however the team who have been eliminated will be out until next round of play begins. If the ball goes out of play, restart from the coach who would pass the ball as close to the middle as possible. Any intentional handballs will result in a life being lost, the only way to stop a goal being score is to block or intercept the ball.

Scoring Teams score as normal in all 4 mini goals but with the conditions discussed above.

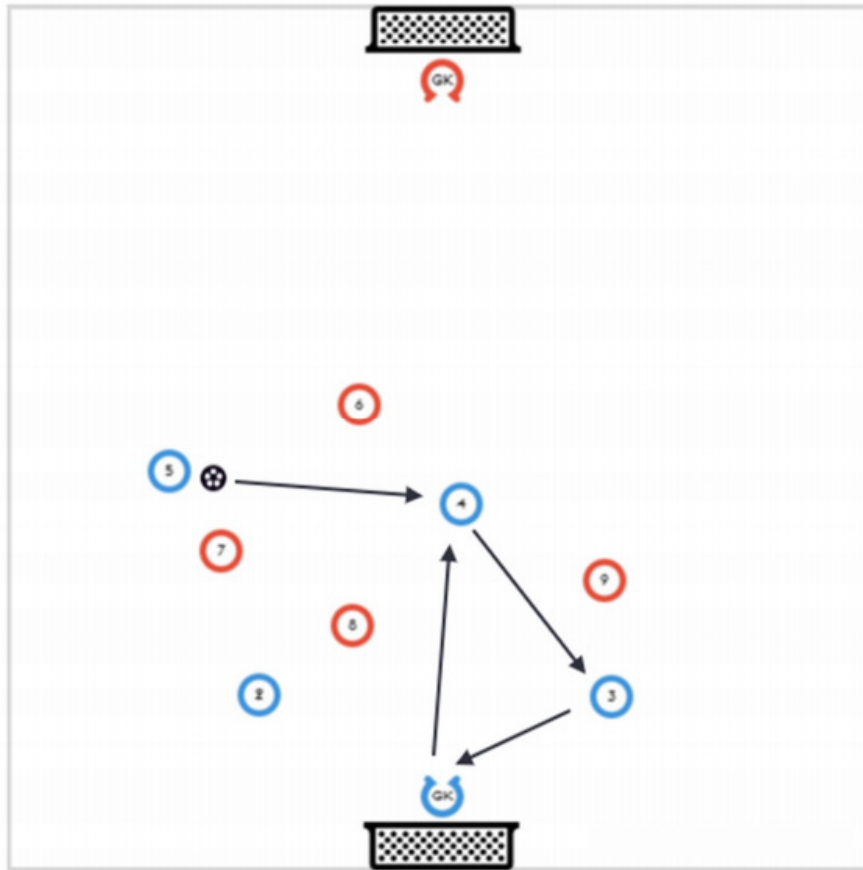
Progressions None.

BALL IN BEHIND



- Instructions** 3v3 in the central zone with 1 defender and 1 striker in the end zones.
Players must stay in their zones.
The coach or a server passes the ball to one of the teams who must keep possession and then try to find the striker in the end zone who is pressured by a defender .
When the blue team are in possession the blue players in the end zones are strikers and the reds are defenders and vice versa when the reds are in possession.
- Scoring** Teams score as normal in all 4 mini goals but with the conditions discussed above.
- Progressions** 'X' amount of passes in the central zone before looking for the 'striker'. 1 touch finish in the end zones.

SCORE & RETAIN

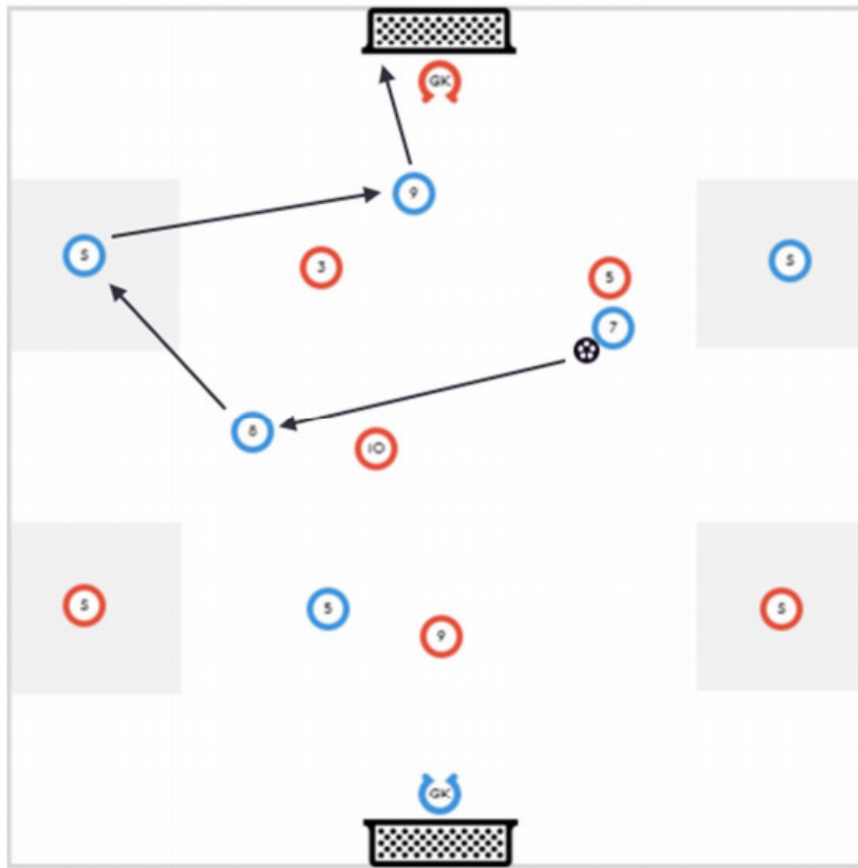


Instructions Normal play, normal rules but with one twist, once you've scored a goal you restart with the ball and have to make 10 consecutive passes in order to lock the goal in. If you score a goal then the opposition win the ball before you've made 10 passes, the goal will be chalked off.

Scoring Teams score as normal but with the conditions discussed above.

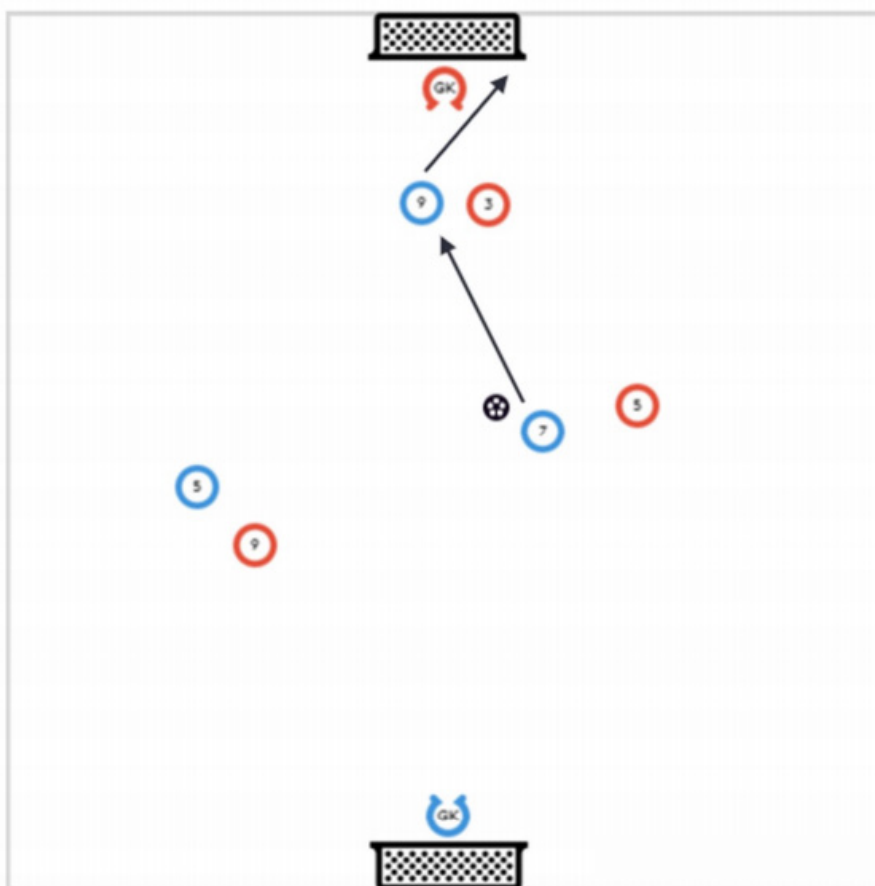
Progressions Change the number of passes needed to lock the goal in.

QUICK THROWS



- Instructions** Two players are in boxes either side of the goal they are attacking; one player is in goal and the rest are in the main area. To score a team must pass to one of the boxed players, who catches or picks up the ball and quickly looks to take a throw-in using the correct technique. The attacking team are looking to create a scoring opportunity before the defending team can get organised. The boxed support players should rotate every 3 minutes.
- Scoring** Teams score as normal but with the conditions discussed above.
- Progressions** None.

GOALS WIN GAMES

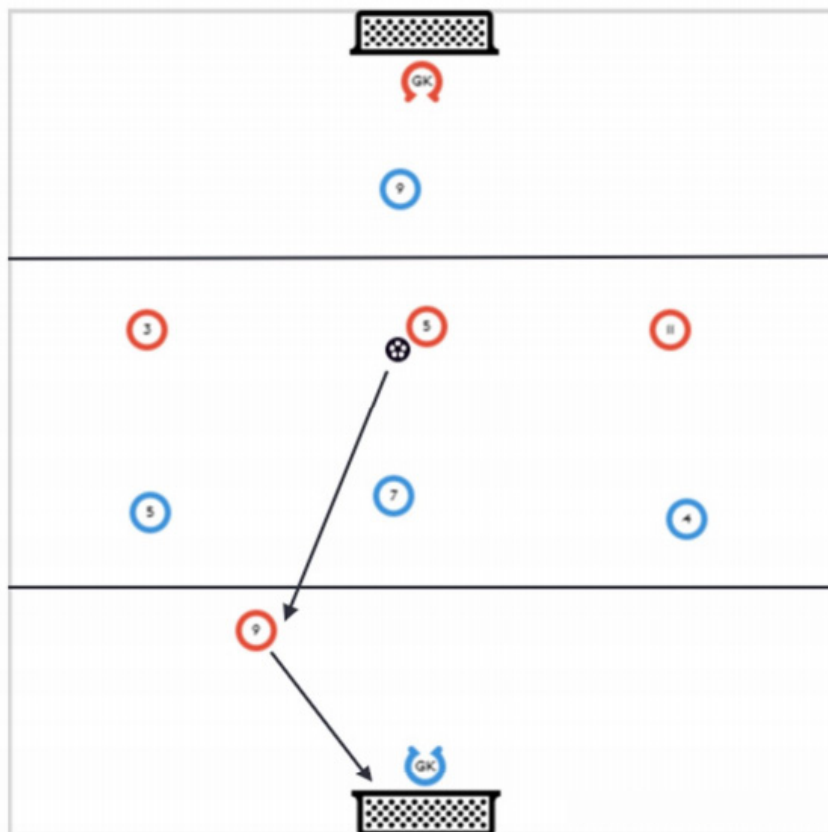


Instructions Normal rules, but the twist is that players are worth points. Each player starts off being worth three points for a goal, but once they have scored they lose a point - so a player who has scored once is only worth two points for his next goal, and then one point for his third. After that the players goals are worth nothing to the team so he can take deeper or playmaking role to support his teammates.

Scoring Teams score as normal but with the conditions discussed above.

Progressions Always keep a players with 1 point meaning they still have an incentive to score.

FIND THE TARGET

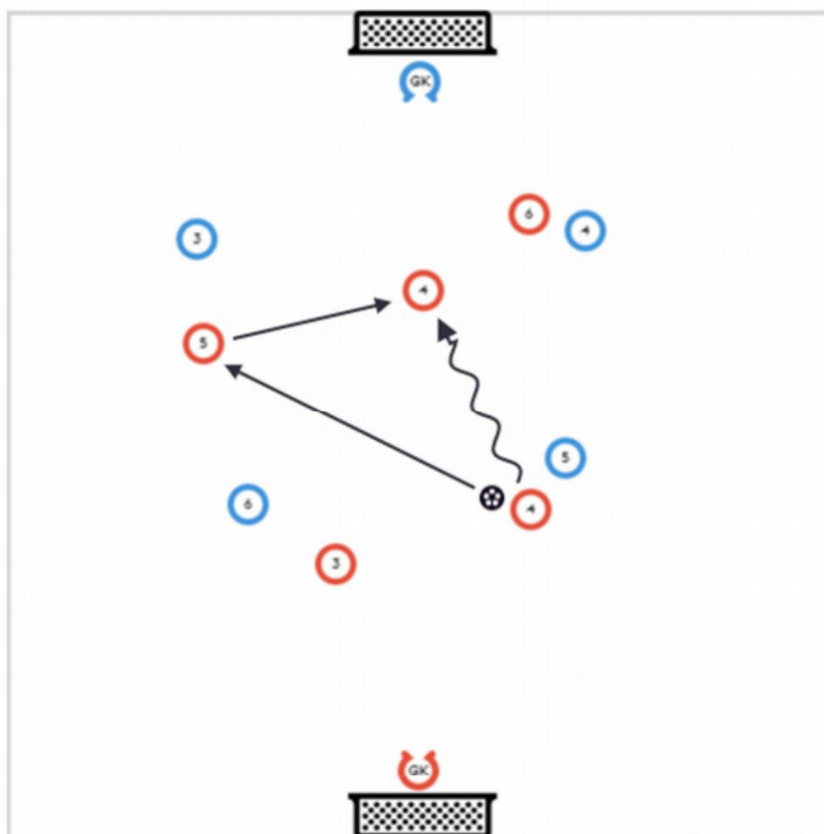


Instructions Each team selects one player to be the “target player”. This player stands in the attacking end zone. The aim of the game is to make a pass into the target man who then has to finish the ball with his/her first touch. After a shot is made the shooting player swaps with one of the middle players.

Scoring Teams score as normal but with the conditions discussed above.

Progressions Allow the target player to have 2 touches.
'X' number of passes in the central zone before passing to the target man.

VOLLEY & CATCH



Instructions The exact same game as #18 (Headball) but headers are replaced with volleys. Players start with the ball in hand, they have to look for a teammate who can then volley it back to them, volley it into space or volley it to another team mate. The opposition can win the ball by intercepting it when its in the air. The player with the ball in hand can't move, they can only pivot on one foot. The only way to score is with a volley, you can shoot from anywhere but the idea is to move the ball up the pitch and into scoring range.

Scoring Teams score as normal but with the conditions discussed above.

Progressions Allow half volleys.