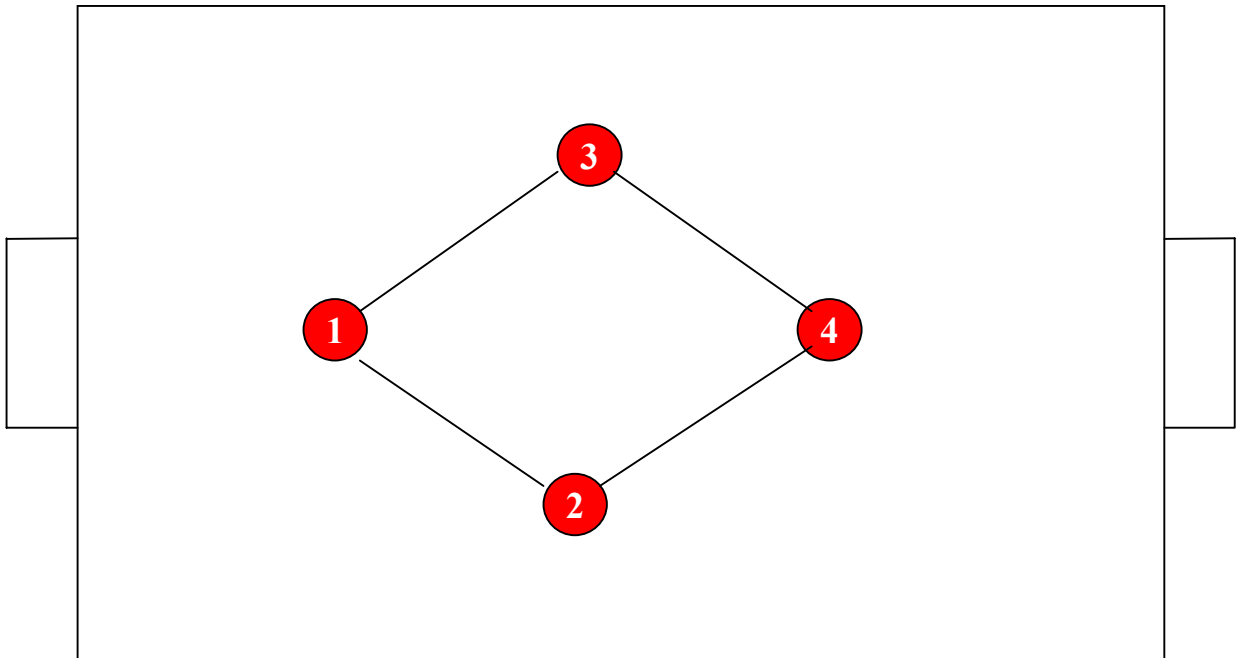


SMALL SIDED GAME PRACTICE SESSIONS

4 v 4 – Basic Diamond Shape. 40 x 20 Area approximately.

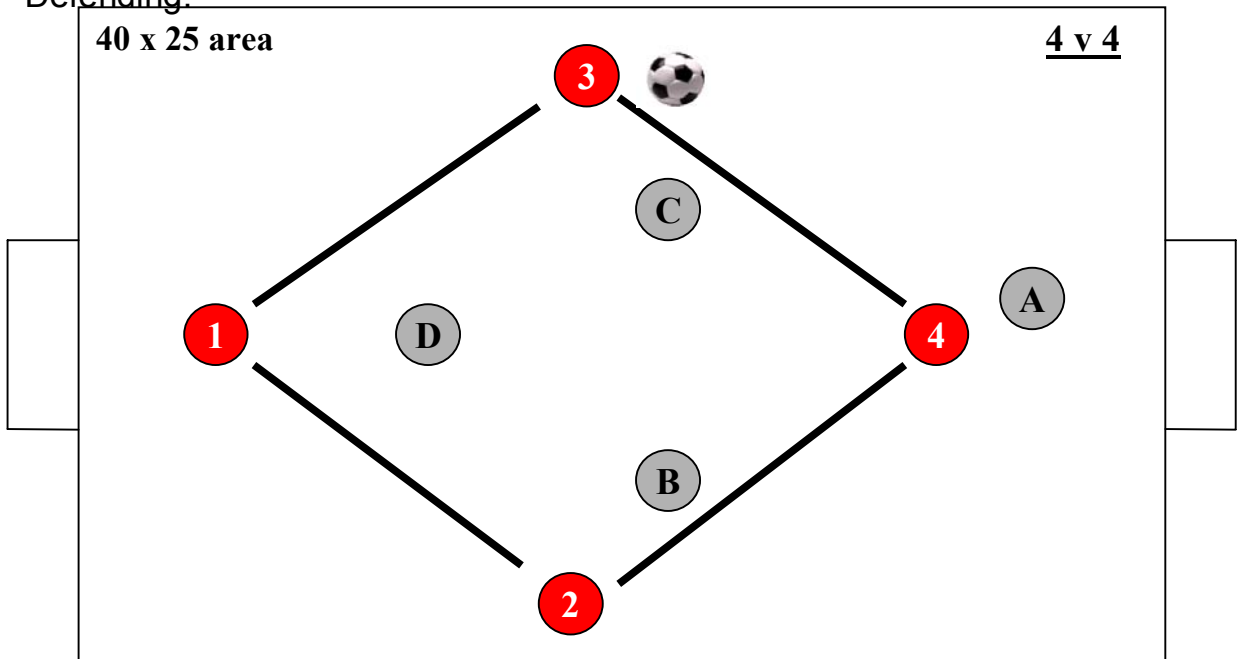


1. There are no set positions but there is a **positional theme** to work from which is the diamond.
2. **Coaching Points** a) Correct **Positioning** when attacking and Defending.
b) **Maintaining Possession** and dictating the direction of play by running with the ball, passing and dribbling.
c) **Forward** passing where possible but if not then positioning for back or sideway passing.
d) **Movement** as a team forward, backward, sideways left and right.
e) **Communication** – verbal and non verbal (body language).
3. **Techniques involved** – Passing, receiving and turning, controlling the ball, dribbling, shielding and shooting. Defending.
4. All the above work requires anticipation and being able to read situations in advance (use of A.I.A. workout will help this to be achieved).

COACHING POINTS FOR 4 v 4 (OR 5 v 5 WITH KEEPERS)

- a) Correct **Positioning** when Attacking and Defending.
- b) **Maintaining Possession** and dictating the direction of play by running with the ball, passing and dribbling.
- c) **Forward** passing but if not then positioning for back or sideways passing.
- d) **Movement** as a team forward, backward, sideways left and right.
- e) **Communication** – verbal and non verbal (body language).
- f) **Techniques involved** – Controlling and Passing, receiving and turning, dribbling, shielding and shooting.

Defending.

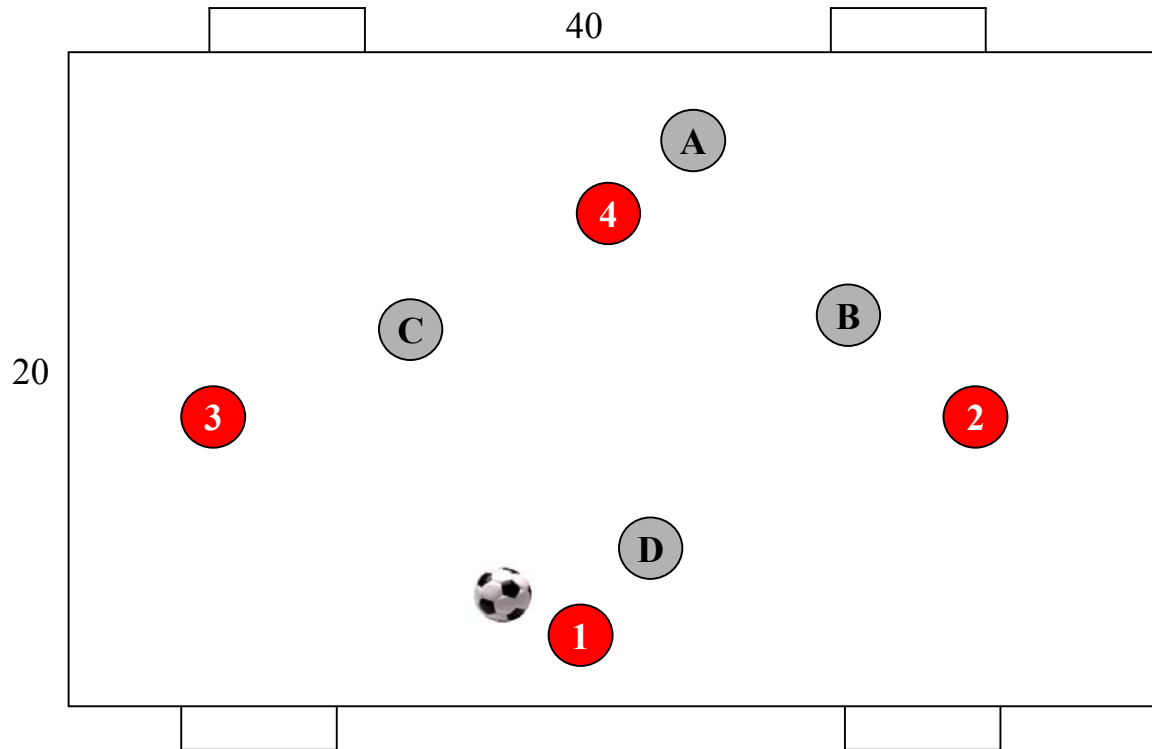


1. This is the set up for the eventual 4 v 4 (or 5 v 5 plus keepers) competitive game situation. The above coaching points are important to use as guidelines to what you are trying to achieve in this coaching practice.
2. The attacking four spread out as wide and long as they can to make it difficult for the defending team to mark them. Maintenance of a rough diamond shape ensures good angles and distances of support wherever the ball may be.
3. The use of the A.I.A. principles is very important in the development of this game concept and you can ensure they are applied by conditioning the game for example making it one and two touch play to mention just one way.

(Wayne Harrison)

PASSING SUPPORT AND COMBINATION WORK GAME PLAN

4 v 4 – Basic Diamond Shape. 20 x 40 Area approximately.



1. Using two **wide** positioned goals for each team to attack. This is designed to encourage players to spread out when they attack and **switch play**; changing direction if one route is blocked.
2. Looking for quick transition and movement off the ball to create space but attacking the space when it is on to do so. The first thought of the player on the ball should still be “Can I run or pass the ball forward”.

Coaching Points a) **Creating Space** – for yourself and your teammates.

b) **Decision** – When, Where and How to pass the ball.

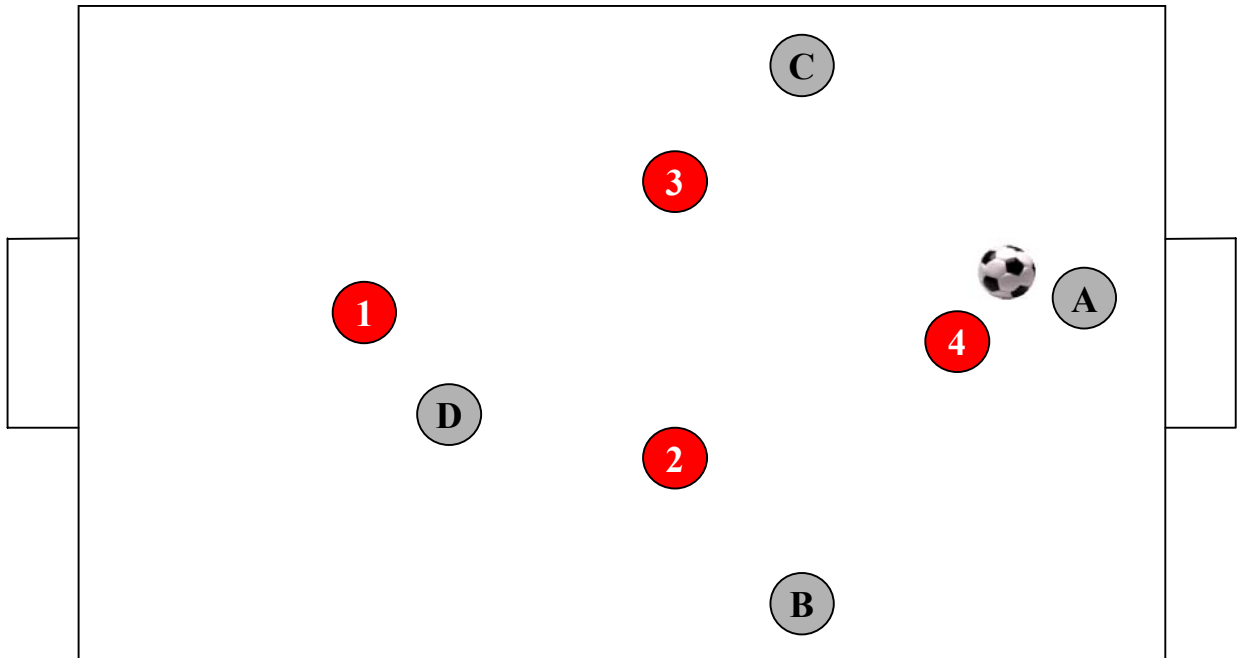
c) **Technique** – The Quality of the pass (Accuracy, Weight, Angle).

d) **Support Positions** of teammates (Angle, Distance and Communication). In front and behind.

e) **Switching Play** using width in attack.

DEFENDING GAME PLAN

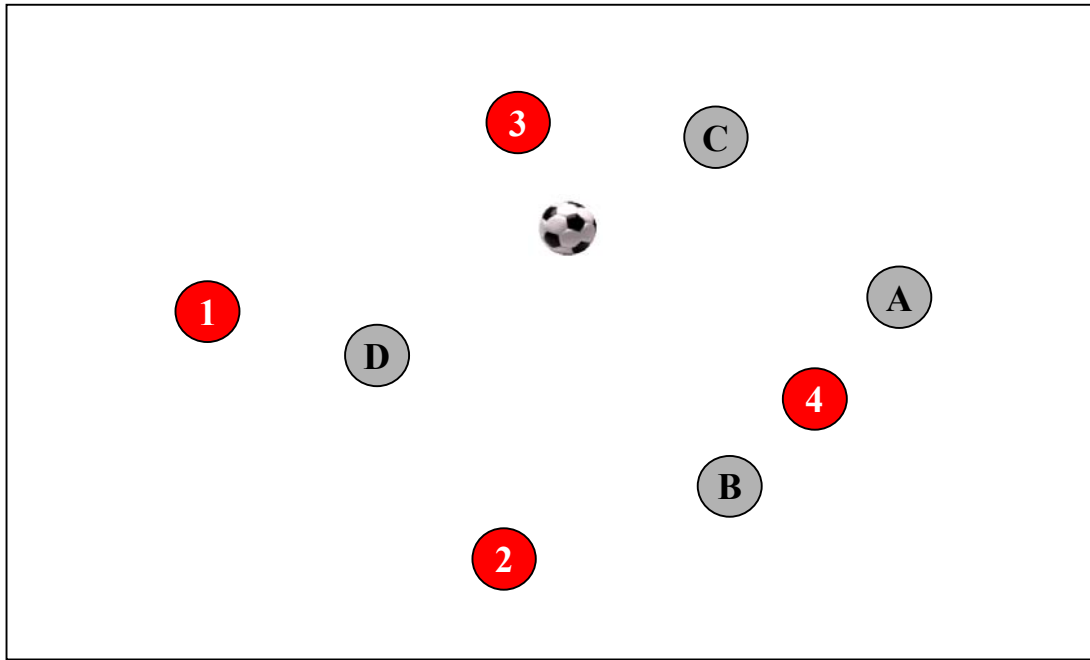
4 v 4 – Basic Diamond Shape. 40 x 20 Area approximately.



1. The main idea here is for the defending team to **condense** the area the ball can be played into, the defending team become a diamond **within** the opponents attacking diamond. (4) forces (A) one way and the rest of the team adjust their positions off this. (3) protects the **space inside** but can **close down** (C) if the ball is passed, (2) and (1) are the same scenario and this results in the diamond being **shorter** and **tighter**. As the opponents move the defending team must move to compensate. Also if any pass is played behind (1), (2) or (3) they should be first to the ball.
2. **Coaching Points** a) **Pressure** – 1 v 1 defending to win the ball, delay or force a bad pass. b) **Support** – position of immediate teammate (angle, distance and communication). c) **Cover** – positions of teammates beyond the supporting player. d) **Recovering and Tracking** should the ball go past our position, recovery run to goal side of the ball and tracking the run of a player. e) **Regaining Possession** and creating **Compactness** from the back (pushing up as a unit).
3. The objectives of defending are to **disrupt** the other teams build up, make play **predictable**, **prevent** forward passes and ultimately **regain** possession of the ball. Techniques include – pressuring, marking, tackling and winning the ball.

(Wayne Harrison)

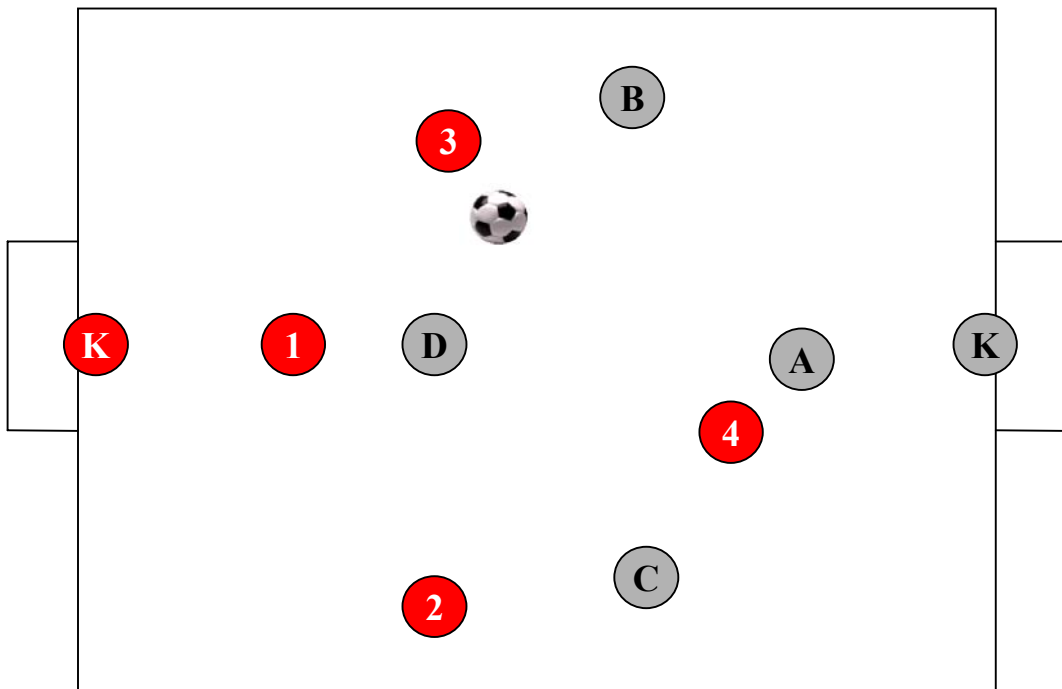
DRIBBLING GAME 40 X 15



1. No goals are used, to score, a player must dribble the ball under control over the goal line. Looking to encourage 1 v 1's, work on improving ball control with quick movement. Decision making to improve when and where to dribble.

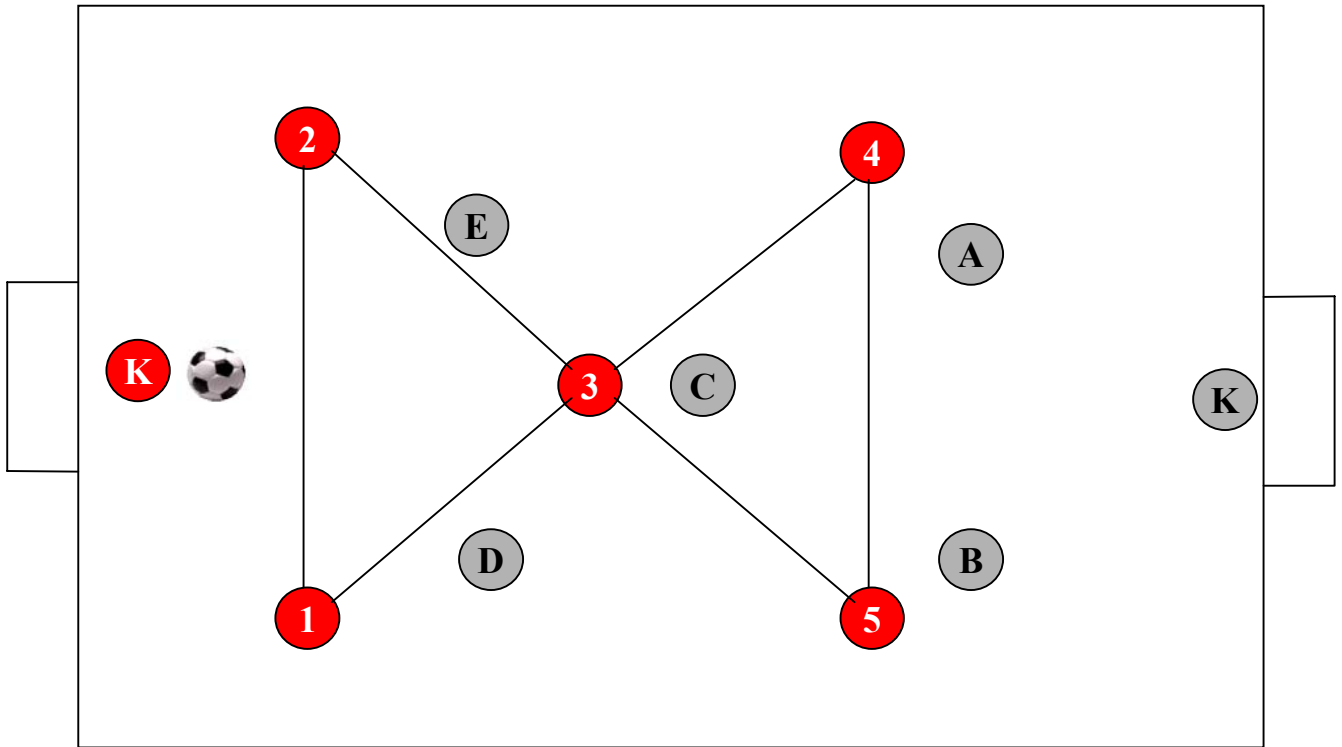
SHOOTING GAME PLAN

30 X 25 WITH KEEPERS



1. Two large goals to shoot at to encourage success by scoring goals. Shorter field so lots of shots on goal because players are nearly always in shooting positions.
2. **Coaching Points** a) Quick shooting, rebounds, transitions, quick break counter attack.

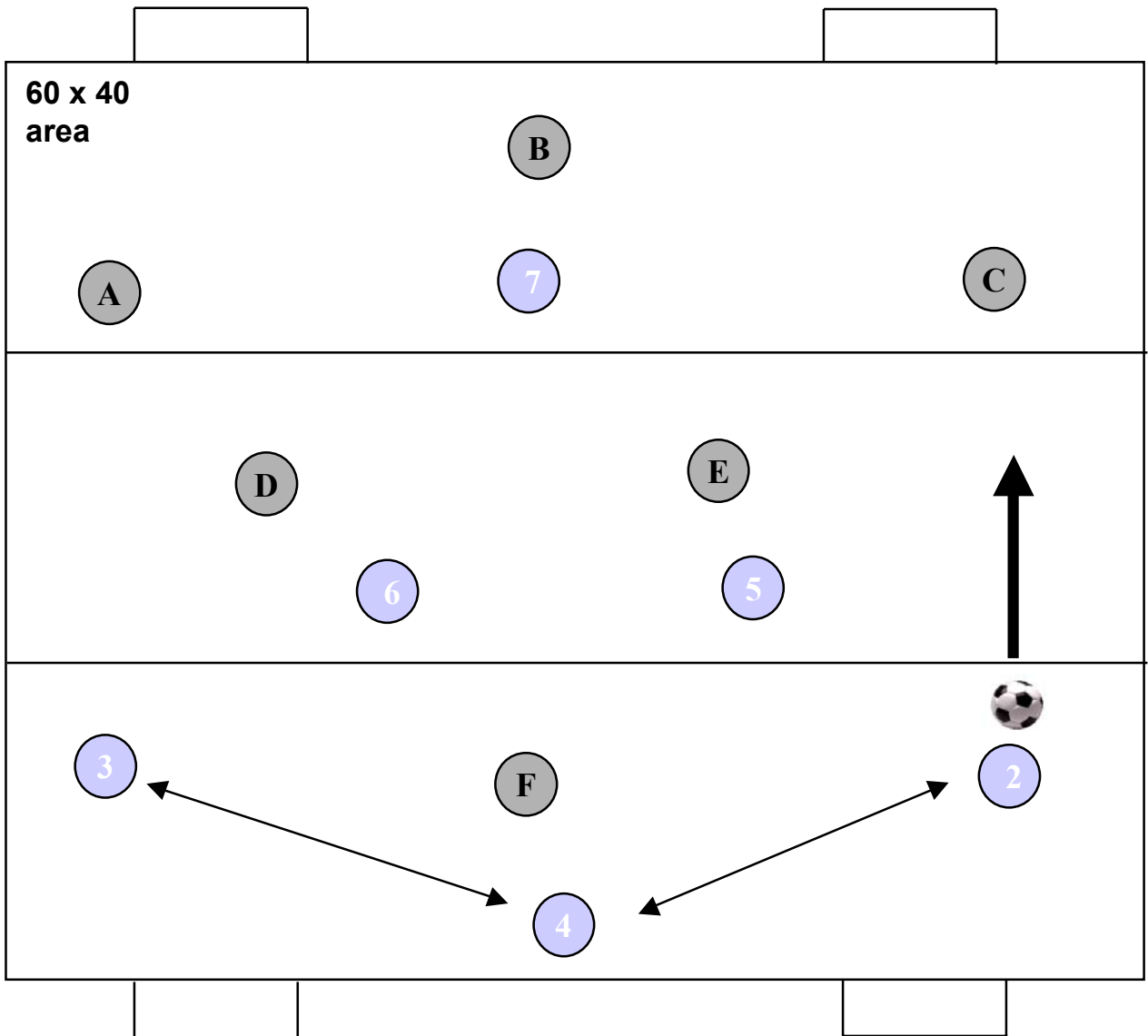
SMALL SIDED GAMES 6 v 6 (60 x 40)



1. The basic shape is a double triangle, again a positional theme where players are encouraged to interchange then return to a basic shape when the time is right.
2. The **Forward** passing theme has the following coaching points :
 - a) **Create Space** - players spread out to be in position to receive the ball.
 - b) **Decision** – when, where and how to pass.
 - c) **Technique** – Quality of the pass (Accuracy, weight and angle).
 - d) **Support** Positions – of teammates (angle, distance, communication).
 - e) **End Product** – shots on goal. Rebounds.
- f) The **themes** you can concentrate on one at a time include, Creating Space as a team, Forward passes to Feet and Space, Switching Play as a team, Running with the Ball, One and Two Touch Play, Passing and Support Play, Forward Runs without the Ball (diagonal runs, Overlaps, blindside runs, under laps), Receiving and Turning When and Where to Dribble, Defending as a team.

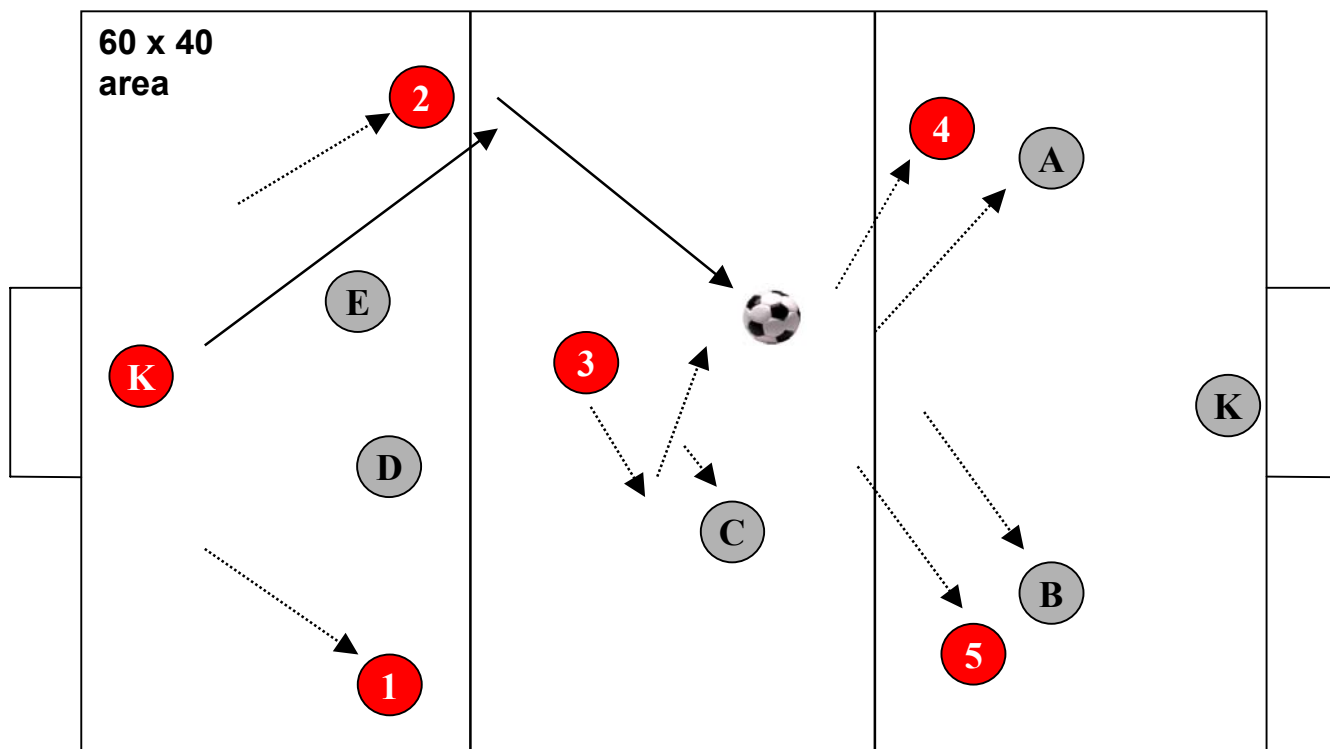
(Wayne Harrison)

6 v 6 SESSION USING DEFENSIVE, MIDFIELD AND ATTACKING ZONES (3-2-1 or 3-1-2)



1. 3 v 1 in defending third working the ball into midfield then into attacking third. Initially players stay in own third to learn the idea of shape through the team.
2. Ensure link up play develops both going forward and coming back, players get in position to support teammates early.
3. Players allowed to move between zones and link up. As previously, once they lose possession they drop back into own third to allow the other team to develop their play.

CREATING SPACE IN A SMALL SIDED GAME OF 6 v 6



1. Here the players work to get free of their markers by their movement off the ball, they create space for themselves and / or for their teammates.
2. **Coaching Points**
 - a) **Creating Space** – Spreading out as a team.
 - b) **Decision** – When, where and how to Create Space.
 - c) **Technique** – of passing and receiving.
 - d) **Support Positions** of players; angles and distances, movement off the ball.
3. In the above example (1) and (2) break wide to create space and offer two options to receive a pass from the keeper, (2) receives the pass and (3) runs off (C) to check back to receive the pass in space. (4) and (5) create space in front of the receiving player by making split runs to move (A) and (B) away from where (3) wants to attack and shoot at goal.
4. If either (A) or (B) do not track the two strikers and stay in the space in front to defend against (3) then (3) can pass to whichever play got free by not being tracked on their run.