



Small-Sided Games

Category: Small-Sided Games
Difficulty: Moderate

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

IAS Soccer Academy. Special Topics Session. 12/13/16

Warmup

Dribbling & Possession Warmup

Activity to prepare for the training session.

Organization:

- Grid 10x10 or appropriate for amount of players
- Every player with a ball for the first phase

How to Play:

- Begin with a Dribbling Dutch Box, with players using both feet and working on different attacking moves and turns.

Progression:

- Big game of "knockout." One team starts with balls, other team are defenders. Game is played until the last ball is knocked out. When a player loses their ball, they stay in the game and become a passing option. Turn the activity into a competition; see which team can knock out all balls first or which team can keep balls in the longest.



SSGs

Variety of Small-Sided Games

Placing different restrictions on these games helps accomplish objectives within the activity.

There are many benefits of playing SSGs

- more touches on the ball
- involvement on both sides of the ball at all times
- constant transition

SSGs:

- Bumpers
- Bumpers Replacement
- No Pressure Zone
- Cross the River
- Possession Boxes
- Crossing Game (3v2 in each half. Bumpers overlap for a cross)

Progressions for all Games:

- Add neutral players
- Must pass to GKs
- Connect certain amount of passes
- Don't limit touches, but encourage to play quickly, make quicker decisions

