

COACHING SMALL SIDED GAMES

This session will demonstrate the proper shape for attack and defense within the various forms of small-sided games and illustrate the three main moments within the game. These moments are:

- Own team in possession of the ball
- Opponent in possession of the ball
- Possession changing – transition

When in "possession of the ball" players must:

- Quickly make playing area as big as possible – width and depth
- Play the ball deep whenever possible
- Maintain possession of the ball
- Create chances to score goals

When "opponent in possession of the ball" players must:

- Quickly make playing area as small as possible
- Depending on situation
 - a. move towards the ball (press)
 - b. towards own goal (delay)
 - c. toward the flanks (squeeze)
- Put pressure on ball
- Mark "tighter" near the ball
- Mark "looser" away from the ball
- Maintain depth and balance

During "change of possession" players must quickly:

- When losing possession
 - a. nearest player to disturb opponent (immediate pressure)
 - b. remaining players recover into defending positions to limit time and space
- When regaining possession
 - a. player recovering ball attempts to play forward
 - b. players close to ball offer immediate support
 - c. players away from ball make the field big (length and width)

Key coaching points for 3v3 are:

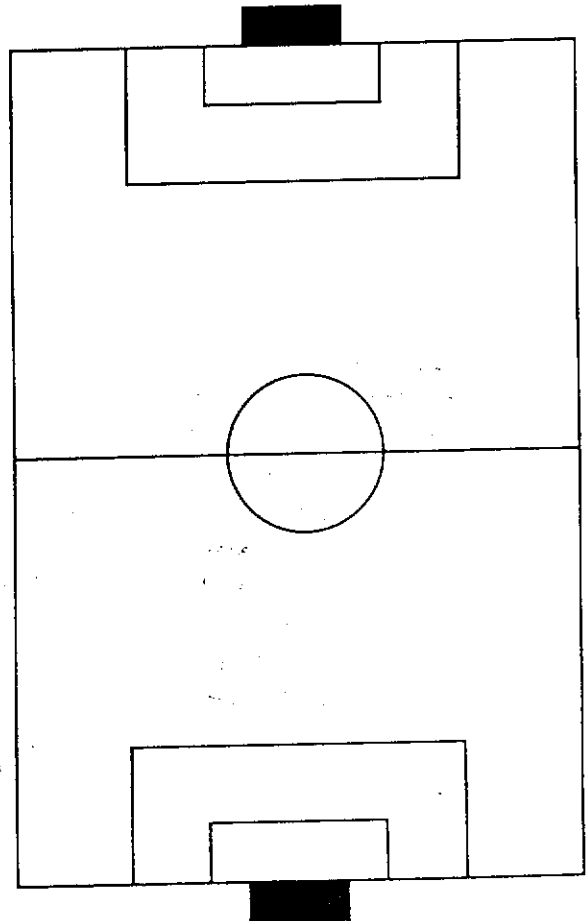
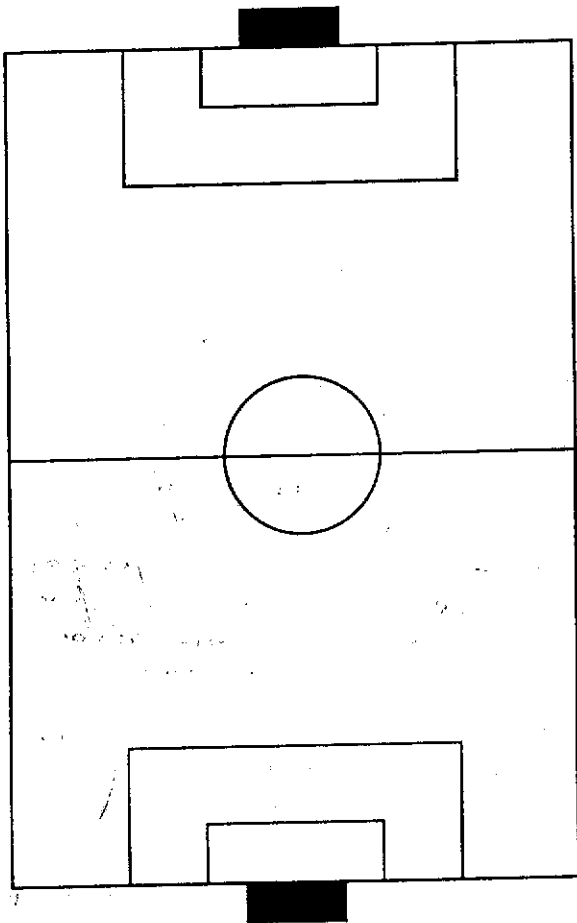
- Attack
 - a. shape is triangle – width and length provided
 - b. angles of support – angles provide safe passes
 - c. combination play – ability to penetrate with 2 player combinations
- Defense
 - a. shape is compact – player recover goal side of ball
 - b. pressure, cover and depth when ball is central
 - c. pressure, cover and balance when ball is wide
 - d. Delay – provides time to get numbers behind the ball

Key coaching points for 4v4 are:

- Attack
 - a. shape is diamond – length and width on both sides
 - b. angles of support – depth provides increased passing opportunities
 - c. combination play – ability to penetrate with 2 or 3 player combinations
 - d. deep player – always provides for early pass from back
 - e. flank play – use of both sides of field to increase attacking options
- Defense
 - a. team shape – compact and goal side of ball
 - b. pressure, cover and balance imposed
 - c. delay to get numbers behind ball

Key coaching points for 5v5 are:

- Attack
 - a. team shape includes central player
 - b. use of central player to connect side-to-side or back-to-front
 - c. role of player in central position
- Defense
 - a. team shape – compact and goal side of ball
 - b. collective action of team on defense
 - c. pressure, cover and balance imposed



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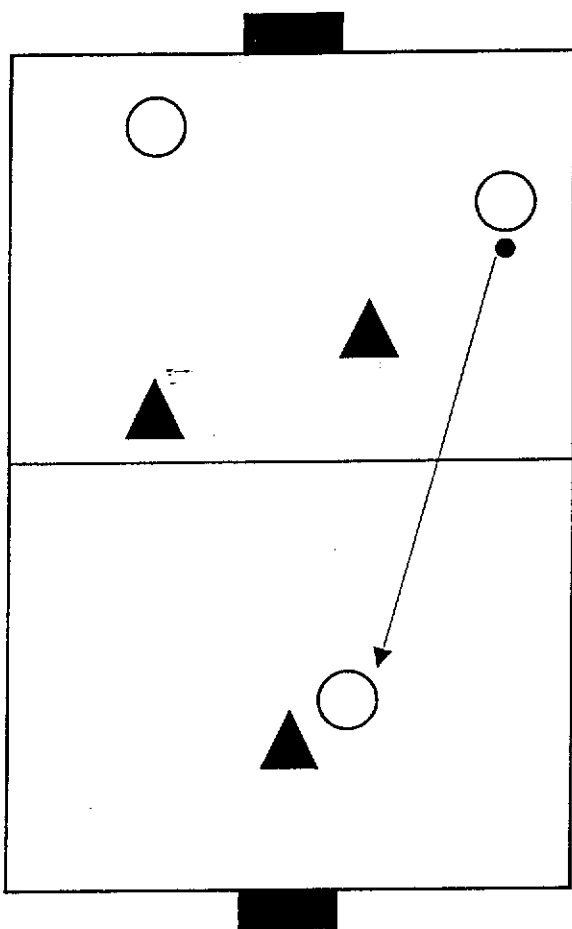


Diagram #1

3v3 Attacking Shape – Team of O's have achieved good attacking shape (triangle) by providing length and width on the field. This shape also provides good support to the player on the ball. The close supporting player has taken a position slightly behind the player on the ball while the player in advance of the ball has pushed forward and is available to receive a pass.

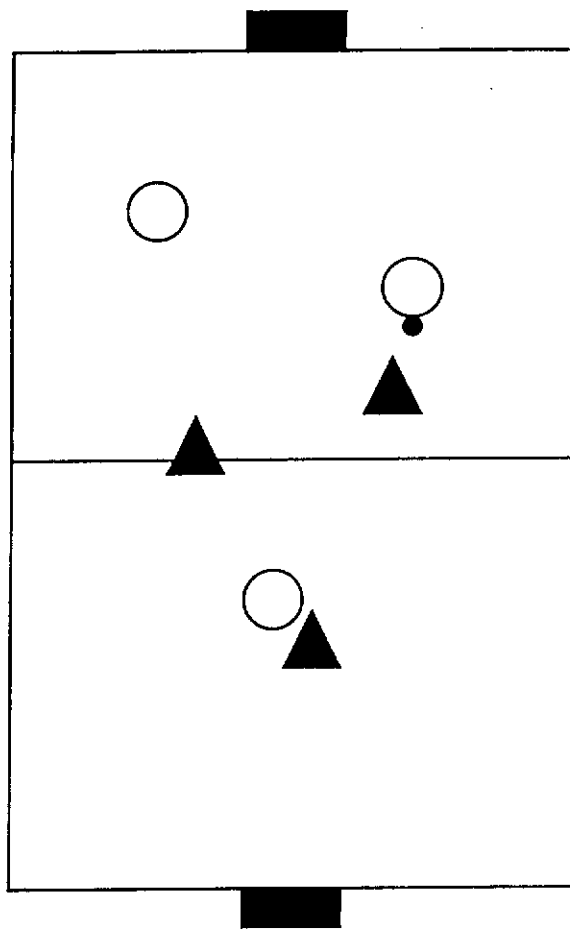


Diagram #2

3v3 Defending Shape – Team of ▲'s have achieved good defending and starting positions. Pressure is applied to the ball while good cover and balance is provided by the remaining players. Notice the defensive position taken by the defender closest to the goal. The position taken is on the ball side of the opponent so that the defender may intercept a pass into the flank space first. The team of 3 provides good concentration and depth.

Note – In this 3v3 game only field players are used

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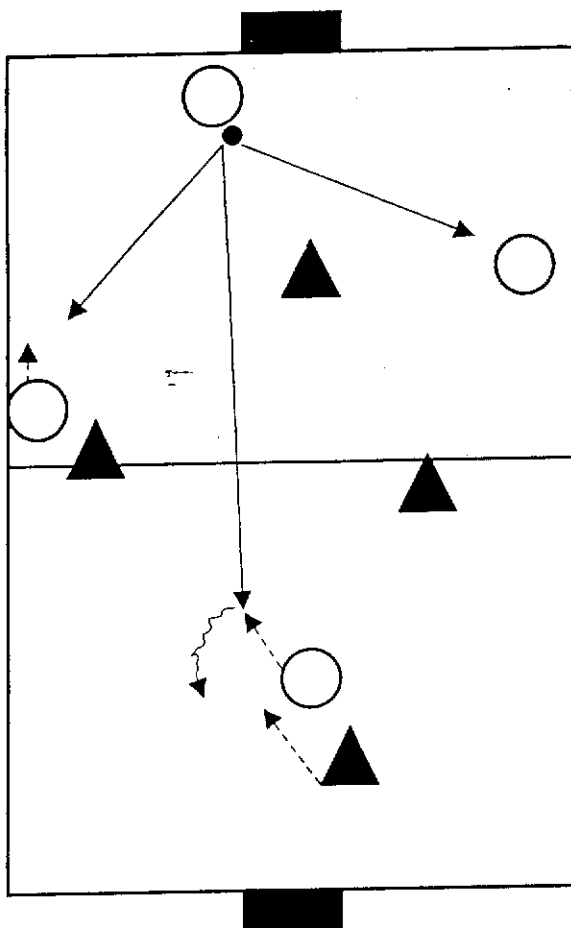


Diagram #1

4v4 Attacking Shape – Team of O's have achieved good attacking shape (diamond) and are providing player on the ball with close support on left and right as well as player positioned deep in advance of the ball. Notice the number of passing opportunities provided. Players must achieve these "starting positions" early after recovery of the ball but once achieved they must "free" themselves from close marking by the opponent. Mobility by the individual players to provide good angles and distance of support is important to maintain possession. The through/pass is a priority for the player on the ball to achieve.

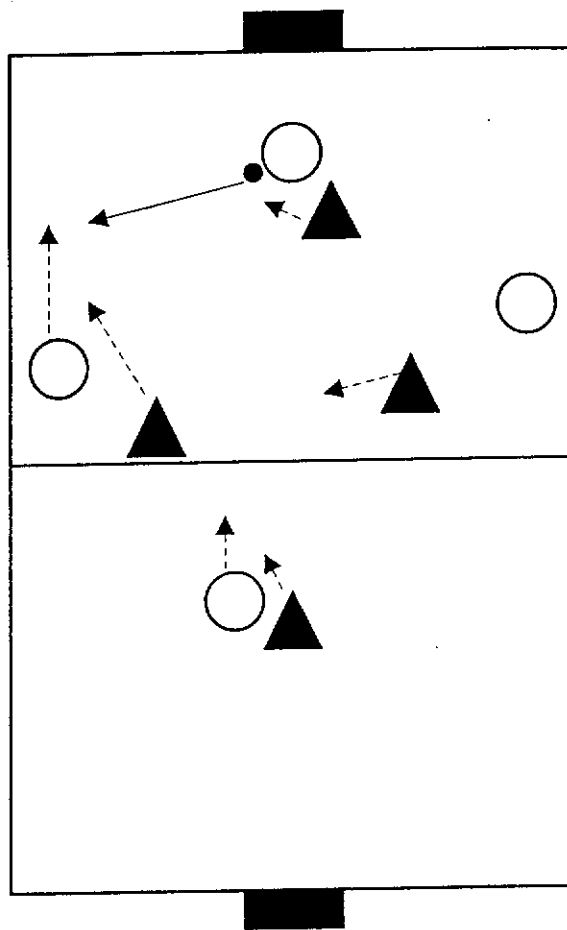


Diagram #2

4v4 Defending Shape – Team of ▲'s have achieved good defending shape by putting immediate pressure to the ball and limiting the players option to play deep early. The remaining players have concentrated their defensive pressure in the area of the ball. Notice the balancing defender on the right side of the field who is squeezing toward the center. This is made possible by the closest defender immediately closing down the player with the ball and channeling the attacker to the flank. Also notice how compact the defending team is from front to back.

Note – In this 4v4 game only field players are used. Large goals and GK's may be added to change the game to 5v5.

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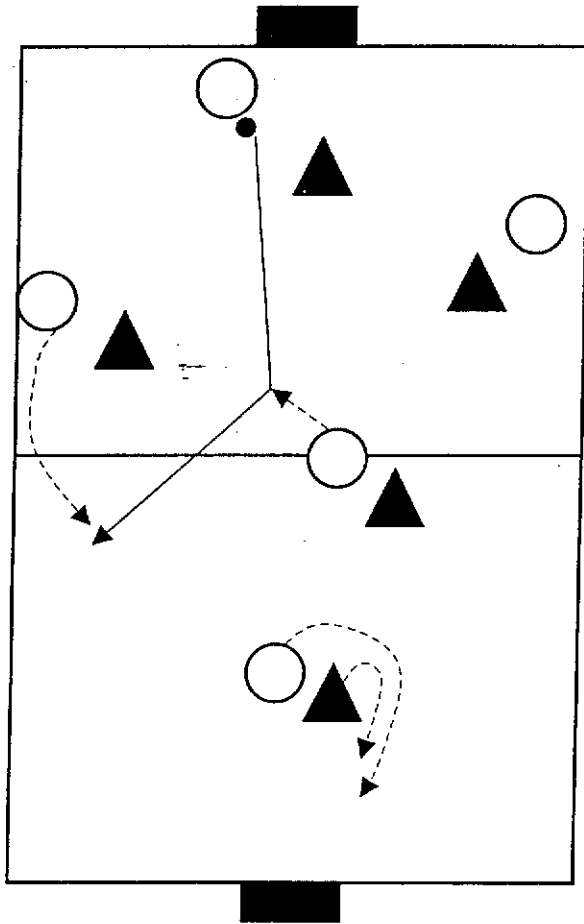


Diagram #1

5v5 Attacking Shape – Team of O's have achieved good attacking shape and are able to provide the player on the ball with a central player in which to play through. Notice the space created in the center of the field by the flank players staying wide. This allows the player with the ball to play a through pass to the checking player. The deep attacking player makes a run away from the space that eventually the wide player will enter on the dribble. This run shows intelligent "playing without the ball" by creating space for the on-coming player by drawing the opponent away.

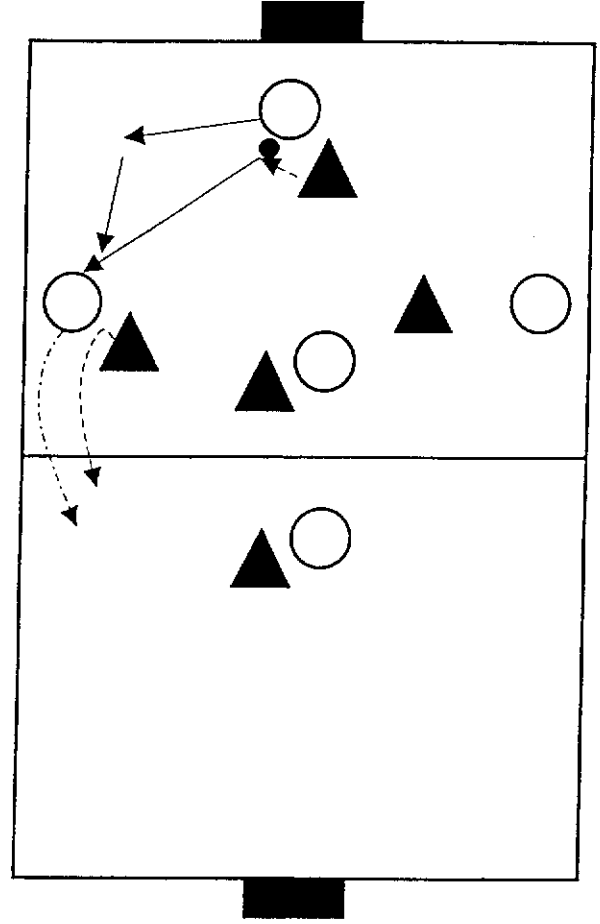


Diagram #2

5v5 Defending Shape – Team of ▲'s have achieved good defending shape by pushing forward and pressing the attacking team in their half of the field. Notice the position of the central defending player to prevent the attacking team from playing through their central player as well as the flank defender tracking the opponent trying to run behind into space. Transition between attack and defense must be immediate in order to prevent the attacking team from penetrating quickly.

Note – In this 5v5 game only field players are used. Large goals and GK's may be added to change the game to 6v6.