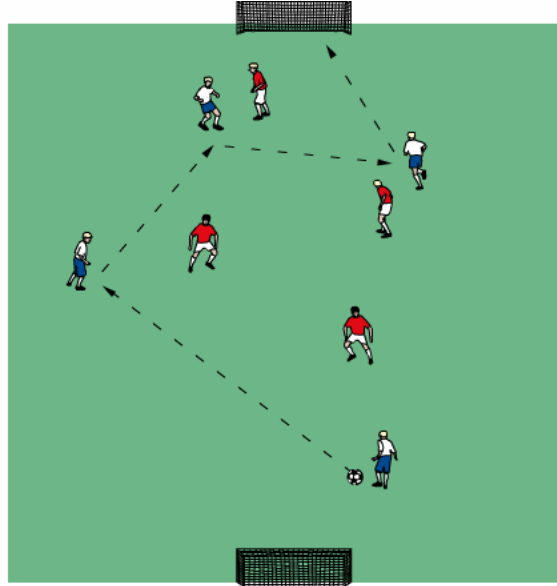


# **Football Soccer Coaching Academy**

## **Small Sided Games 4v4**



### **1. 2 Goals without Keepers**

#### **Setup**

- Playing area is 40 x 25 yards – goals can be full size

#### **Coaching Points**

- Encourage scoring and taking shots
- Players initial thought is to shoot and pass second
- Defending team must close down quickly to prevent shots at goal
- Attackers must shoot accurately

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## **2. 2 Goals with Keepers**

### **Setup**

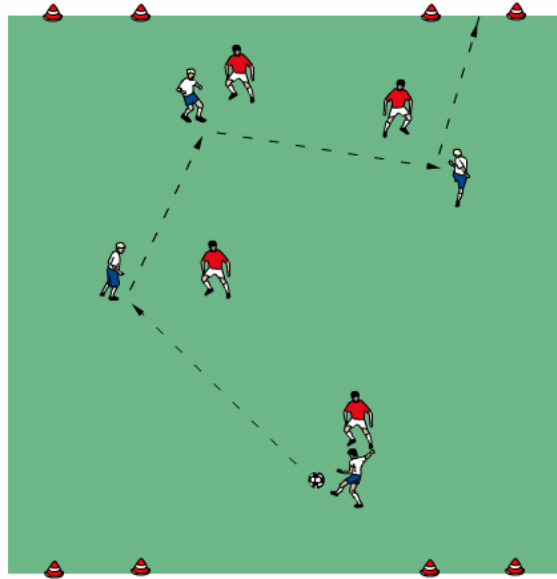
- Playing area is 40 x 25 yards – goals can be full size

### **Coaching Points**

- Same as previous just add keepers
- Shooting early and accurately is essential
- Make the keeper work
- Include keeper in attacking build up, play backwards if forward pass or shot isn't on

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### 3. 4 small line goals without Keepers

#### Setup

- Goals are positioned on the endlines spread to the width of the field

#### Coaching Points

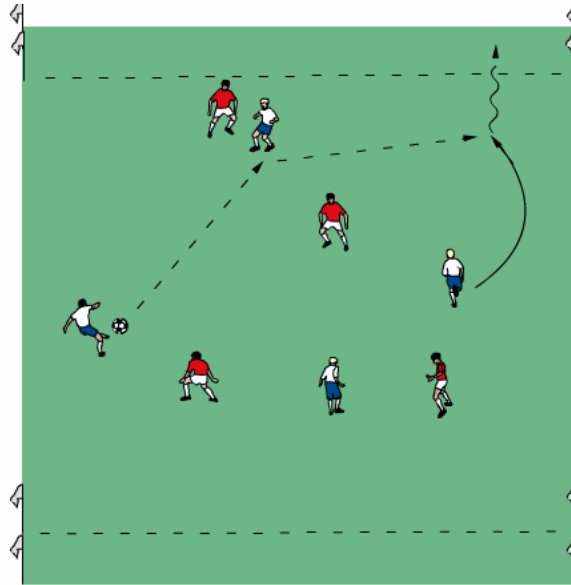
- Encourage play from flank to flank and take the play out of the middle part of the field
- 4 goal setup encourages directional changes
- goals can be scored from direct passes or from a dribble
- coach may determine the exact method of scoring – direct pass, a give and go, 1 v. 1 dribble, switch field to score

#### Progression

- Add Keepers

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#### **4. Line Football**

##### **Setup**

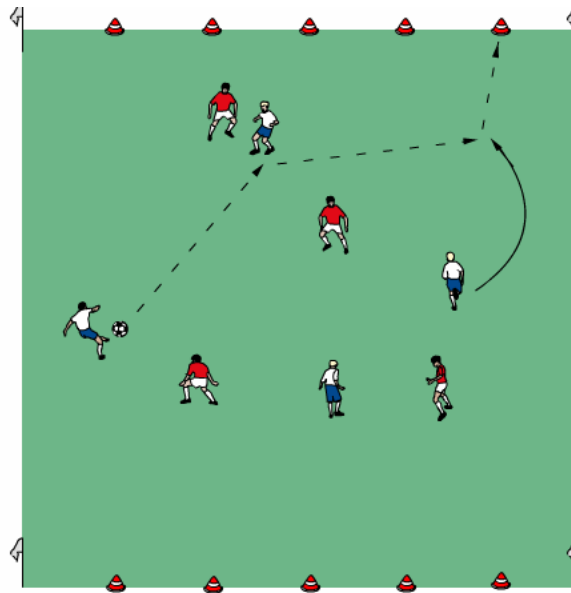
- Playing area is 40 x 25 yards

##### **Coaching Points**

- Teams must defend the entire width of the field
- A goal is scored when the ball crosses the endline and is under control – a dribble or a pass received
- The ball must cross the line and be stopped to count

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## 5. Cone Game

### Setup

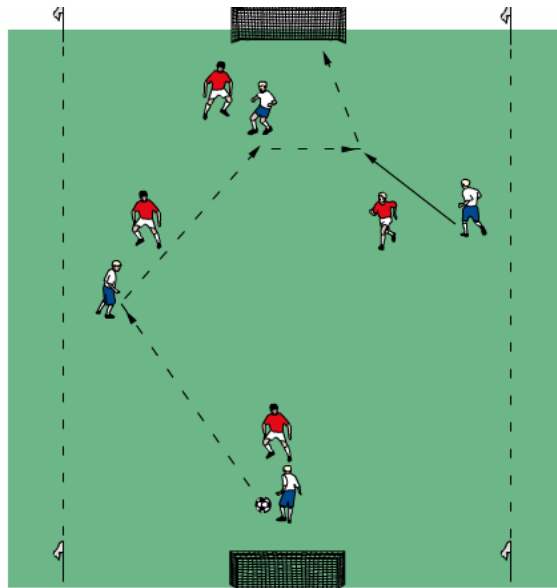
- Playing area is 40 x 25 yards
- Place cones along the endline – spacing them apart
- Goals are scored by knocking a cone down with a pass

### Coaching Points

- Encourage players to play with as few touches as possible

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## 6. Long Narrow Field (40 x 15 yds)

### Setup

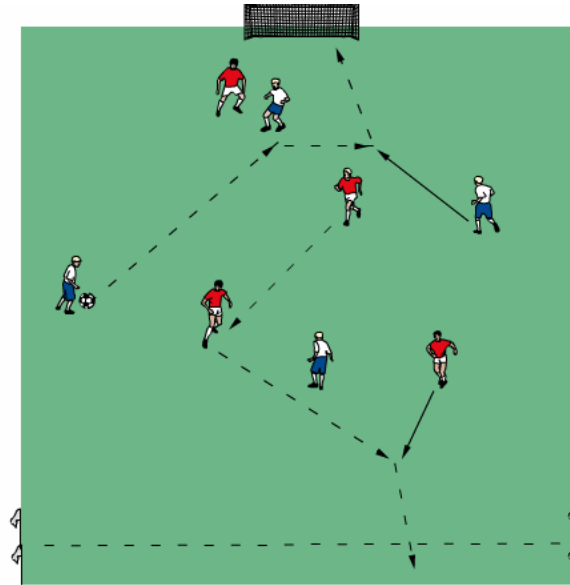
- Playing area is 40 x 15 yards
- The game is played to the length of the field, so the shape will start with a deep forward

### Coaching Points

- Build from the back
- There is no width so shape will be determined by length
- Link up quickly with deep set forward and go to goal
- When gaining possession it is essential that the deepest front player breaks out and establishes the shape

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## 7. Combination Game – 1 keeper and an end zone goal area

## Setup

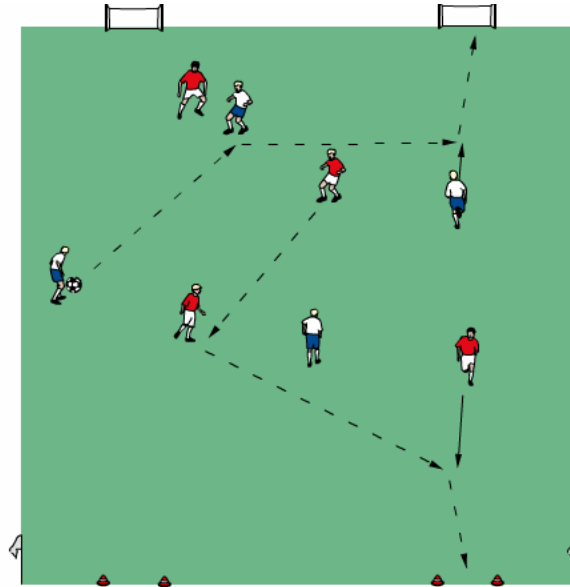
- Playing area is 40 x 25 yards
- One team will attack the full size goal with a keeper
- Other team play to the endzone.
- To score in the endzone, the ball must be played or received under control

### Coaching Points

- Attacking team plays through the entire width of the field, while the other team defends the same area
- Switch play so that both teams attack and defend both goals

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## 8. 2 small goals and 2 line goals

### Setup

- Playing area is 40 x 30 yards

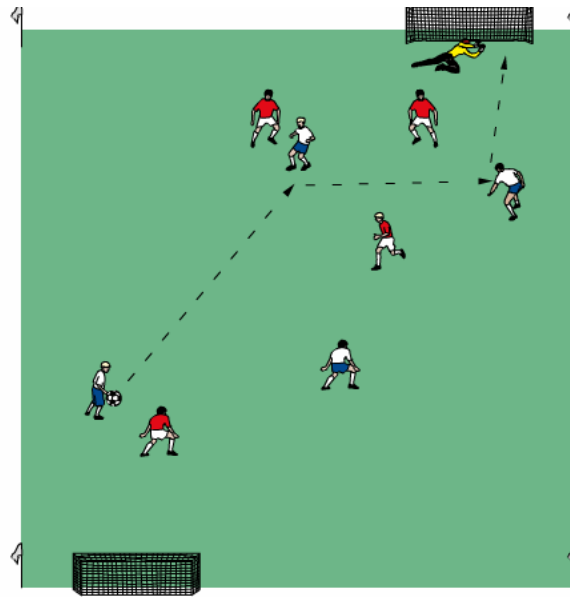
### Coaching Points

- Play directly into the small goals and play controlled through the line goals
- Ball must be controlled as it passes the line goal – received by a team mate or controlled by the dribbler

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## 9. Goals Off-Set

### Setup

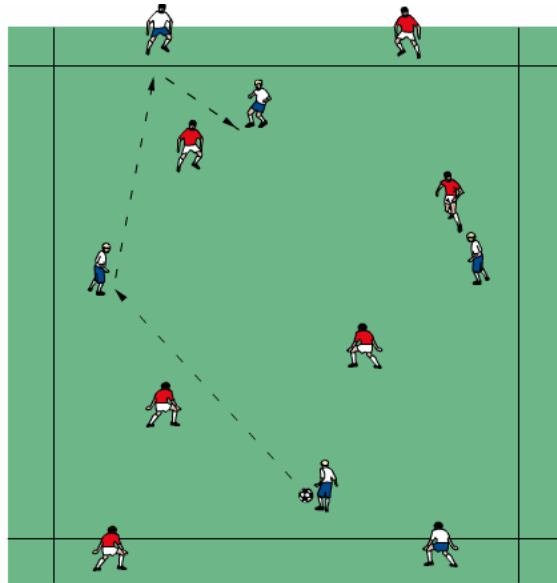
- Place 2 goals on the endlines at each corner of the pitch
- Size depends on number of participants

### Coaching Points

- The pitch set up will create a one side of the field type game.
- Emphasis on counter-attacking

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#### 10. 4 v. 4 + 2 – Change the Direction of Play

##### Setup

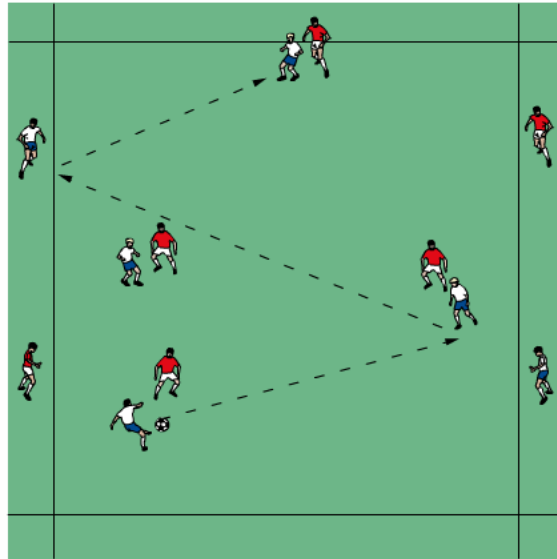
- 30 x 25 yard area
- 2 players one from each team on the endlines

##### Coaching Points

- Play in the direction of the endline, play out to a target player and play back in and then go to the other end.
- Every time the ball is played out to the endline target player, play is restarted in the opposite direction

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# **11. 4 v. 4 + 2 Off-set target Players on the sidelines**

## **Setup**

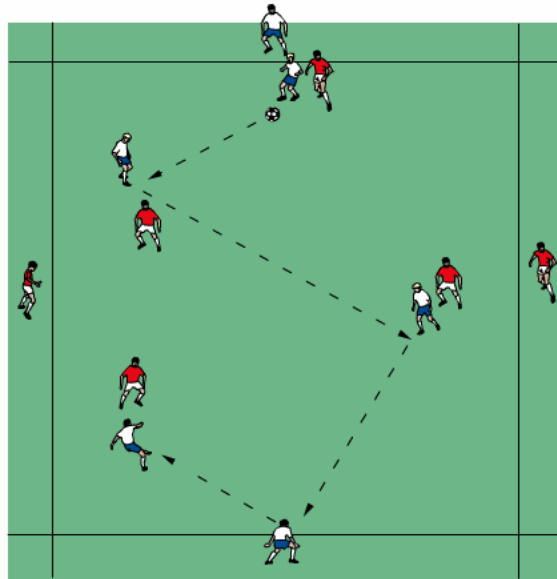
- Similar to previous game, but target players are now on the sidelines and at opposite ends
- Target players are positioned diagonally from each other
- Play in a 30 x 25 area

## **Coaching Points**

- Encourage quick play
- Accurate passing
- Create space by creating length and width

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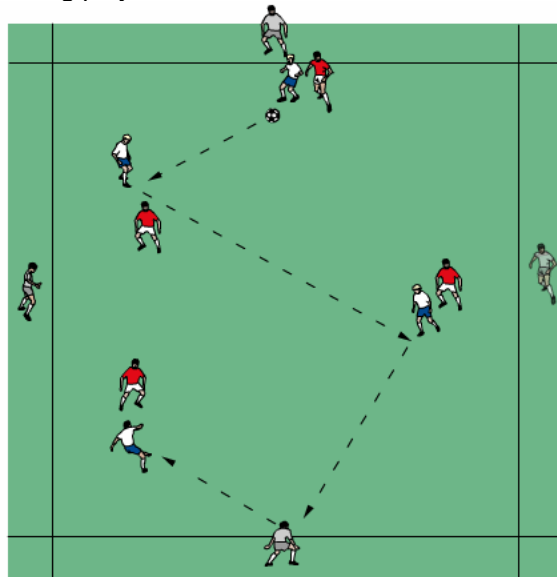
## 12. 4 v. 4 +2 directional game

### Setup

- Outside players set the direction of play for the team
- Each team will play in a different direction

### Coaching Points

- Encourage switching play



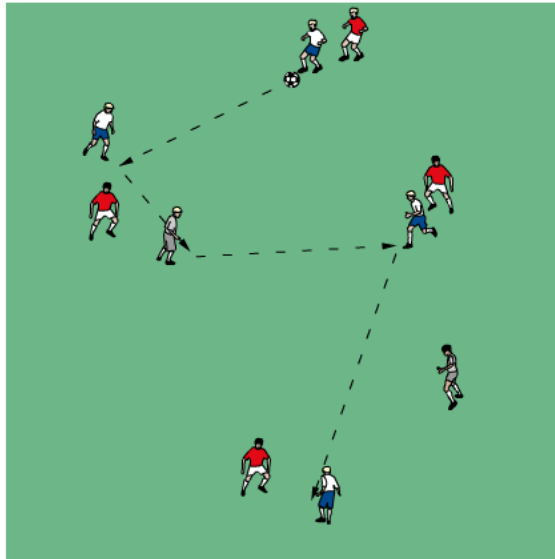
## 13. 4 v. 4 with Neutrals

### Setup

- 4 neutrals on outside make the game 8 v. 4 – 4 team players plus 4 neutral players

### Coaching Points

- Keep ball moving quickly and find players in space
- Look for change of direction passes



**14. 4 v. 4 with 2 inside neutral players**

**Setup**

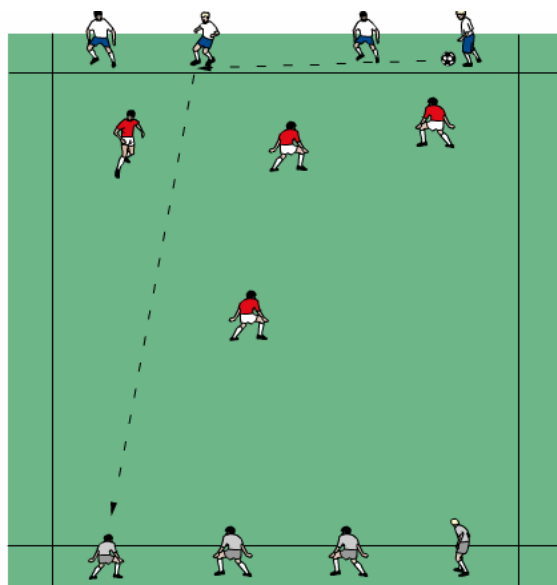
- The 2 neutral players make it a constant 6 v. 4 possession exercise

**Coaching Points**

- Establish a shape when in ball possession that is difficult to defend – large area with depth and width

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# **15. 3 teams of 4 with 2 teams playing against each other**

## **Setup**

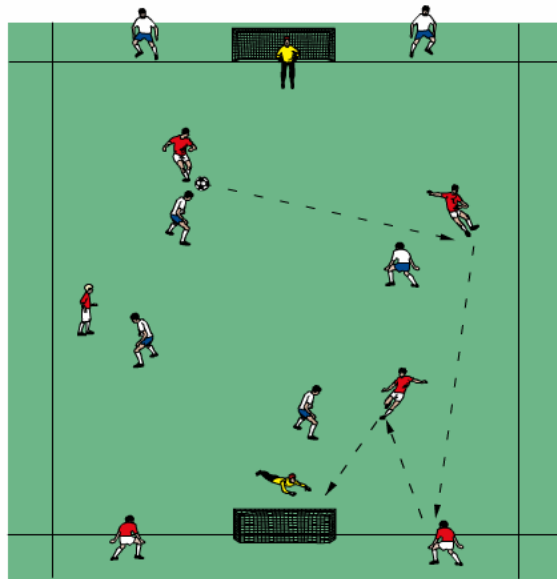
- The 2 teams are restricted to their respective endzones
- The third team defends in the middle and tries to prevent penetrating passes to the opposite endzone.

## **Coaching Points**

- Look for opportunities to pass through defenders
- Defending team should establish and maintain a compact defensive shape with pressure, support and cover
- When the defending team wins the ball, they exchange with the team that lost the ball

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#### 16. 4 + 2 v. 4 + 2 to 2 goals with keepers

##### Setup

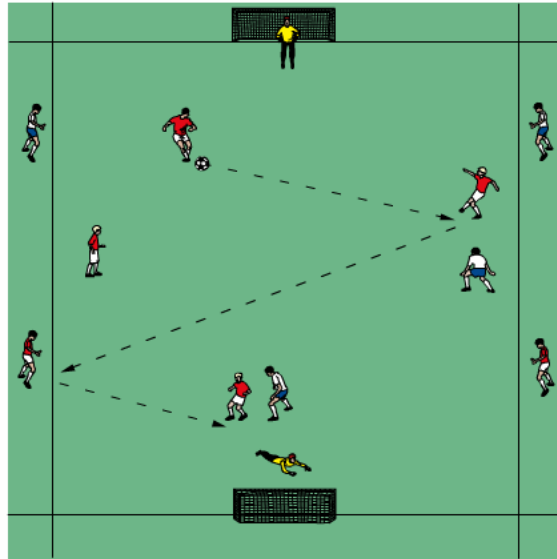
- Target players are positioned on the endline and they will play 1 touch
- Inside players should be encouraged to use the target player as they go to goal

##### Coaching Points

- Encourage positive decision making
- Be positive and shoot early

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# **17. Same as previous with sideline players**

## **Setup**

- As previous but target players now play along the sidelines and encourage wide play

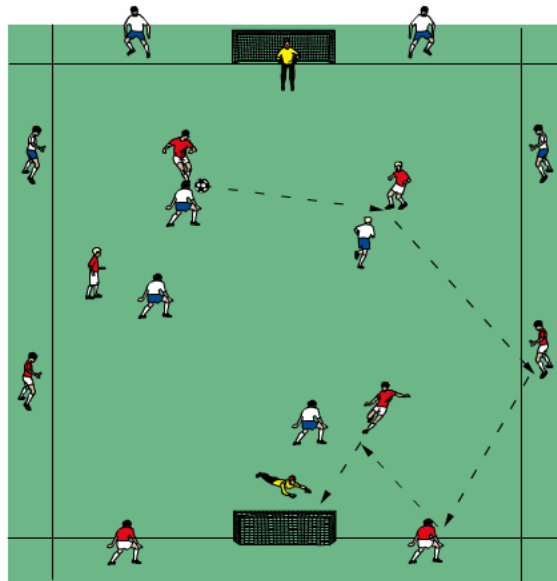
## **Coaching Points**

- Goals may only be scored off target players
- Encourage use of target players and also first time shooting
- Target players 1 touch

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# **18. BUMPER 4 + 4 v. 4 + 4 to 2 goals with keepers**

## **Setup**

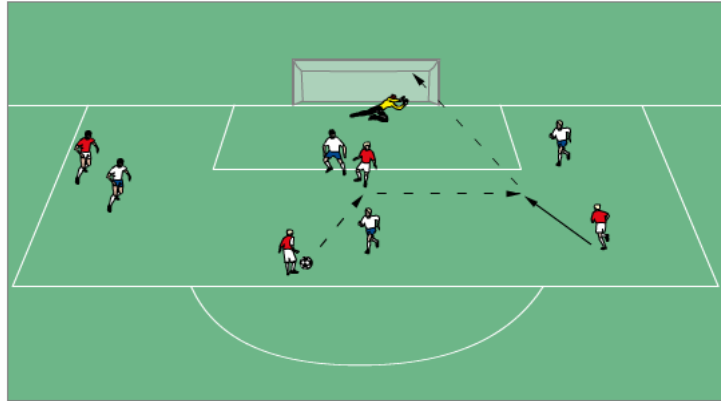
- Inside players should play 2 touch and outside players play 1 touch.
- Playing area is 35 – 40 x 25

## **Coaching Points**

- Early Shots
- Use outside players to make it an 8 v. 4 game
- Encourage rapid ball circulation and first time finishing

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#### **19. 4 v. 4 with 1 keeper in the penalty area**

##### **Setup**

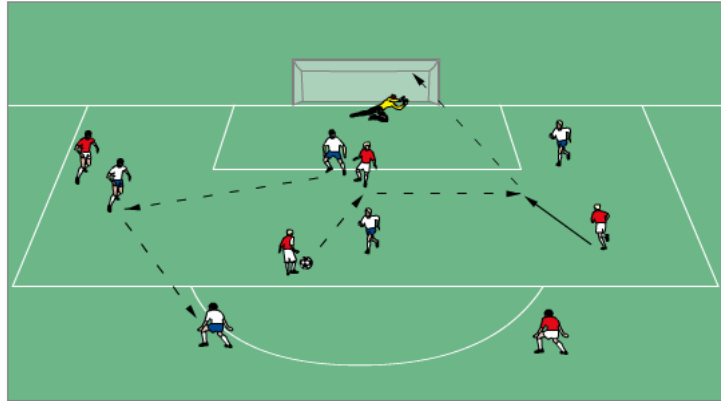
- One team will try to score against the keeper, the other team with the keeper will play possession
- Both teams are confined to the penalty area

##### **Coaching Points**

- Attacking team must be able to hold the ball, keep possession and look for shooting opportunities
- Defending team must remain compact and along with the keeper deny shooting opportunities.
- Defending team on winning the ball will combine with the keeper and play 5 v. 4
- Shape is essential in order to maintain possession – width and what little depth there will be

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**20. 4 +1 v 4 + 1 with a keeper**

**Setup**

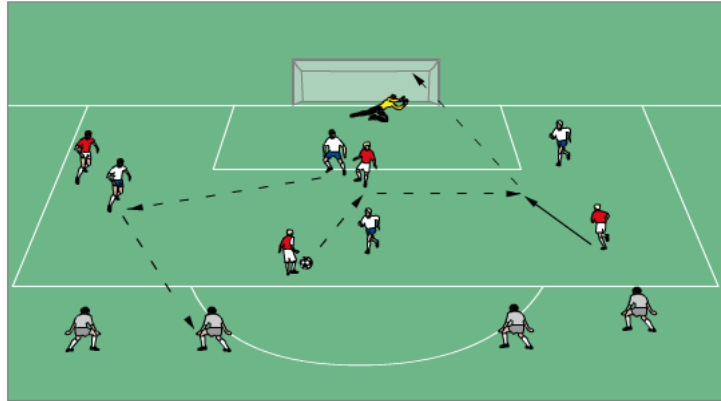
- Attacking team of 4 try to score against the defending team of 4 and the keeper

**Coaching Points**

- When the defending team wins the ball, they must play the ball out to the target player outside the penalty area.
- The player who plays out, follows the ball out and becomes the next target player and the target player brings the ball in and starts an attack at goal
- The attacking team, on losing the ball possession, should immediately try to regain the ball. Once the ball is played out, the roles reverse
- Keep score and make it competitive

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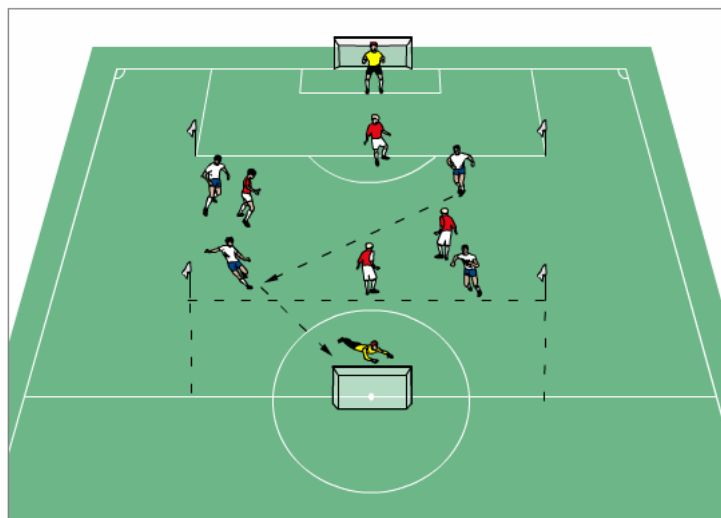
## 21. 3 teams of 4 play in and out in the penalty area to 1 keeper

### Setup

- Team 2 attacks team 1 in the penalty area with a keeper. Team 3 is waiting outside the area.
- Team 1 tries to win the ball and play out to Team 3. then Team 2 replaces Team 3 outside the area and Team 3 attacks Team 2

### Coaching Points

- Team with the ball attempts to score, when lose possession, they immediately transition to win it back
- Once ball is played out to the waiting team, all roles change.



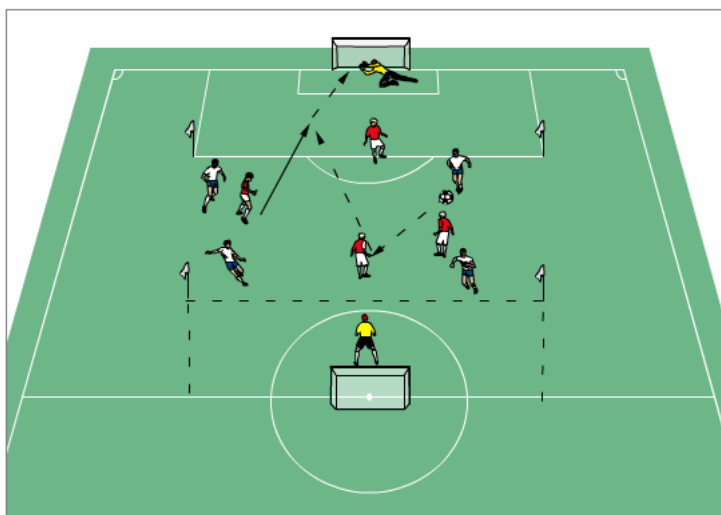
## 22. 3 zone – distance shooting

### Setup

- Teams play in the middle zone and look for opportunities to shoot
- Players may follow the shot in for a rebound, but all shots must be initially taken from the middle zone

### Coaching Points

- All shots must be taken from outside 18 yard box



### 23. Breakout game in 3 zones

#### Setup

- Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal
- The player with the ball should look for and find that player and deliver a ball that will take that player to goal for a shot

#### Coaching Points

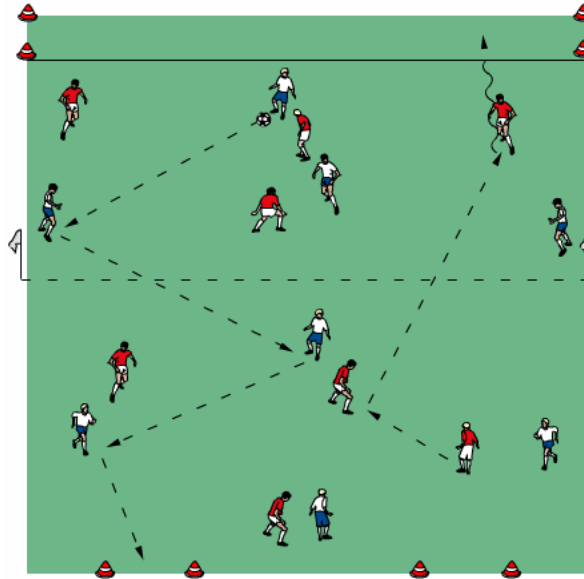
- Quick recognition and response is critical to getting the best chance possible to score



### 24. 3 turnover game

#### Setup

- Play starts in the middle zone with Team 1 attacking Team 2. Team 3 is waiting in the third zone. Team 2 is defending the goal and when they win the ball, they must work to possess the ball in the middle zone.
- Once they reach the middle zone with the ball under control, they regroup and attack Team 3.
- Team 2 waits at the far end
- The game is played up and down the field with teams changing roles on the turnover and the middle zone possession



## 25. 2 zone game with 2 different aims (16 players)

### Setup

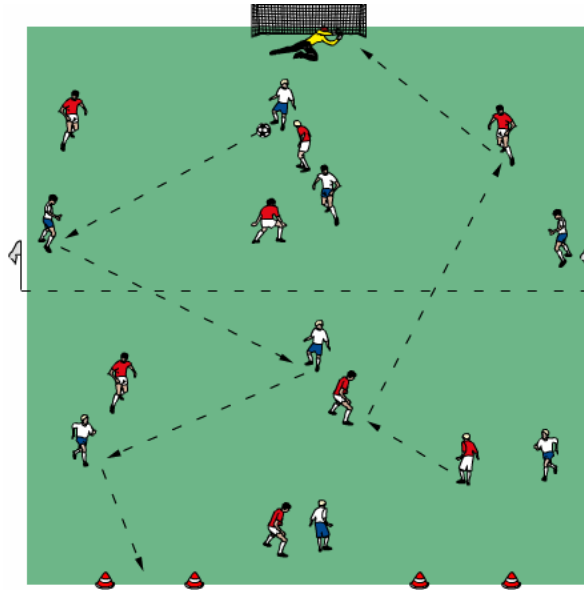
- Players are restricted to their zone, the ball may transfer.
- One team attacks the end zone while the other team attacks 2 line goals
- Switch roles and direction of play after a given period of time. Each team must play towards its objective.
- The team attacking the end zone has the entire width of the field to use to create a goal

### Coaching Points

- There must be ball possession in the zone, either through a dribble or a pass and receive or a give and go.
- Team attacking the 2 line goals must keep the ball moving and look for gaps in the defence around the goals for a chance to score

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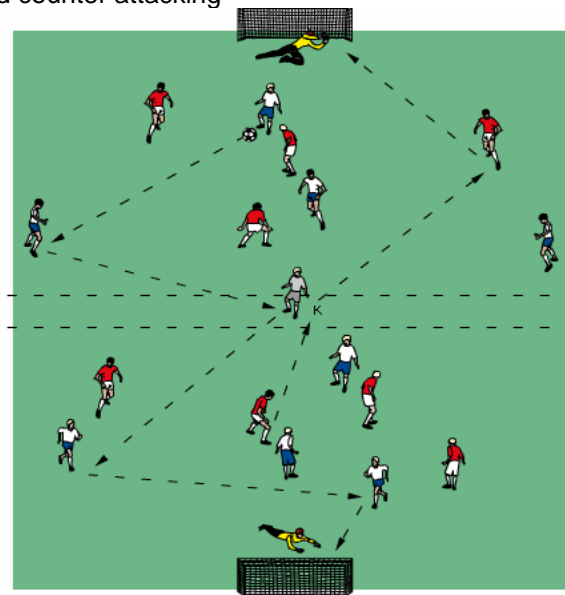
**26. 2 zone game with 1 full size goal with a keeper and 2 line goals**

**Setup**

- Same concepts as previous game except for full size goal

**Coaching Points**

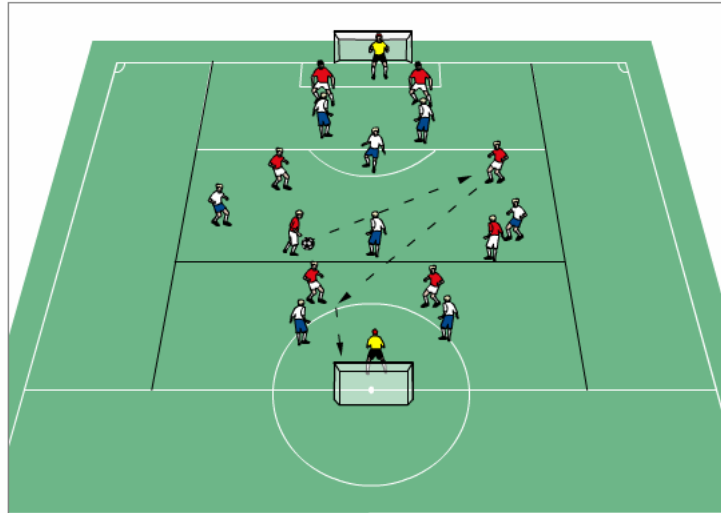
- Shooting early
- Quick play and counter attacking



**27. 3 keepers in 3 zone game with 2 full size goals**

**Setup**

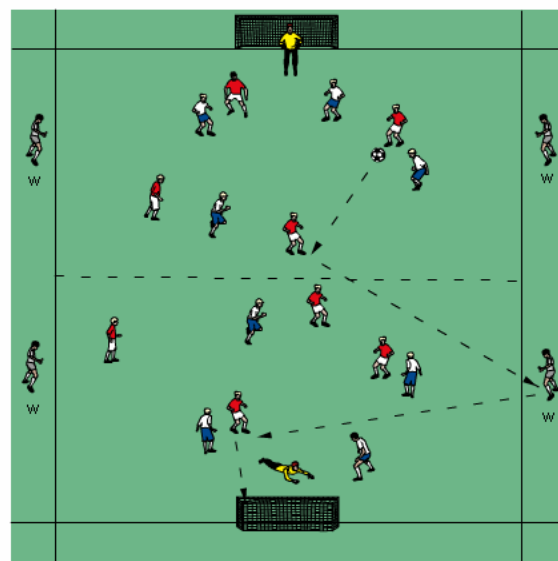
- The game is played to full size goals with keepers. The third keeper is the play out player. When the defence plays out, the ball must go to the third keeper who then puts it in play in the next zone
- The third keeper has 2 functions: receive the ball from defence and then play into the next zone to start the next attack



## 28. Complex game of 3 zones with 3 aims – possession, attack and defence

### Setup

- In the middle zone, possession play among midfielders – they are trying to play the ball in to their attackers in the next zone.
- Then it becomes attack vs. defence to goal with a keeper
- It is 2 v. 2 in the final zone and you may choose to release a midfielder to create a 3 v. 2 in the box
- Defenders in the box try to play the ball back to the midfielders who then take play the other way

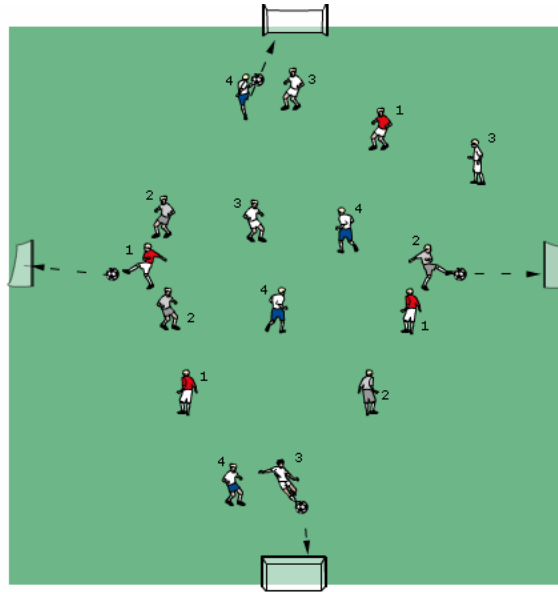


## 29. 2 zone game with wingers

### Setup

- A 22 player exercise with constant game-related action for everyone
- The game is carried by the wingers who must get in a quality serve for their attacking team mates
- The defenders and the keeper challenge the serve and then it's game on
- Every clearance must go to the winger who initiate every attack





### 30. 4 teams of 4 play in opposite directions

#### Setup

- Team 1 vs. Team 2 playing across the width of the field, while Team 3 plays Team 4 up and down the length of the field. Only 1 ball in the game, so all 4 teams are fighting for ball possession.
- Goals may be of whatever size – full size to modified.

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