

ORGANISATION

Small Sided Game, 3-4 teams + GKs Up to 5v5+5

This practice has a technical focus of finishing but because it is in tight spaces and the game is very quick, players have to maintain perspective, emotional control and collaborate

The theme is attacking and we want players shooting from realistic areas. Adjust the space based on age and ability. The tighter the space, the higher the difficulty and faster the game.

Assign a team captain for each round of games. 3-4 minute games are recommended. The captain has to be proactive in leading the players vocally or by example. The captain is also responsible for team tactics and shape. Rotate captains each game..

Possible Constraints

1. Allow bouncers 1 touch to really challenge them.
2. If players technical ability doesn't allow one touch, allow them 3 touches to receive and release the ball as bouncers.
3. If you have odd numbers or bigger groups, set up a neutral striker who can play with the team in possession and score in either goal. You can also run this with four teams (two teams bouncing)
4. Create a tournament where teams work together and play for points. Have a final and playoff game .

KEY FACTORS

LEADERSHIP: Understand different players will lead in different ways. Get captains to decide team tactics and communicate it in less than 30 seconds before the game starts. Ask team mates to feedback to each other at the end of the session.

PERSPECTIVE: Remind players that they need to keep perspective when mistakes are made or shots are missed.

PEER TO PEER: Encourage peer to peer feedback about captaincy and leadership styles. Allow breaks for teams to have talks if needed.

FOUR CORNERS

Technical

- Finishing
- Combination play
- 1v1 Defending
- Beating players 1v1

Psychological

- Confidence
- Leadership
- Empathy
- Resilience

Physical

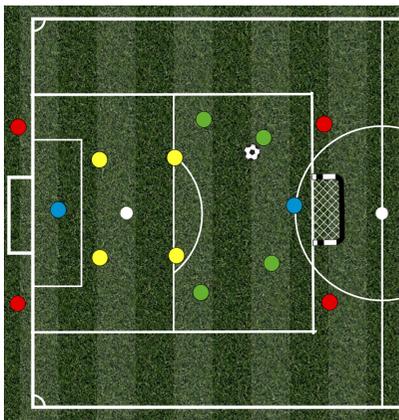
- Multi-directional speed
- Recovery runs
- Forward runs
- 1v1 Duels

Social

- Communication
- Trust
- Team work
- Encouragement

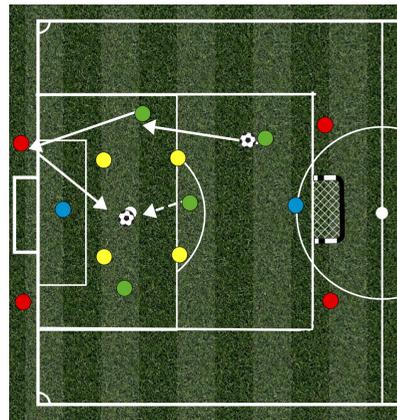
CONSIDERATIONS

Is the **SPACE** realistic and relevant for the age and physical ability of the players? The smaller the pitch, the less physical the practice and the easier it is to defend. Don't be afraid to try different pitch shapes and sizes. Wide pitches will allow more opportunity to break through a narrow defence, a skinny pitch may allow lots of forward runs and space in behind. .



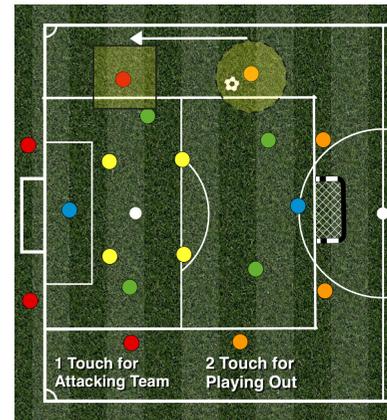
The Set Up

If you have more than 14 players you can use neutral strikers who always stay in or play teams of 5+



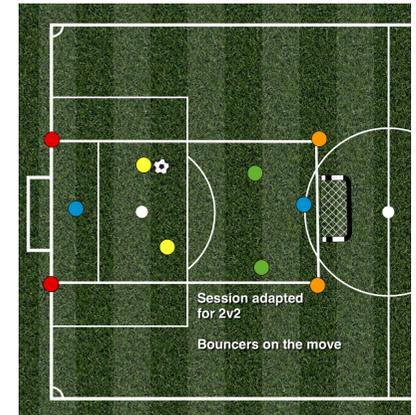
Scenario

Reds act as bouncers for the team in possession. Greens combine with reds to shoot.



Increase the challenge

You can task bounce players in attacking half to play 1 touch, build up half bouncers can play off 2



Adaptation

If you have low numbers adjust the size and play with teams of 2 or 3

ORGANISATION

2 teams + pitch in half + 2 goals

The aim of this practice is finishing with a fun focus in a small sided game. Collaboration is crucial. The coach nominates a captain. When a goal is scored that matches one on the board, the captain must leave the game and tell the coach what type of goal it was. Coach can decide if they agree and give the O or X or deny the team if it is not the goal they are claiming.

The captain is the only one who can talk to the coach and must co-ordinate their team to try and get a line of noughts or crosses. The coach can allow teams to score the same type of goal (meaning a nought and cross could be on the same type of finish).

Rules & Factors to Consider

1. Allow players to fill in blanks on the scoreboard with the type of goals they want to score.
2. Rotate captains between games.
3. Change the score board each game.
4. Always display the scoreboard (whether on a clipboard or on a whiteboard) so players can see what goal they need.
5. Observe player behaviour when winning or losing. Let the captain coach their team.
6. If goals are not going in, start the game again with a new score board.
7. Players can create their own score boards

KEY FACTORS

LEADERSHIP: Encourage the captain to be clear about what goal the team is trying to score to encourage collaboration. Encourage communication and team work.

PERSPECTIVE: Ensure players are supporting each other and keeping perspective when they fail or succeed.

PEER TO PEER: Keep score and create a tournament style game format. Assign captains challenges and change your captains so lots of players get a turn.

FOUR CORNERS

Technical
Passing and receiving
First touch
Movement & Timing
Clinical Finishing

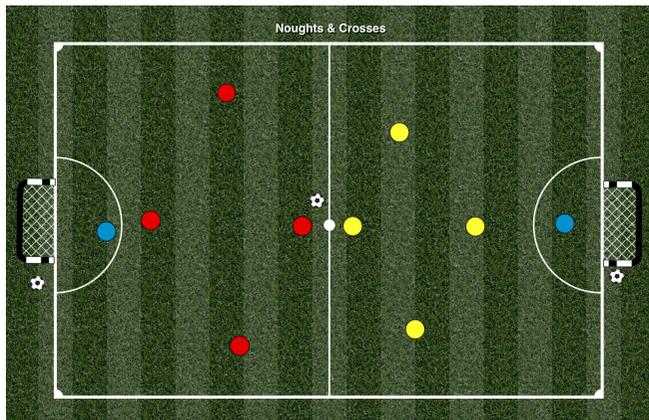
Psychological
Patience
Determination
Composure
Clarity

Physical
Multi-directional speed
Forward/recovery runs
Movement to receive
Strength on the ball

Social
Support for team mates
Communication
Encouragement
Problem-solving

CONSIDERATIONS

Is the **SPACE** realistic and relevant for the age group you are coaching? If you don't have goal keepers you could still play this with smaller goals or a one touch finish. If goals aren't going in, don't be afraid to pause the game and get captains to lead a discussion on strategy.



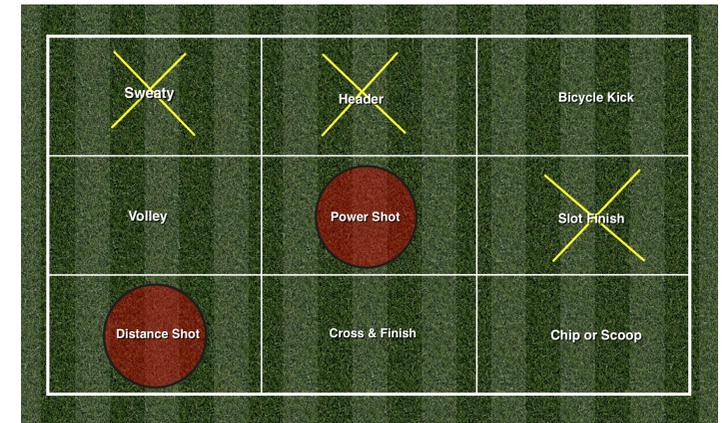
The Set Up

A small sided game ideally no bigger than 7v7 or 8v8. If you have a big group you can set this up like Fast Finishing with bounce players.



Score Board

The teams are tasked with choosing a type of goal and trying to complete a line of three.



Noughts or Crosses?

As play unfolds and goals are scored, captains can come to the score board to see what goal they need to win.

Scoreboard

Bicycle Kick

Slot Finish

Volley

Cut Back

Top Corner

Header

1 v 1

Long Distance

Chip

Scoreboard

Bicycle Kick

Slot Finish

Half Volley

Sweaty Finish

Top Corner

Weak Foot

Rabona

Long Distance

Chip

Scoreboard

?

Slot Finish

?

Sweaty Finish

?

Weak Foot

?

Long Distance

?