




## **Contents**

Contents.....	1
Small Sided Game - Short Passing .....	2
Small Sided Game - Long Passing .....	3
Small Sided Game - Turning.....	4
Small Sided Game – Receiving Priorities .....	5
Small Sided Game – Running with the Ball (RWTB).....	6
Small Sided Game – Improve Forward Runs.....	7
Small Sided Game – Dribbling.....	8
Small Sided Game – Creating Space .....	9
Small Sided Game – Forward Passing .....	10
Small Sided Game – Defending When Matched up.....	11
Small Sided Game – Defending when Outnumbered.....	12
Small Sided Game – Finishing Close Range.....	13
Small Sided Game – Long range Finishing .....	14
Small Sided Game – Defending Headers .....	15
Small Sided Game – Attacking Headers.....	16
Small Sided Game – Goalkeeping .....	17



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game - Short Passing</b>			
Duration		Number of Players:	14	
Set Up				
Description	<p>Mark out an area 40m x 30m, play 4 v 4 in the area with 2 floating (neutral) players. Position a further 4 target players outside of the area with one on each side. Floating players inside can be conditioned to 1 or 2 touches and can only pass to one of the team in possession NOT the other floating player nor target players.</p> <p>The team in possession to combine with the floating (neutral) players to create an overload situation i.e 10 v 4 – encourage the team in possession to keep the ball with passing and moving into space. If they lose possession they become the defending team and the overload reverts to the other side.</p> <p>The target players can move up and down the line.</p> <p>Team with ball to play pass on ground to target player.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>✚ Create space – individual/team</li> <li>✚ Support – behind/square of the ball</li> <li>✚ Individual technique</li> <li>✚ Selection of pass</li> <li>✚ Movement/timing of runs</li> <li>✚ Good end product</li> </ul>			




## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game - Long Passing</b>			
Duration		Number of Players:	12	
Set Up				
Description	<p>Mark out area 40m x 30m with two 5 m x 30m target areas at either end.</p> <p>Play 4 v 4 in the middle, these players can go anywhere including the target areas. Two target players are positioned in each end zone and must stay in these areas. Target players can only provide support and cannot make long passes.</p> <p>Make long passes at every opportunity into the opposite target area to score a goal. Possession is retained if a goal is scored.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>✚ Create space – individual/team</li> <li>✚ Support – angle/distances</li> <li>✚ Individual Technique</li> <li>✚ Selection of pass</li> <li>✚ Movement/timing of runs</li> <li>✚ Good end product</li> </ul>			



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

<b>Topic:</b>	<b><i>Small Sided Game - Turning</i></b>			
<b>Duration</b>		<b>Number of Players:</b>	12	
<b>Set Up</b>				
				
<b>Description</b>	<p>Mark out an area 40m x 40m area with 4 small areas 10m x 10m in each corner. Play 4 v 4 in the middle area and 1 neutral player in each corner area.</p> <p>Players in middle area cannot go into corner areas. Play possession and team in possession can play into corner areas to retain possession but cannot play back into the same corner area once it has been passed out, this should help create lots of turning opportunities. If defenders win possession they play with the men in the corner areas.</p>			
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li>✚ Create space – individual and as a team</li> <li>✚ Awareness – space and defenders</li> <li>✚ Individual Technique – when/where</li> <li>✚ Selection of pass</li> <li>✚ Movement/timing of runs</li> <li>✚ Good end product</li> </ul>			




## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Receiving Priorities</b>			
Duration		Number of Players:	12	
Set Up				
Description	<p>Mark out an area 40m x 30m with two 5m x 30m end zones. Play 4 v 4 in the middle area and 2 players, one from each team in the end zones as target players</p> <p>The ball is passed from the target players to the other target players at the opposite end via the players in the middle. As the ball is passed the team in possession can move into position to receive the ball.</p> <p><b>Objective</b></p> <p>The objective is to retain possession and to move the ball from one side to the other.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>+ Create space s individuals or as a team</li> <li>+ Receive ball into space beyond defenders – 0 touch</li> <li>+ Receive to control into space and play forward – 1 touch</li> <li>+ Receive to control and turn into space – multi touch</li> <li>+ Receive to control and pass to supporting player</li> <li>+ Selection of pass</li> <li>+ Movement/timing of runs</li> <li>+ Good end product</li> </ul>			





## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Running with the Ball (RWTB)</b>			
Duration		Number of Players:	9	
Set Up				
				
Description	<p>Mark out an area 50m x 30m with a 5m x 30m end zone at each end.</p> <p>Play 4 v 4 inside the area, with 2 floating players inside the area and 2 floating players on the outside who can move up and down the sideline.</p> <p>Team in possession can use the floating players who are conditioned to a maximum of 2 touches. Floater on outside of pitch starts practice by passing ball into larger area.</p> <p>The objective is for the team in possession to create and make runs with the ball into either end zone.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>✚ Create space – individual/team</li> <li>✚ Support – behind/square of the ball</li> <li>✚ Individual technique</li> <li>✚ Selection of pass</li> <li>✚ Movement/timing of runs</li> <li>✚ Good end product</li> </ul>			

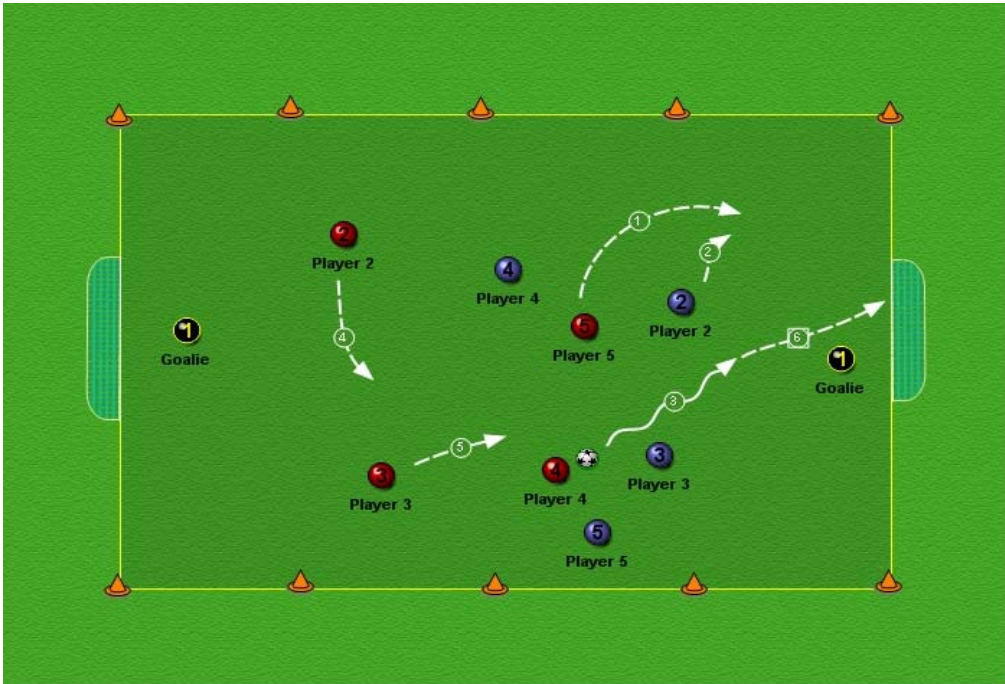


## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Improve Forward Runs</b>			
Duration		Number of Players:	10	
Set Up				
Description	<p>Mark out an area total 40m x 30m with two 5 x 30 end zones. Play 4 v 4 in central area with 2 floating players.</p> <p>The team in possession is to pass the ball into the end zone for a forward runner. Floating players cannot pass into end zone, but can help retain possession. When a team gets ball into the end zone they retain possession and now attack the other end zone.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>+ Create space – as an individual &amp; as a team</li> <li>+ Support – behind/square of the ball</li> <li>+ Player to play with their head up</li> <li>+ Individual technique</li> <li>+ Selection of pass</li> <li>+ Communication between players</li> <li>+ Give &amp; Goes</li> <li>+ Overlapping opportunities</li> <li>+ Movement/timing of forward runs</li> <li>+ Good end product</li> </ul>			



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

<b>Topic:</b>	<b><i>Small Sided Game – Dribbling</i></b>		
<b>Duration</b>		<b>Number of Players:</b> 10	
<b>Set Up</b>			
			
<b>Description</b>	<p>Mark out a pitch of 40m x 20m. Play 4 v 4 on the pitch with 2 GKs in goals.</p> <p>Keep the objective simple - the players are to dribble in a realistic attitude to produce an end product, that being a close range shot on goal.</p>		
<b>Coaching Points</b>	<ul style="list-style-type: none"> <li>+ Create space as individual and as a team to either receive the ball or for a team mate to receive the ball</li> <li>+ Receive on half turn, positive attitude</li> <li>+ Create 1 v 1 situations</li> <li>+ Create space – individual/team</li> <li>+ Support – behind/square of the ball</li> <li>+ Individual technique</li> <li>+ Selection of pass</li> <li>+ Movement/timing of runs</li> <li>+ Good end product</li> </ul>		





## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Creating Space</b>			
Duration		Number of Players:	12	
Set Up				
Description	<p>Set up an area 40m x 30m with two 5m x 30m end zones.</p> <p>Play 4 v 4 plus 2 floating players in the large area and one floating player in each end zone.</p> <p>The team in possession is to pass the ball into a target player and retain possession to pass into the other target player.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>✚ Create space – individual/team</li> <li>✚ Support – behind/square of the ball</li> <li>✚ Individual technique</li> <li>✚ Good Communication between players</li> <li>✚ Selection &amp; accuracy of pass</li> <li>✚ Movement after a pass</li> <li>✚ Movement/timing of runs off the ball</li> <li>✚ Good end product</li> </ul>			



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Forward Passing</b>			
Duration		Number of Players:	12	
Set Up				
Description	<p>Mark out an area 40m x 30m with two 5m x 30m zones at either end.</p> <p>Play 4 v 4 in the larger area and 2 floating players in each end zone. To start the game the ball is passed across end zone and then into the larger area.</p> <p>The players are to create opportunities to make a forward pass either to team mates or the floating players in the end zones. Once the ball has been passed into the end zone possession changes to the other team.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>✚ Create space – individual/team</li> <li>✚ Support – behind/square of the ball</li> <li>✚ Individual technique</li> <li>✚ Head up to assess passing options</li> <li>✚ Communication between players</li> <li>✚ Selection of pass</li> <li>✚ Accuracy &amp; weight of pass</li> <li>✚ Movement/timing of runs off the ball</li> <li>✚ Good end product</li> </ul>			




## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b><i>Small Sided Game – Defending When Matched up</i></b>			
Duration		Number of Players:	10	
Set Up				
Description	<p>Mark out an area 40m x 30m.</p> <p>Play 4 v 4 on the pitch with 2 floating players on the outside of the pitch. Place 4m goals at either end. Start the game by one of the floaters passing the ball into the area.</p> <p>Team in possession to try and score a goal.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>+ Reduce space – nearest player to ball applies pressure</li> <li>+ Pressure as the ball travels</li> <li>+ Cover/support from team mates depending on pressure on the ball – angle/distance</li> <li>+ Recovery – pressure from front to win the ball or recover behind ball</li> <li>+ Squeeze up the field as ball played backwards</li> <li>+ Communication between defenders</li> </ul>			



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b><i>Small Sided Game – Defending when Outnumbered</i></b>			
Duration		Number of Players:	11	
Set Up				
Description	<p>Set out an area 40m x 30m. Set out 2 goals with GKs. Play 4 v 4 with 1 floating (Neutral) player who plays for the team in possession.</p> <p>Play offsides.</p> <p>Attacking team to get a shot on goal or score. If defenders win the ball they can counter attack to score, with the floating player reverting to them to again give the overload.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>+ Win the ball or intercept</li> <li>+ Deny space – nearer to goal more pressure</li> <li>+ Delay – drop and encourage recovery runs</li> <li>+ Deflect – dictate to attackers which passes they make</li> <li>+ Defend – when to press the ball despite being outnumbered eg within shooting distance</li> <li>+ Communication between players</li> </ul>			

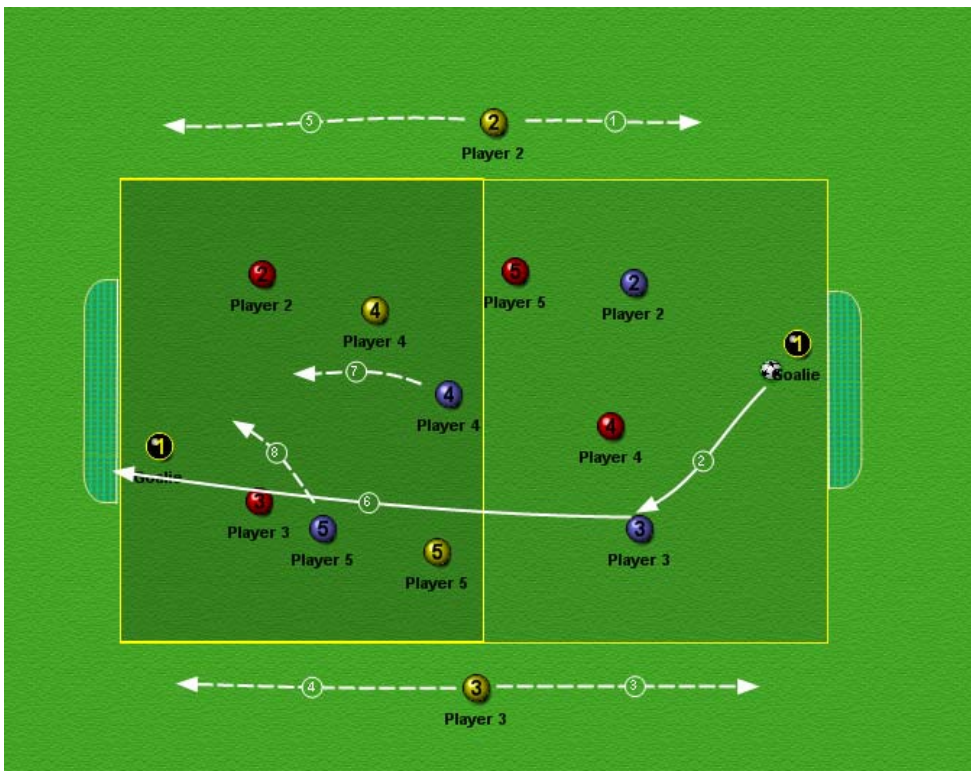


13






## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Long range Finishing</b>			
Duration		Number of Players:	14	
Set Up				
Description	<p>Mark out an area 40m x 20m with a halfway line. Two GKs in full size goals.</p> <p>Play 4 v 4 on the pitch. Four Neutral floating supporting players, 2 on the pitch and 2 on the sides of the pitch. Floating players cannot shoot, but can assist to retain possession.</p> <p>Encourage long range shooting. If a goal is scored from the defensive half of the pitch award 2 goals.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>+ Movement to create space away from the defender</li> <li>+ Awareness of defenders positions and movement</li> <li>+ Body shape</li> <li>+ How and where to control the ball</li> <li>+ Show a positive attitude to finishing</li> <li>+ Areas of the goal to aim for</li> <li>+ Accuracy of shot</li> <li>+ Decision – shoot or pass</li> <li>+ Remember coaching points of passing</li> <li>+ Rebounds</li> </ul>			



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Defending Headers</b>			
Duration		Number of Players:	16	
Set Up				
				
Description	<p>Mark out an area 35m x 25m. Two full size goals with GKs. Play 4 v 4 in the area. Six servers around the pitch numbered (Shown here as 2 – 7). Servers can move to provide different angles for crosses.</p> <p>Coach dictates which server to serve cross and to which area cross is to be delivered.</p> <p>Attackers try to score goals, but defenders try to intercept the cross with a “defensive” header</p>			
Coaching Points	<ul style="list-style-type: none"> <li>+ Communication between defenders</li> <li>+ Defenders to work as a unit, one attack the ball another provides cover</li> <li>+ Start position in relation to ball</li> <li>+ Timing of run &amp; jump</li> <li>+ In line/attack the ball</li> <li>+ Decision – power, cushion, flick, header</li> <li>+ Technique</li> <li>+ Squeeze up if possible after the ball has been cleared</li> <li>+ Protect the Keeper if he comes for the cross.</li> </ul>			



## ACL Soccer Coaching – FA Level 2 – Small Sided Games (SSG's)

Topic:	<b>Small Sided Game – Attacking Headers</b>			
Duration		Number of Players:	10	
Set Up				
Description	<p>Mark out an area 40m x 30m. Play 4 v 4 in the area, with four servers numbered (Shown here as 2 – 5) to serve footballs – 2 GKs in full size goals.</p> <p>Two attackers attack the goal and one player from the other area joins in to make it 3 v 2. Server serves the ball to the player with the best chance of scoring a goal. As soon as attack is over the ball is served into the other half. Encourage a recovery run from defender and a late run from the 3<sup>rd</sup> attacker.</p> <p>A goal can only be scored from a cross with a header i.e an attacking header.</p>			
Coaching Points	<ul style="list-style-type: none"> <li>⚡ Movement – timing and angle</li> <li>⚡ Attack the ball</li> <li>⚡ Timing of jump to attack the ball</li> <li>⚡ Contact of head with ball – forehead, top/middle of the ball</li> <li>⚡ Head the ball down</li> <li>⚡ Communication – “put a name on it”</li> <li>⚡ Accuracy</li> <li>⚡ Rebounds</li> </ul>			

17