

64 SMALL-SIDED SOCCER GAMES



Coaching Core Skills to Advanced Tactics

by Michael Beale

SoccerCoach 

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Foreword

There is an ongoing debate on how best to coach the next generation of soccer players. This manual puts forward the case for the use of small-sided games.

In recent years, the use of the small-sided games coaching methodology has rapidly increased in popularity across Europe and North America. However, this approach is certainly not a new one.

It's widely held that the practice was first adopted as a structured coaching method by the Dutch Football Association back in the 1970s under the guidance of Rinus Michels, the inspiration behind what became known as Total Football.

The Dutch recognised the decline in street football and the damaging effect that would have on developing players in future generations. They formulated the 4v4 method as a response and it became widely known as "the Dutch way".

However, in a chat with Tony Carr, Director of the West Ham United Academy (and editor of *Soccer Coach Smart Sessions*), he described how when he was a player at West Ham in the 1960s the great Ron Greenwood used small-sided games at the heart of his coaching philosophy. Greenwood produced players of the calibre of Bobby Moore, Geoff Hurst and Martin Peters. Tony is responsible for some of the best players in the modern English game - Cole, Ferdinand, Carrick, DeFoe, Lampard, Terry etc.

What are the key benefits of small-sided games?

- No coaching, the game is the teacher
- Simple to set up
- Simplifies the choices in possession (pass, dribble, shoot)
- More player participation
- Different games bring different problems to solve and skills to use
- More touches of the ball
- More passes attempted
- More 1v1s attempted
- More goals scored
- When used, goalkeeper participation is greatly increased
- No referees required
- No results recorded
- No positions, just players
- The players take responsibility

For this manual I have designed 64 different small-sided games. The games are tried and tested with both grassroots beginners and top youth players in professional academies. The games are designed to stimulate the players and lead them down a path of learning. This manual brings the 4v4 concept into the new era and will develop your players in a fun, player-led environment.

I really hope that you and your players enjoy these games.

With best wishes to you and your team



Mike Beale, Chelsea FC

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“Give them a ball and set them free, young footballers have a great way of working the rest out for themselves”

Michael Beale

Two Goal Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

- Play for a set time period and then change ends.
- The keepers can change with the team or stay in the same goal and play for the opposite team.

KEY

BALL MOVEMENT

SHOT ON GOAL

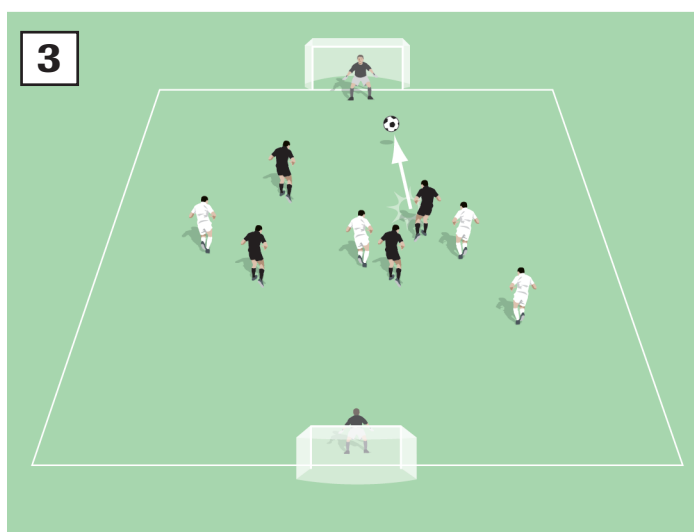
PLAYER MOVEMENT



1. The white team are in possession in a simple 4v4 game.



2. Pressure from the black team leads to the whites conceding possession.



3. The black team attack the white goal.

Two Goal Game ***One Touch Finish***

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

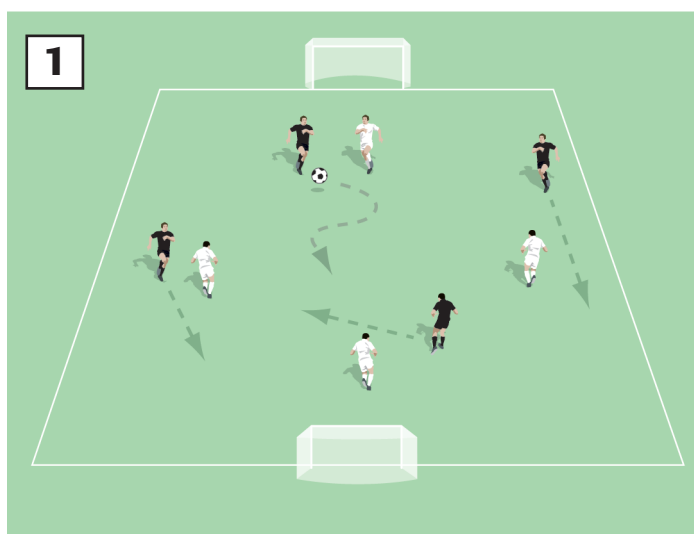
- The players can only score by using a first time shot (i.e. without taking a touch to control the ball).
- The game is played for a set time period.

KEY

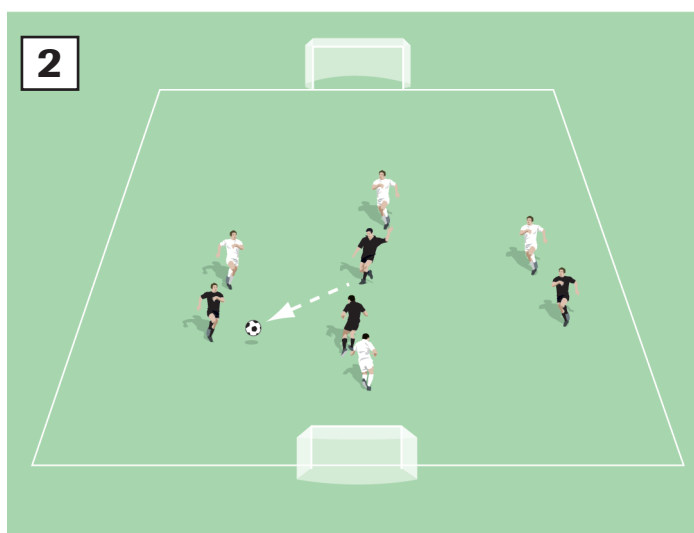
BALL MOVEMENT

SHOT ON GOAL

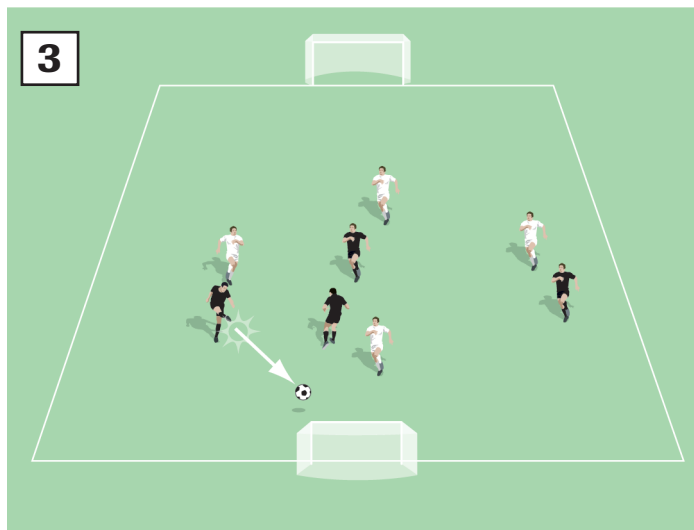
PLAYER MOVEMENT



1. The black team are in possession in a normal 4v4 situation.



2. The black players keep moving in an attempt to create space for an attack.



3. The black player runs on to a pass and shoots first time.

Two Goal Game

Score in the End Zone

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two empty goals
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

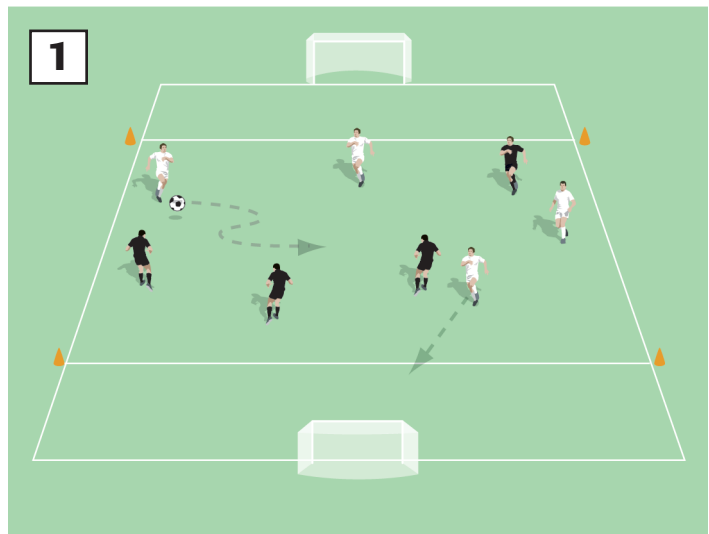
- A goal can only be scored from inside the end zones.
- The game is played for a set time period.

KEY

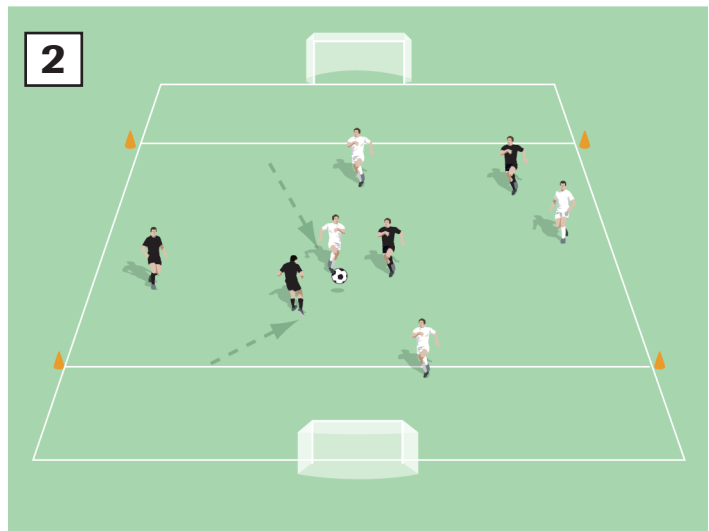
BALL MOVEMENT

SHOT ON GOAL

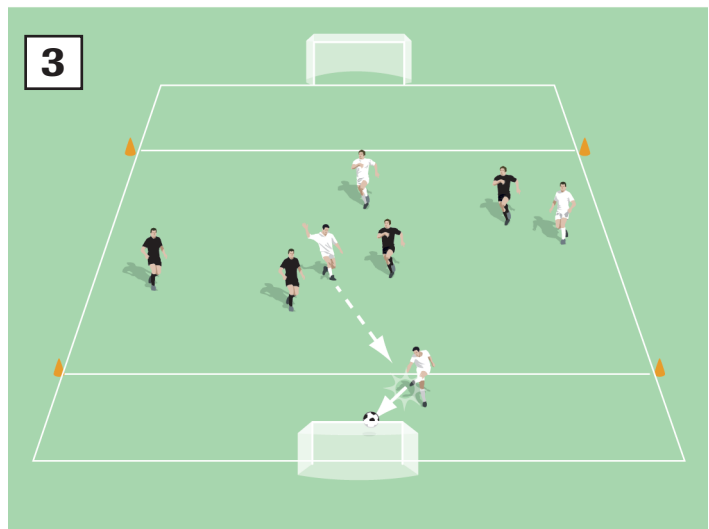
PLAYER MOVEMENT



1. The white team are in possession but must start within the coned off area.



2. A white player makes a run into the end zone.



3. His team mate spots the run and makes a pass into the end zone.

Two Goal Game

Rotate Positions

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

- The game is played for 15 minutes. This is broken down into 4 x 3 minute periods with a one minute break between each period.
- After each 3 minute period the players rotate clockwise to the next position on their right.
- This rule will see the players playing in all four positions of the diamond (top, bottom, left and right).
- The players will face a different opponent in each period of the game.

KEY

PLAYER MOVEMENT
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1. The players begin a normal 4 v 4 game.



2. After three minutes the players rotate positions.



3. The game continues with each player in a new role.

Two Goal Game

Any Goalkeeper

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

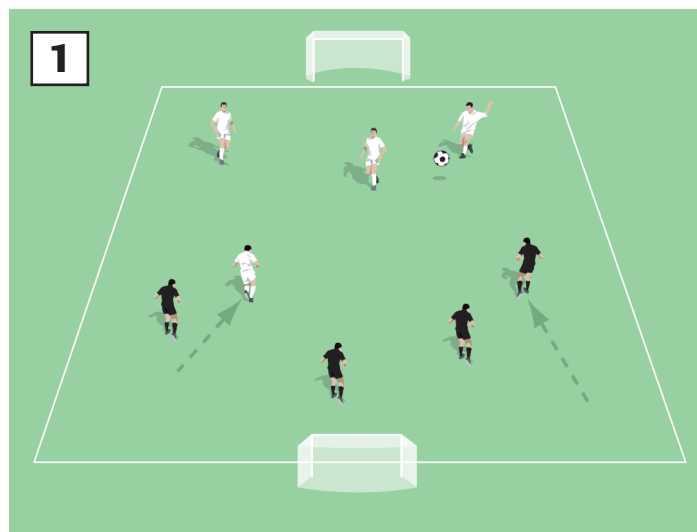
Rules

- The nearest player(s) to the goal become the keeper(s) but only one per team.
- The game is played for a set time period.

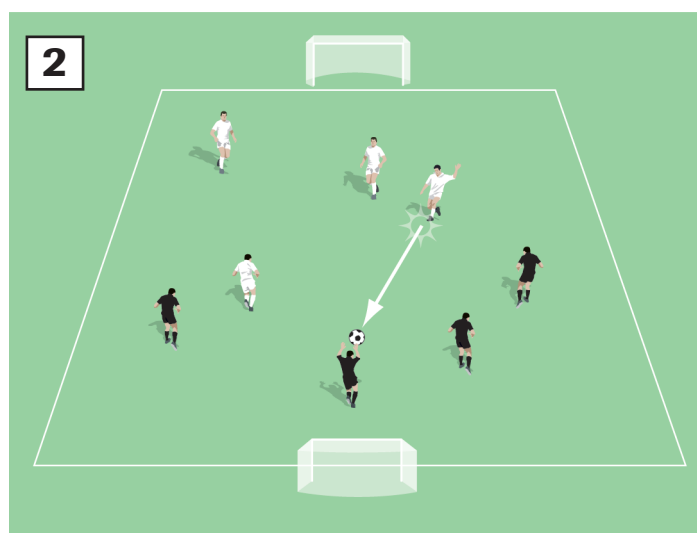
KEY

SHOT ON GOAL

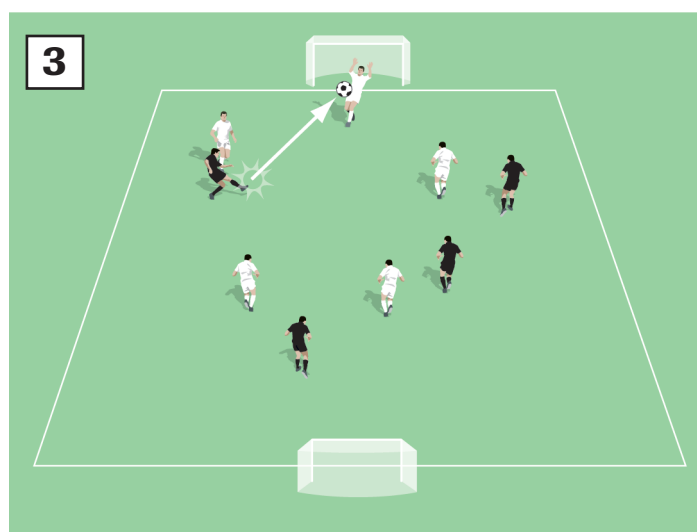
PLAYER MOVEMENT



1. Play a normal 4 v 4 game without keepers.



2. The black player nearest the goal can save the white player's shot.



3. The black team can then quickly launch an attack on the white goal.

Four Goal Game

Must Score In Each Goal

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

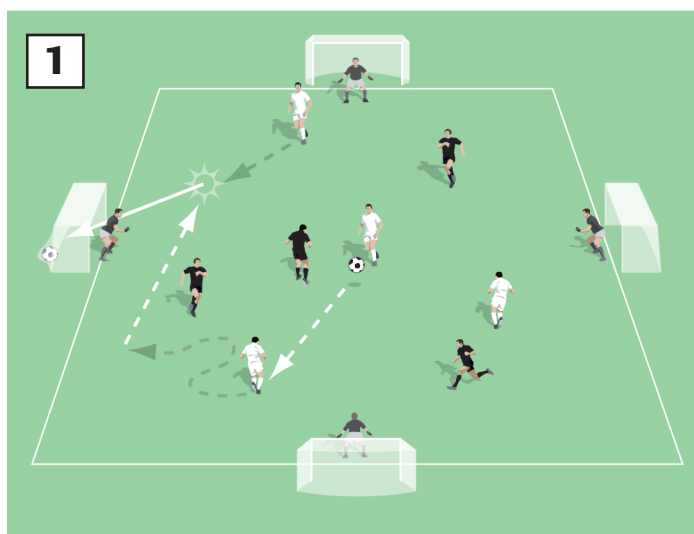
- The aim for both teams is to score in all four goals. The team to complete this task first is declared the winner.

KEY

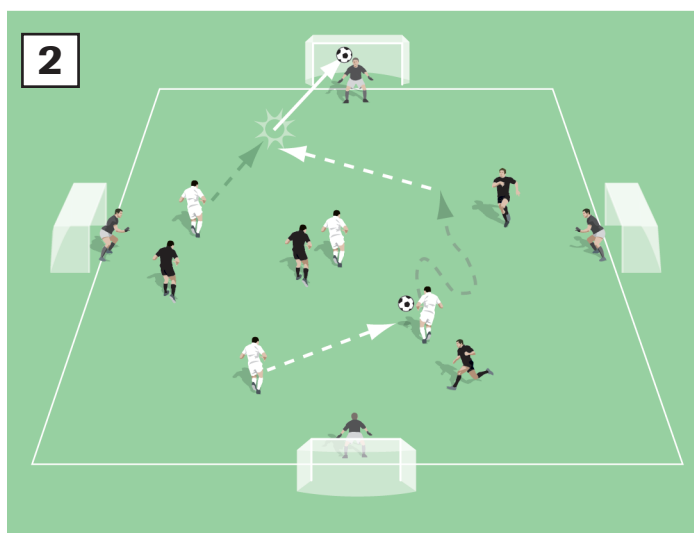
BALL MOVEMENT

SHOT ON GOAL

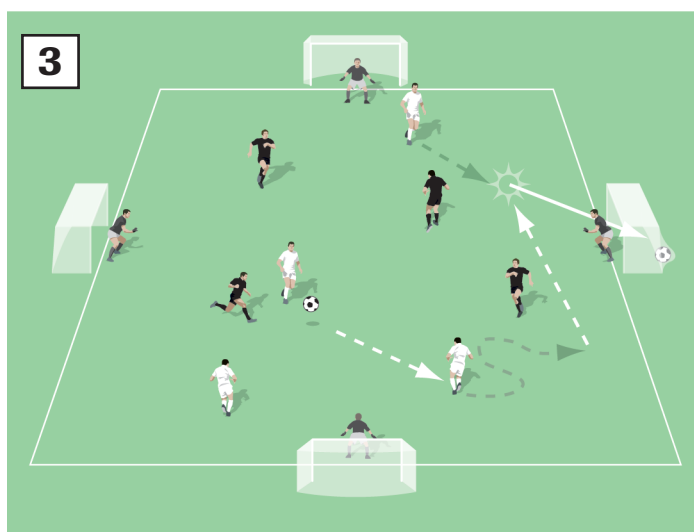
PLAYER MOVEMENT



1. The team in possession must use clever passing and movement to score.



2. They must then score in another of the four goals.



3. The first team to score in all four goals is the winner.

Two Goal Game Skinny Pitch

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two side zones, 5 yards in from each touchline
- Two teams of four players
- Two keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

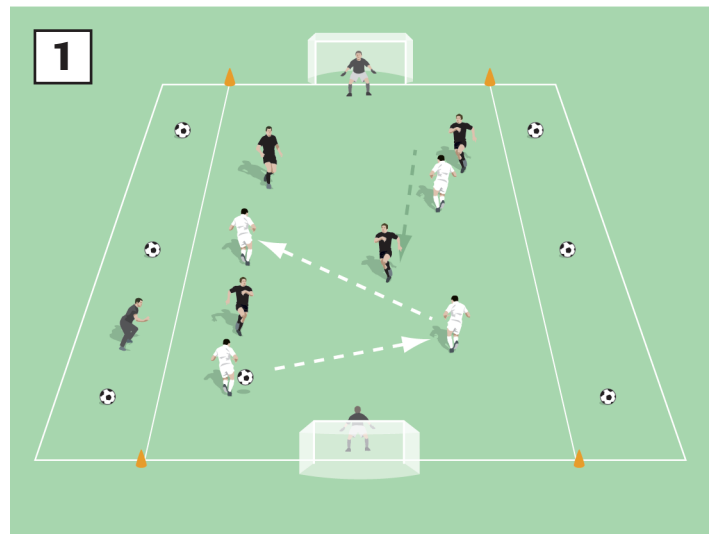
- The pitch is long in length but short in width.
- This forces the teams to try to build up through the middle of the pitch using quick skills and passing combinations.
- The game is played for a set time period.

KEY

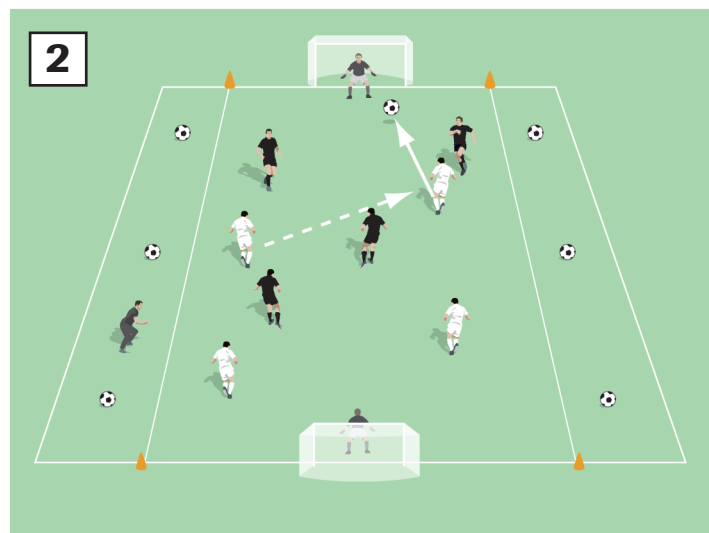
BALL MOVEMENT

SHOT ON GOAL

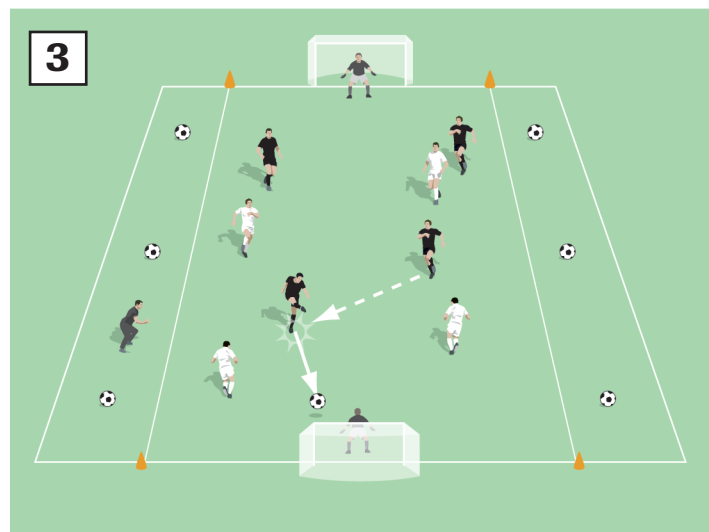
PLAYER MOVEMENT



1. The team in possession must pass up the middle of the pitch.



2. The narrow pitch means they need to pass accurately and shoot quickly.



3. Each team takes it in turn to mount an attack..

Two Goal Game Target Man

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two end zones, 10 yards in from each goal-line
- Two teams of four players
- Two keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

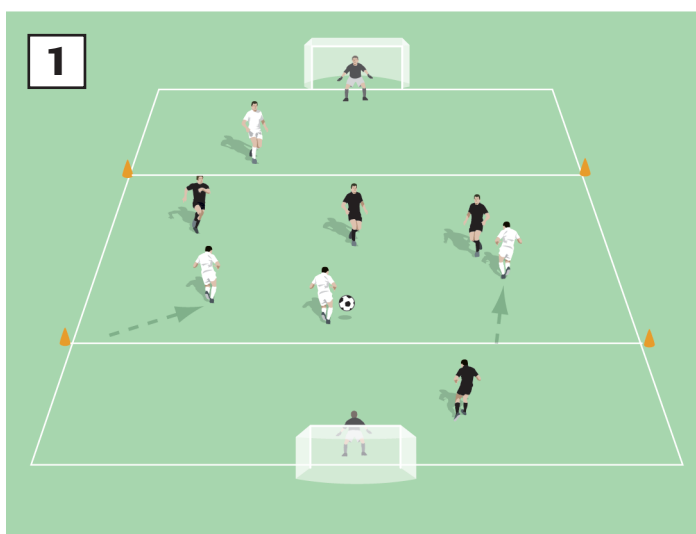
- Each team selects one player to be the “target man”. This player stands in the attacking end zone.
- The aim of the game is to make a pass into the target man and then receive a lay off pass in order to shoot at goal.
- After a shot is made the shooting player swaps position with the target man.
- The game is played for a set time period.

KEY

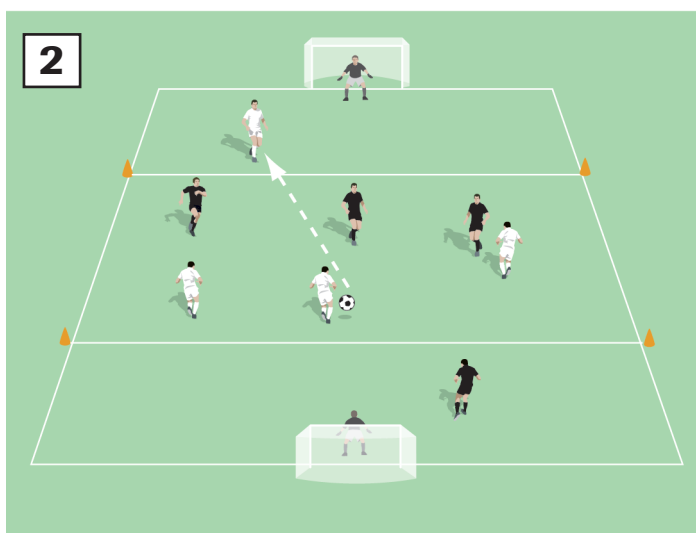
BALL MOVEMENT

SHOT ON GOAL

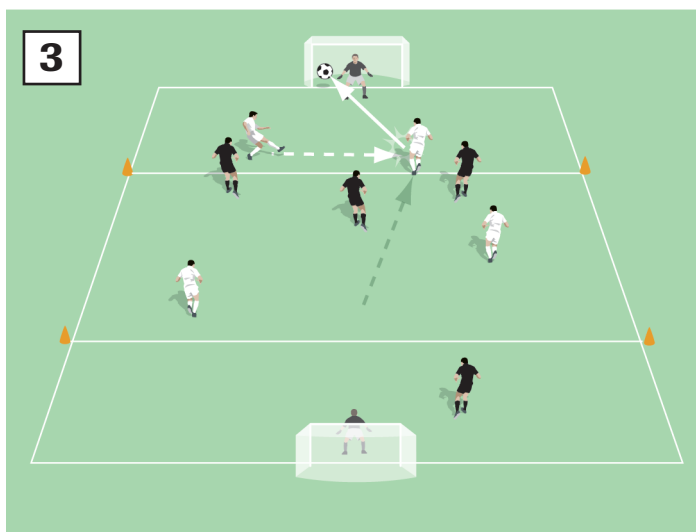
PLAYER MOVEMENT



1. One player from each team must stay in the end zone.



2. The team in possession must find make a pass to the player in the end zone.



3. The attacking team must then run into the end zone to receive a return pass.

Two Goal Game Sweeper System

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two end zones, 10 yards in from each goal-line
- Two teams of four players
- Two keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

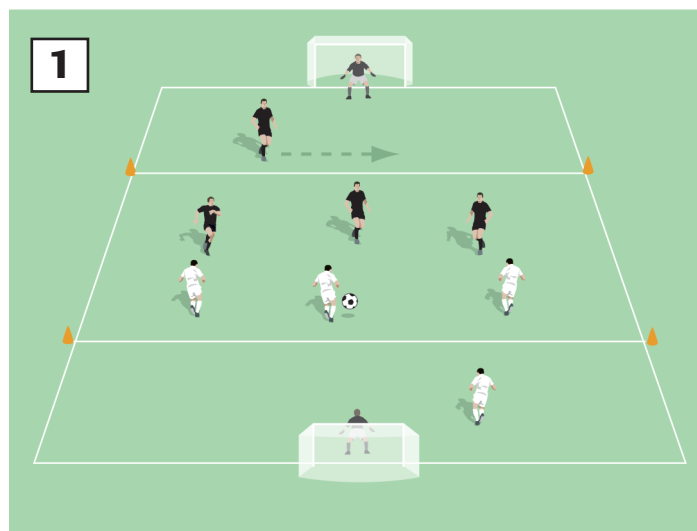
Rules

- Each team sends one of their players into their defensive zone to become the sweeper / covering defender.
- The aim of the game is to dribble through the middle zone and into the opponent's defensive zone. Now the player in possession has a 1v1 against the sweeper / covering defender.
- Rotate the players so that each player spends time in the sweeper role.
- The game is played for a set time

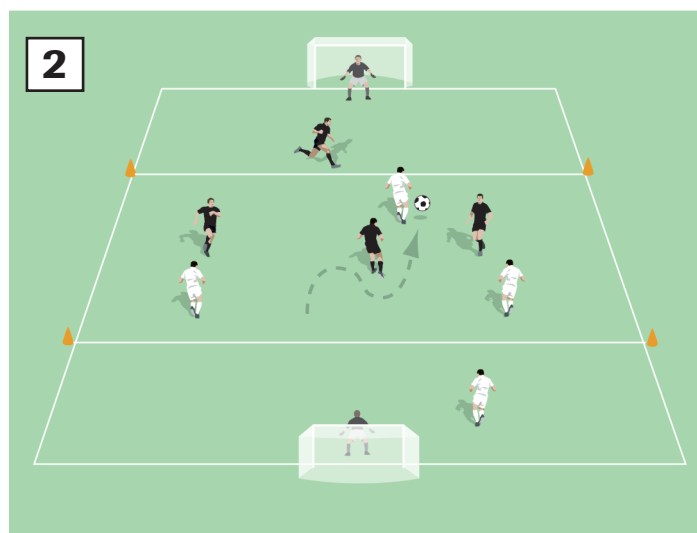
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BALL MOVEMENT

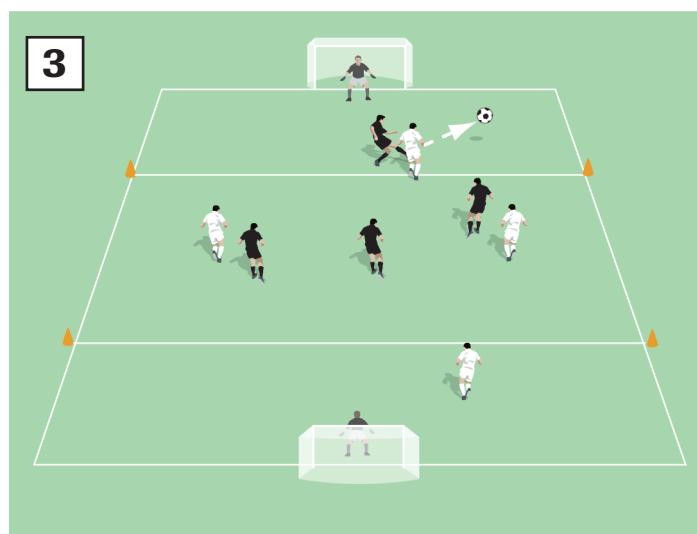
PLAYER MOVEMENT



1. The team in possession must figure out a way to get the ball into the end zone.



2. A white player is faced with a 1 v 1 against the sweeper.



3. The sweeper makes the tackle.

Switch Goals

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four goals
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

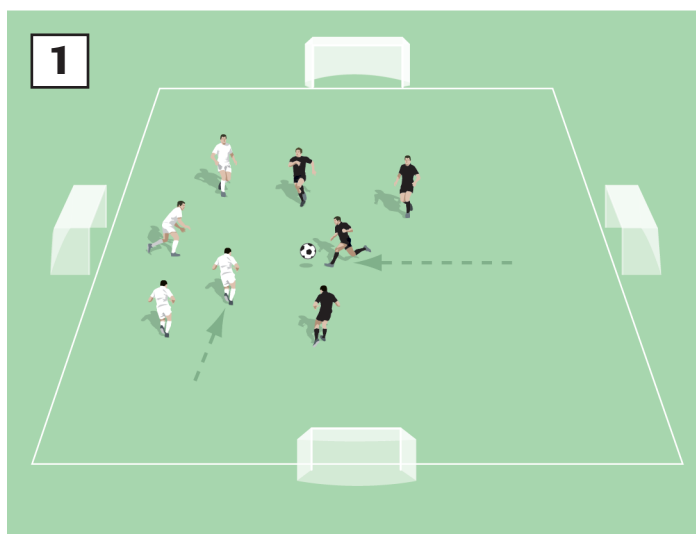
- To start the game, the coach gives each team a goal to defend.
- The nearest player to the goal can act as the team's goalkeeper.
- When the coach calls out to "switch" both teams must quickly switch the goal that they are defending and attacking.
- The teams must switch and defend the goal to their left.
- The game is played until both teams have defended all four goals.

KEY

PLAYER MOVEMENT

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1



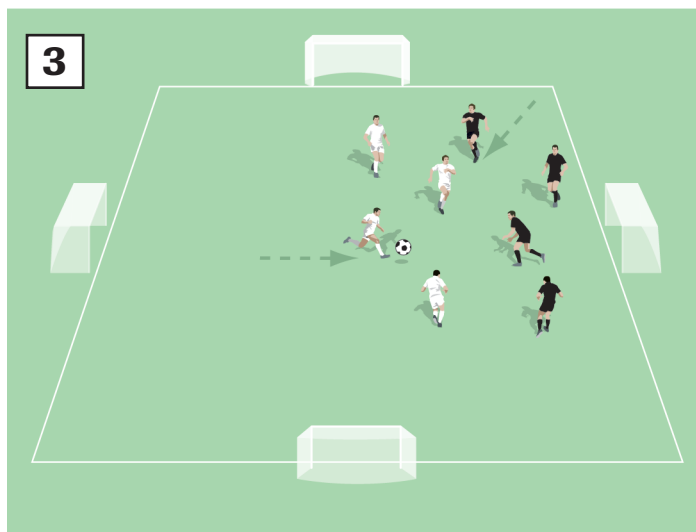
1. Attack or defend 4 v 4 (no keepers) in one of the four goals.

2



2. On your instruction, the players should all adjust to attack/defend the next goal to the left.

3



3. Again, on your instruction, the players should all adjust to attack/defend the next goal to the left.

Triangle Goal

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four mini goals
- Three flags to make a triangle
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

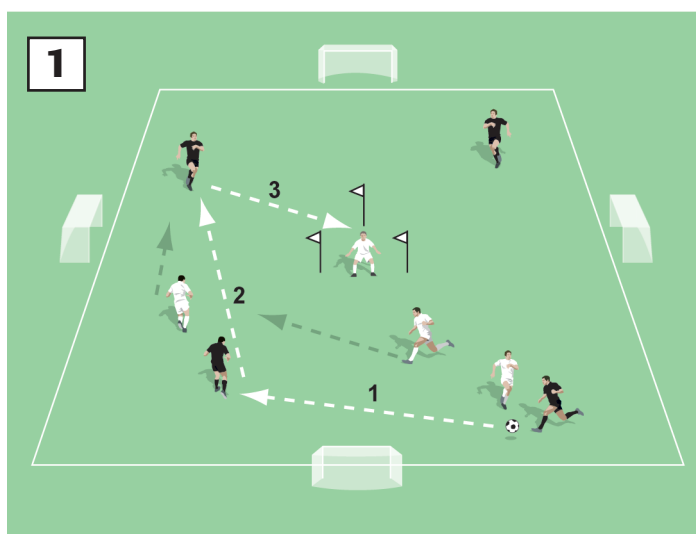
Rules

- One team defends the triangle goal and one team defends the four mini goals.
- The team defending the triangle goal must nominate a goalkeeper whilst the other three players try to pressure and win the ball.
- The game is played for two periods. The roles are reversed for the second period.

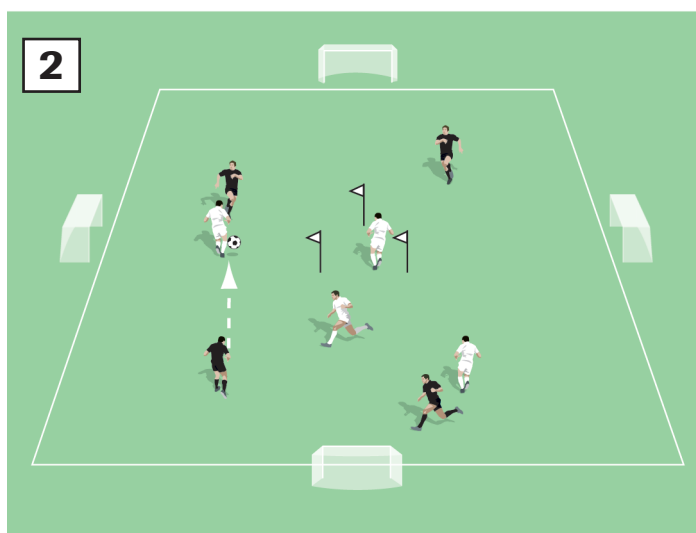
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BALL MOVEMENT

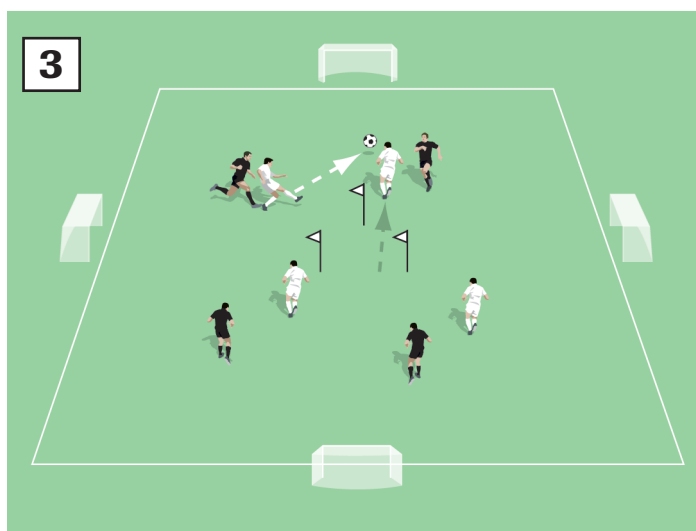
PLAYER MOVEMENT



1. The black team pass the ball trying to create an opportunity to score in the triangle.



2. The white team press and win the ball.



3. The white team launch an attack on the black team's goal.

Volley and Catch

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Six mini goals
- No offside
- If the ball leaves play, the game is re-started with a volley pass.

Rules

- The player in possession is allowed to make a one bounce movement (using the hands basketball style).
- To pass the ball your players must make a volley pass out of their hands to one of their team-mates.
- To score a goal, the players must make a first-time volley shot into one of the opponent's goals.
- The game is played for a set time period.

KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →

1

1. The player in possession can bounce the ball basketball-style.

2

2. The players must volley "out of their hands" to pass.

3

3. To score, the players must volley the ball into an open goal.

Wide Pitch

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Place the goals on the longer touchlines, making the pitch wide
- Two teams of four players
- Two keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

- The game is played on a wide pitch that is short in length. This encourages the following tactics from the teams:
 1. Shooting from distance
 2. Passing the ball into wide areas to create crossing opportunities

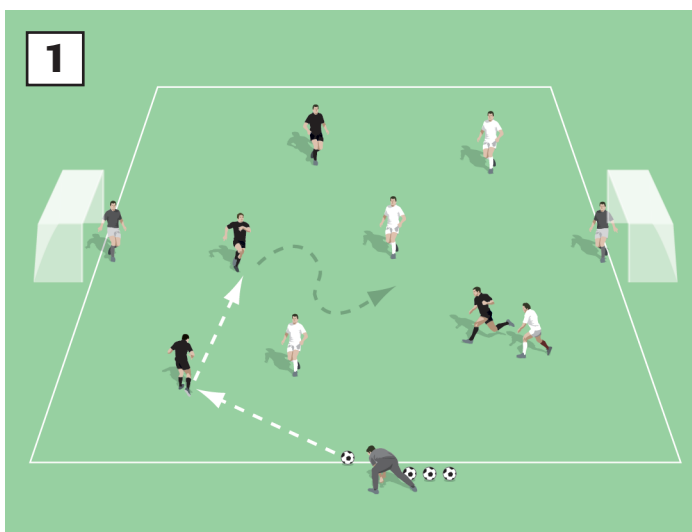
KEY

BALL MOVEMENT

SHOT ON GOAL

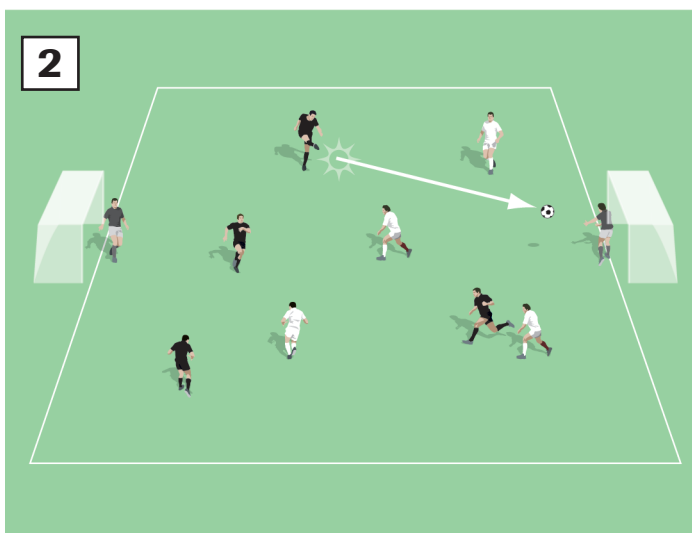
PLAYER MOVEMENT

1



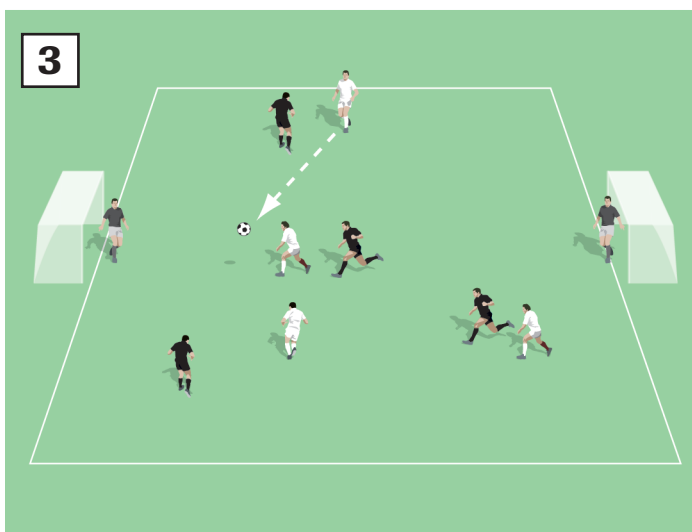
1. The coach feeds the ball to the black team to begin attacking the white goal.

2



2. The wide pitch should encourage your players to shoot from distance.

3



3. It should also encourage your players to get wide and get crosses on goal.

Possession v Pressure

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

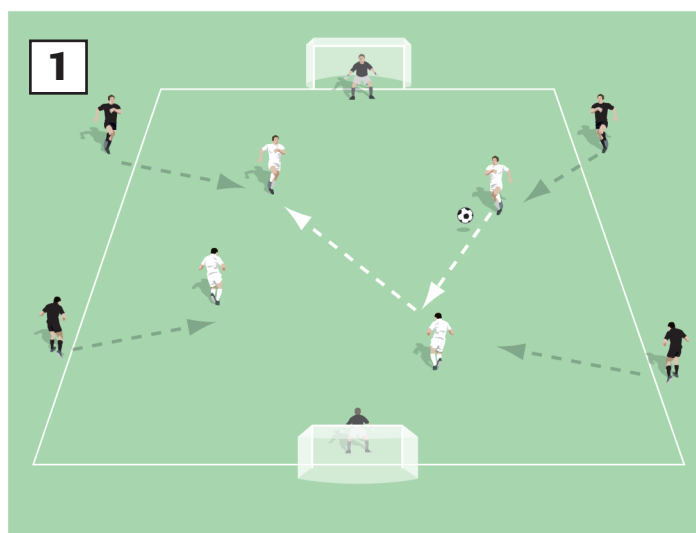
- One team starts on the pitch and passes the ball around.
- On your whistle, the team on the outside must race onto the pitch and try to win the ball and then score a goal.
- The passing team must try to keep possession.
- The passing team can use their keepers to keep possession of the ball.
- The pressuring team have 30 seconds to win the ball and score a goal - if they fail then the passing team is awarded the goal.
- Rotate the teams for the next game.

KEY

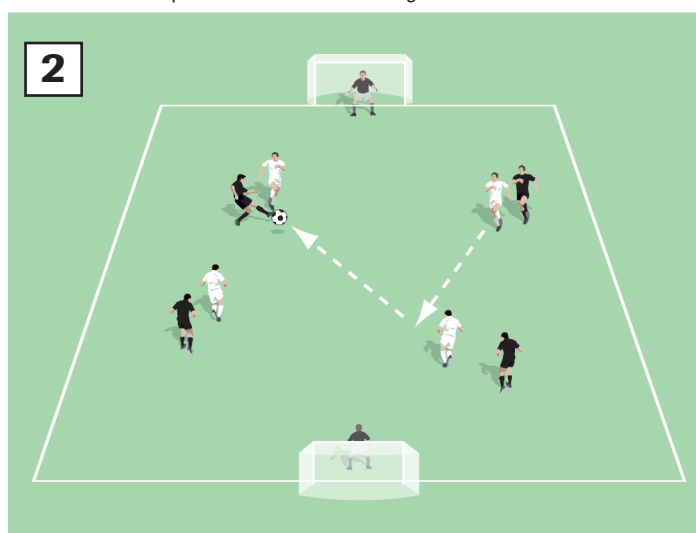
BALL MOVEMENT

SHOT ON GOAL

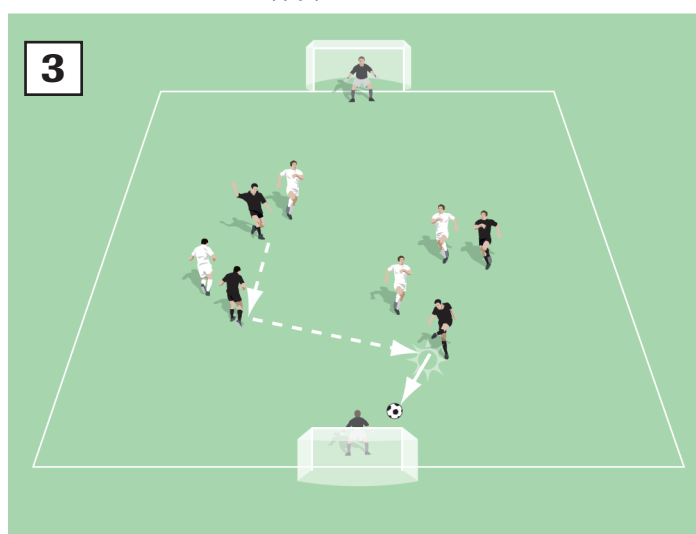
PLAYER MOVEMENT



1. The white team pass the ball around amongst themselves.



2. The black team enter and apply pressure on the white team.



3. The black team win possession and create an attack.

Possession Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No goals
- No keepers
- No offside
- If the ball leaves play, you have a few re-start options:
 1. The coach passes a new ball onto the pitch
 2. The players take a roll in
 3. The players take a throw in
 4. The players make a pass in
 5. The players dribble in

Rules

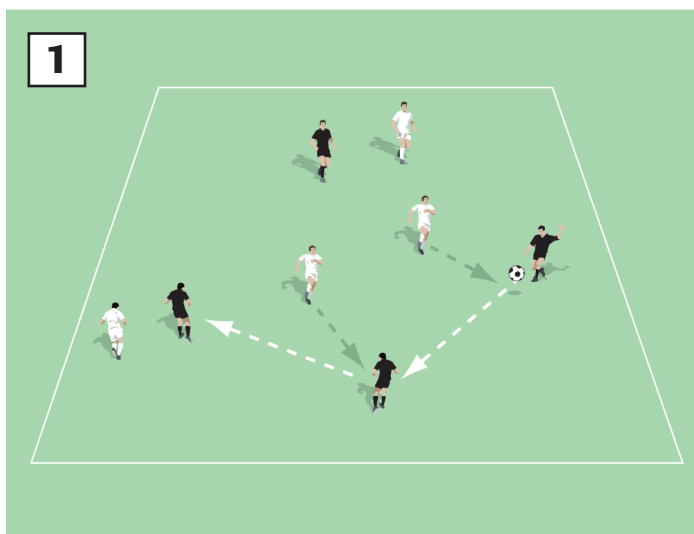
- Both teams must try to win and keep possession of the ball.
- A goal is awarded to the team that completes a certain number of passes (a minimum of 5 for younger players).
- The game is played for a set time period.

KEY

BALL MOVEMENT

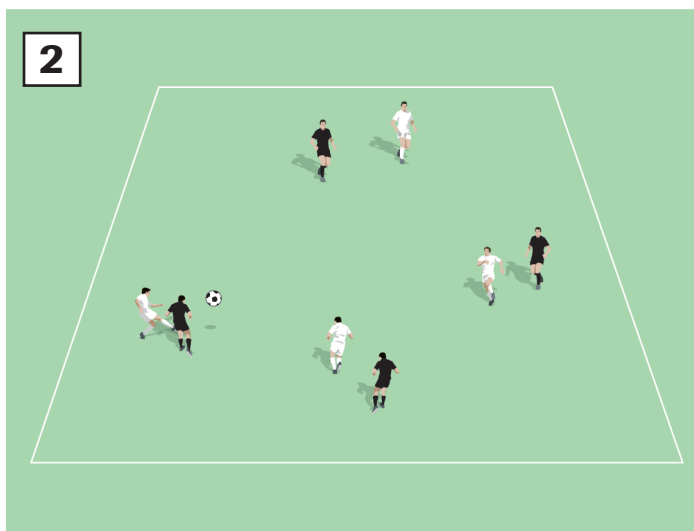
PLAYER MOVEMENT

1



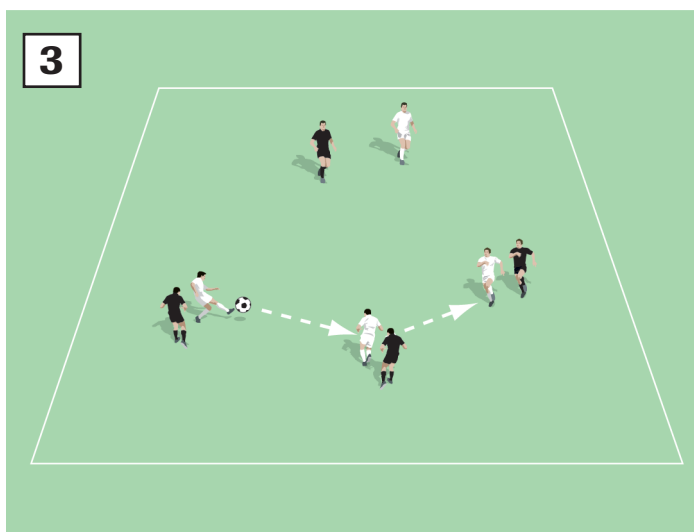
1. The aim of the game is to keep the ball.

2



2. If your passing is inaccurate or you're slow to move the ball on, you'll lose possession.

3



3. Which team can keep the ball longest?

Possession - Add One

Set up

- Outer pitch size: 30 x 30 yards
Inner pitch size: 15 x 15 yards
- Two teams of four players
- No goals

Rules

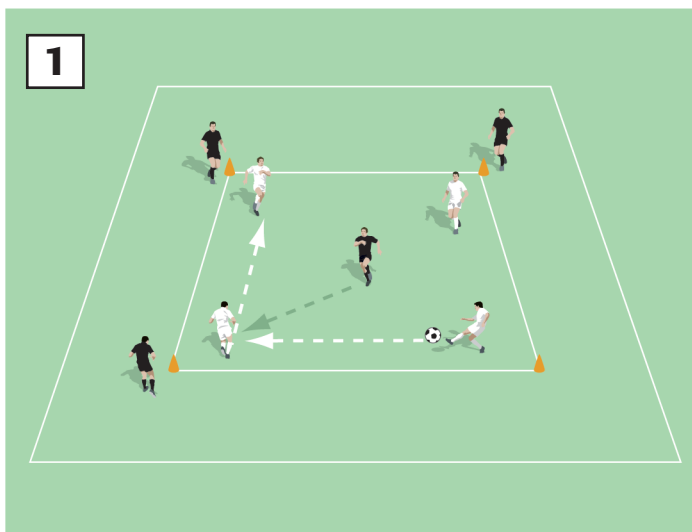
- One team act as the passing team.
- The other team act as the defending team.
- The passing team spread out into the 15 x 15 yard area and begin the game by playing 4v1.
- After 30 seconds, an extra defender is added to make the game 4v2, then another for 4v3, and then 4v4.
- The game is played for 2 minutes.
- The passing team must count the number of successful passes that they make.
- The teams rotate roles for the next game and the new passing team tries to beat the number of passes made by their opponents.

KEY

BALL MOVEMENT

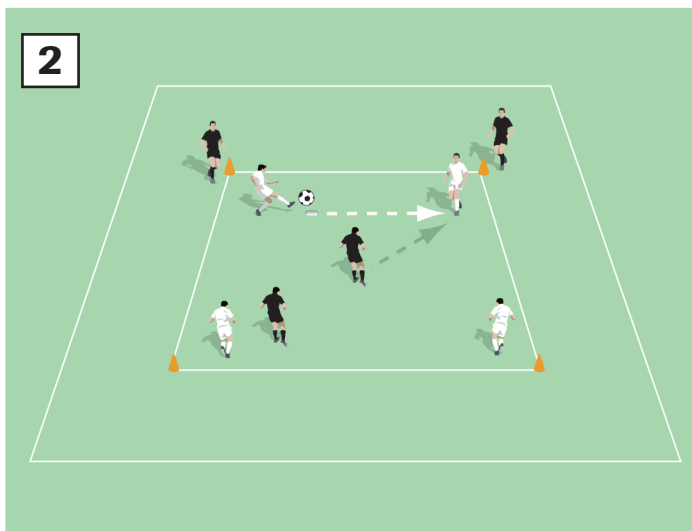
PLAYER MOVEMENT

1



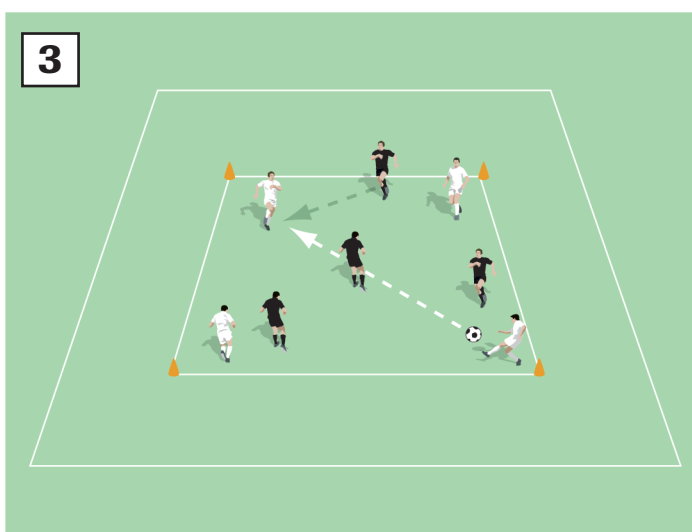
1. To begin with, this is a simple 4 v 1 possession game.

2



2. Adding one more defender makes it a bit more of a challenge.

3



3. 4 v 4 takes it to another level. Which team can make the most successful passes?

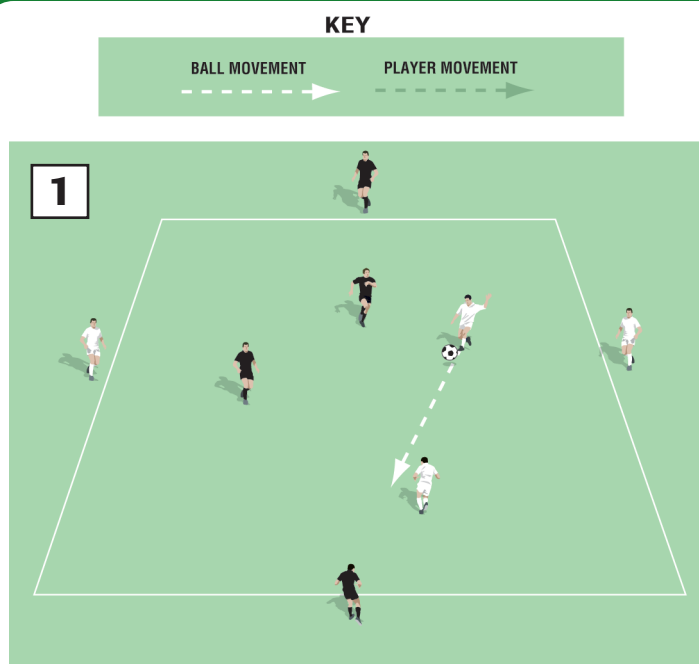
Play Out, Go Out

Set up

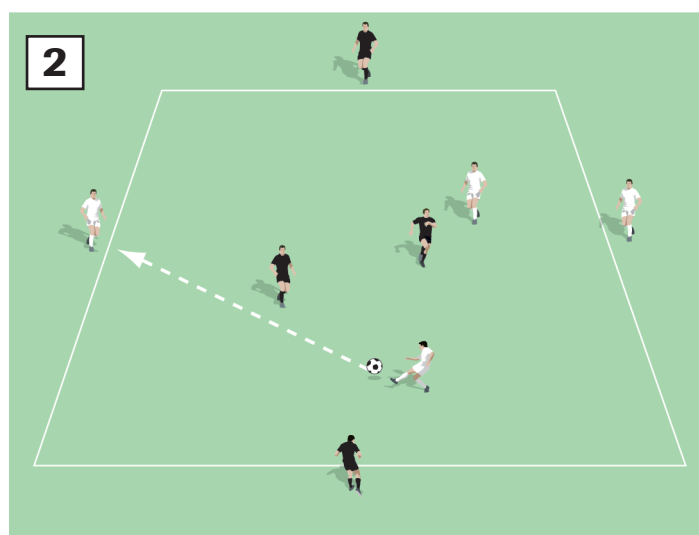
- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No goals
- Both teams must have two players on the pitch and two players on the outside of the pitch
- If the ball leaves play, pass a new ball onto the pitch

Rules

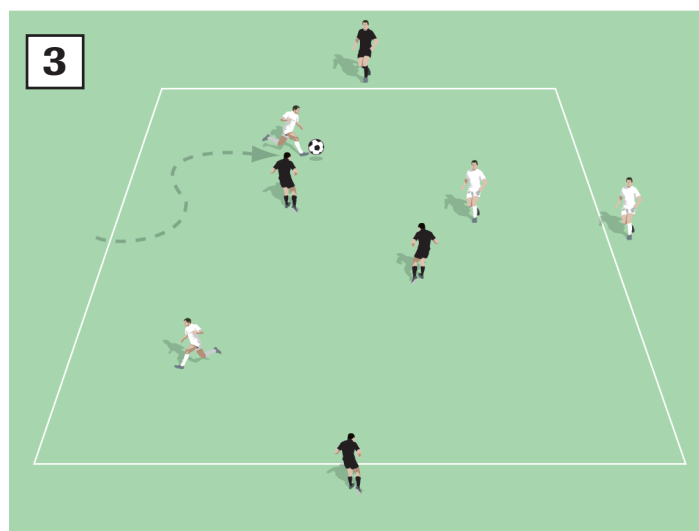
- The aim of the game is to make a pass out to a team-mate.
- The passing player then goes to the outside whilst the receiving player dribbles into the playing area.
- A goal is awarded for each successful pass to an outside player.
- The game is played for a set time period.



1. The white team are in possession in a simple 2 v 2 game.



2. A white player creates an opportunity to pass to his team-mate off the pitch.



3. A successful pass means the two players swap roles.

Overload Game Continuous

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two keepers
- If the ball leaves play, pass a new ball onto the pitch

Rules

- To start the game, the first player on the black team enters the pitch and has three touches to score against the white goalkeeper.
- Immediately after this ball has been played, two white team players enter the pitch to create a 2 v 1 situation against the black player.
- The game continues until all the players are on the pitch. The series of attacks is as follows:

Black	V	White
1	V	Gk
1	V	2
3	V	2
3	V	4
4	V	4

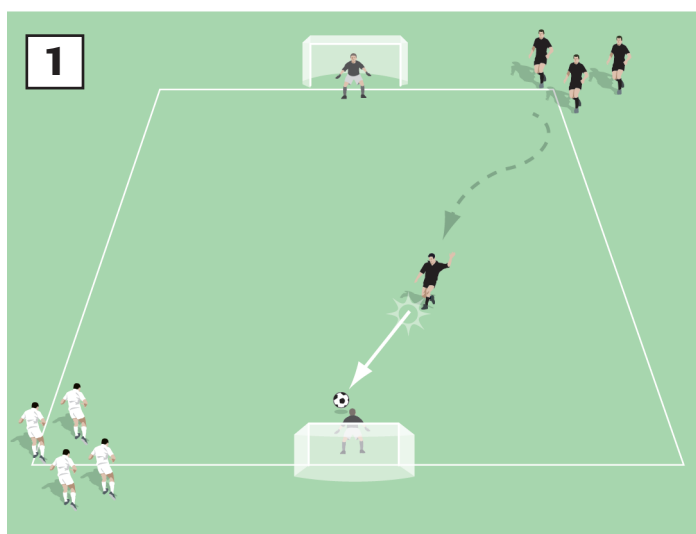
- When all the players are on the pitch, the game continues for a set time period.
- The next game starts with the white team attacking first.

KEY

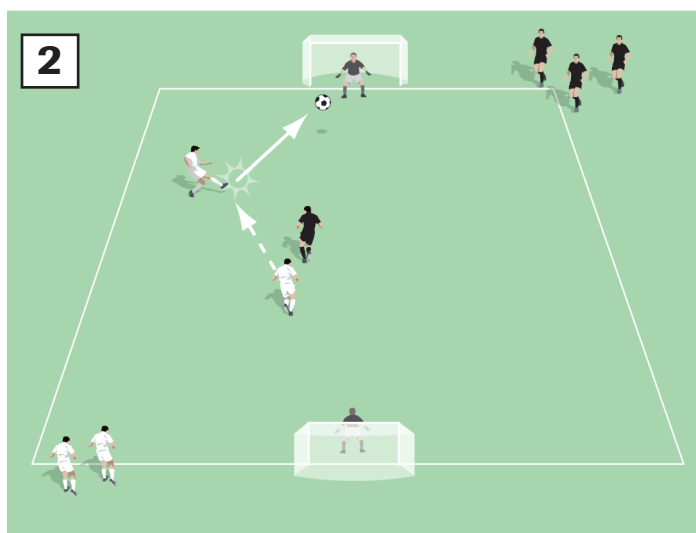
BALL MOVEMENT

SHOT ON GOAL

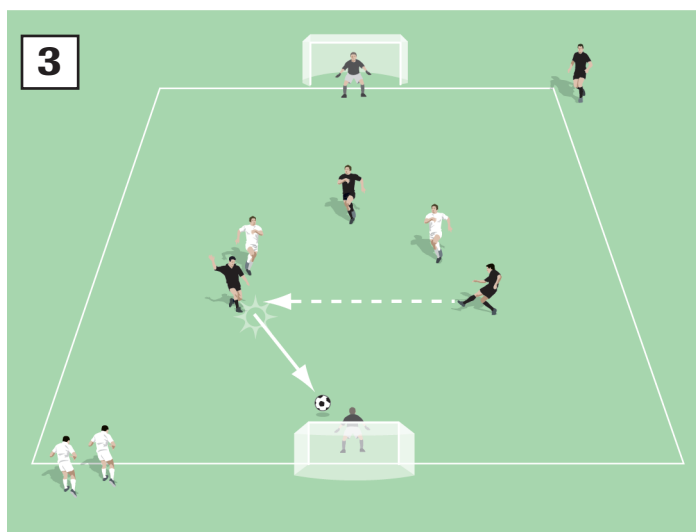
PLAYER MOVEMENT



1. Enter the pitch, three touches and shoot!



2. Two opponents enter and try to score in the other end.



3. Move on to 3 v 2 etc. for a different challenge each time.

Overload Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- One keeper

Rules

- To start, the first player must dribble towards goal and try to score.
- Players are limited to three touches.
- Immediately after this ball has been played, two new players enter the pitch and attempt to score in a 2v1 situation against the first shooter.
- The game continues until all the players are on the pitch. The series of attacks is as follows:

Black	V	White
1	V	Gk
1	V	2
3	V	2
3	V	4
4	V	4

- After all the balls have been played, the score is counted and the teams rotate positions for the next game.

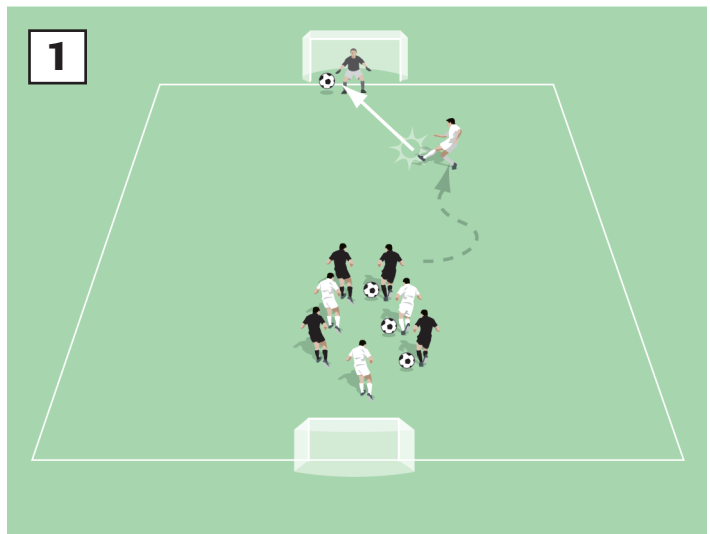
KEY

BALL MOVEMENT

SHOT ON GOAL

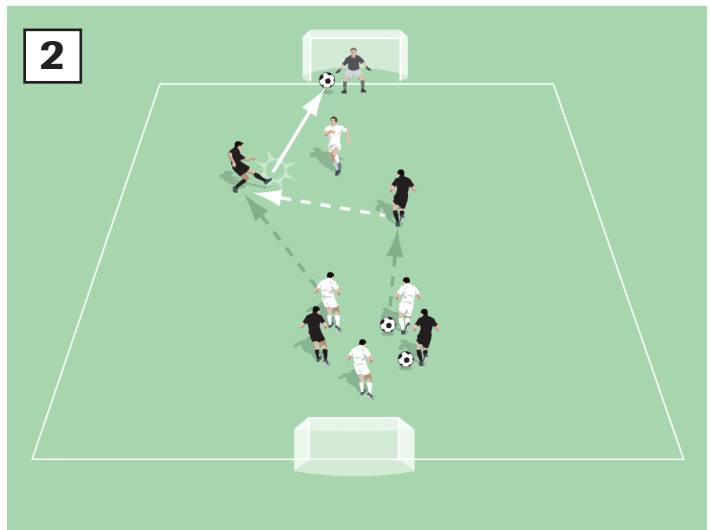
PLAYER MOVEMENT

1



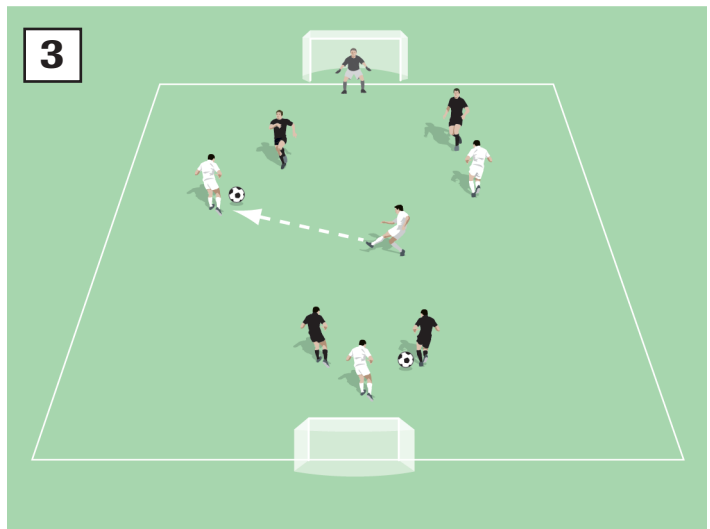
1. Start with a 1 v 1 with the goalkeeper.

2



2. Now turn and defend against two oncoming attackers.

3



3. Now you're joined by two teammates and you have an overload situation. Can you score?

One Team Possession - One Team Score

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four mini target goals, one on each side of the pitch

Rules

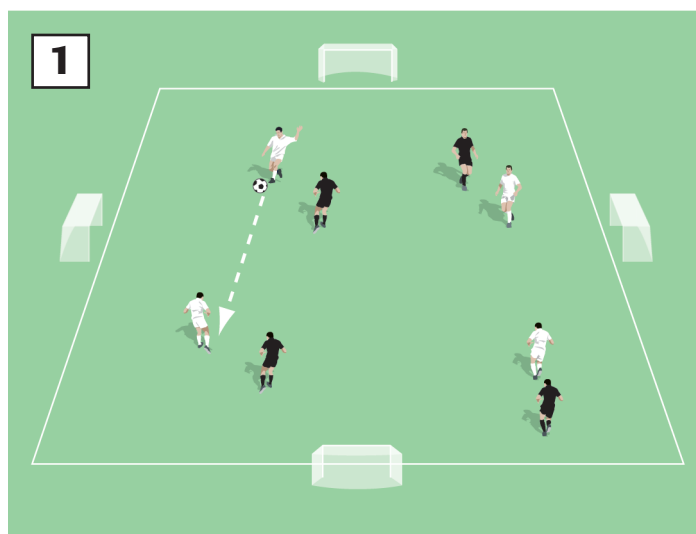
- One team attempts to keep possession.
- One team attempts to win the ball and score a goal.
- There are a number of ways to play this game:
 1. The team passing has to make 6 passes to score a goal, the defending team get a goal for each time they shoot into the mini target goals.
 2. The roles are reversed each time the defending team win the ball, and shoot into the target goals.
 3. The teams work for a set time period at each role (3 minutes possession, 3 minutes defending).

KEY

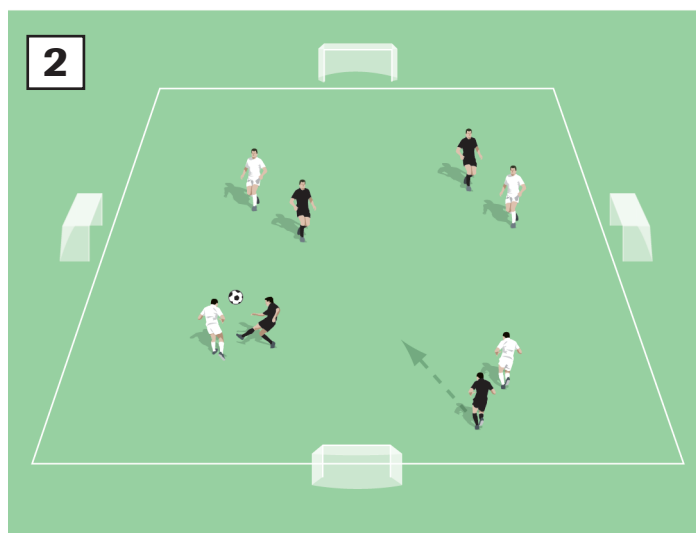
BALL MOVEMENT

SHOT ON GOAL

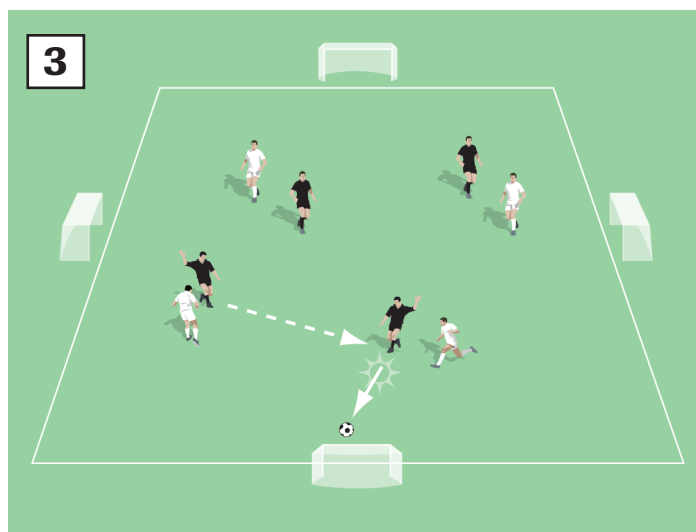
PLAYER MOVEMENT



1. The white team are trying to put six consecutive passes together.



2. The black team make it difficult by pressing and tackling.



3. When they win possession, the black team must attempt to score.

Gates Game

Set up

- Pitch size: 30 x 30 yards
- Two teams of four players
- Five gates made from cones
- No goals

Rules

- There are a number of ways this game can be played and scored:
 1. The player in possession must dribble through a gate to score.
 2. The player in possession must make a pass through the gate to a team mate.
 3. The player in possession can use both of the choices above.
- The team not in possession must try to dispossess the team in possession, and then use one of the methods above to score.

KEY

BALL MOVEMENT

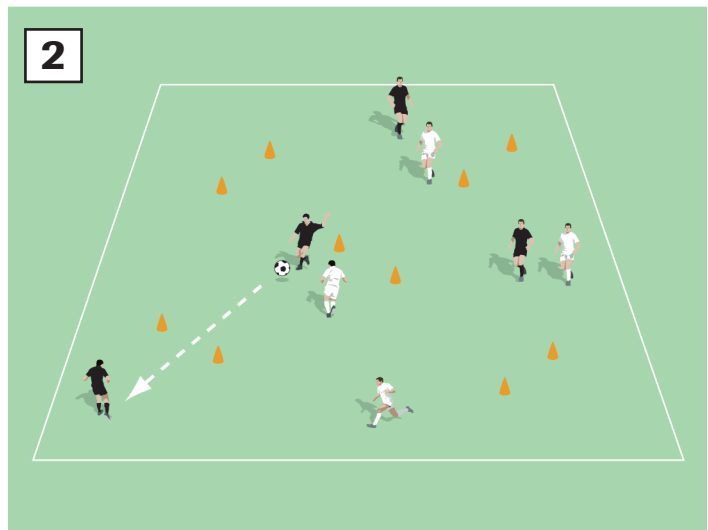
PLAYER MOVEMENT

1



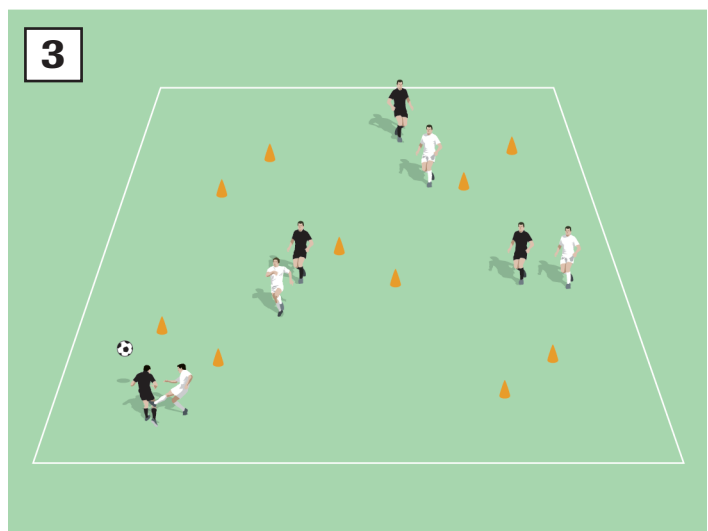
1. The team in possession must move around the pitch trying to complete passes through the gates.

2



2. Can they dribble through the gates without losing possession?

3



3. If the opposition manage to make a tackle it becomes their turn to score through the gates.

Free Your Team Mate

Set up

- Mark out a circle of about 25 yards diameter using cones or markers
- Two teams of four players
- No goals
- Each team has one player on the pitch and three players on the outside


Rules

- To start, pass a ball into the pitch. The two players compete for possession.
- The player who wins the ball attempts to pass out to a team mate.
- If successful, the team mate enters the pitch to make a 2v1.
- The winning team is the first to have all four players on the pitch and complete 6 consecutive passes.

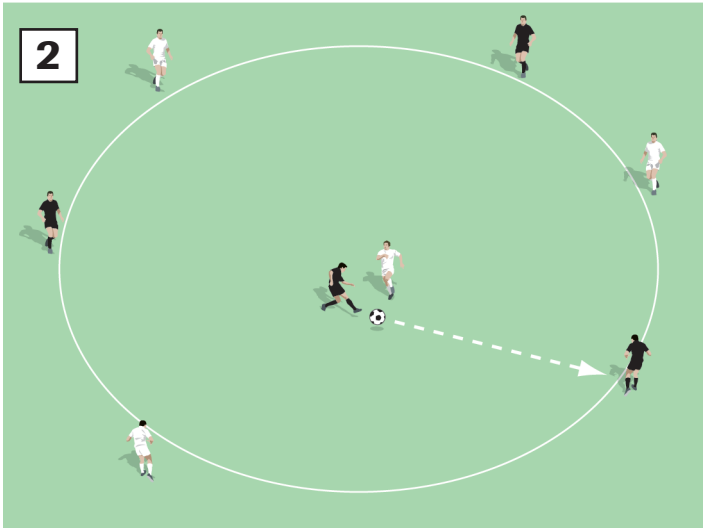
KEY

BALL MOVEMENT →

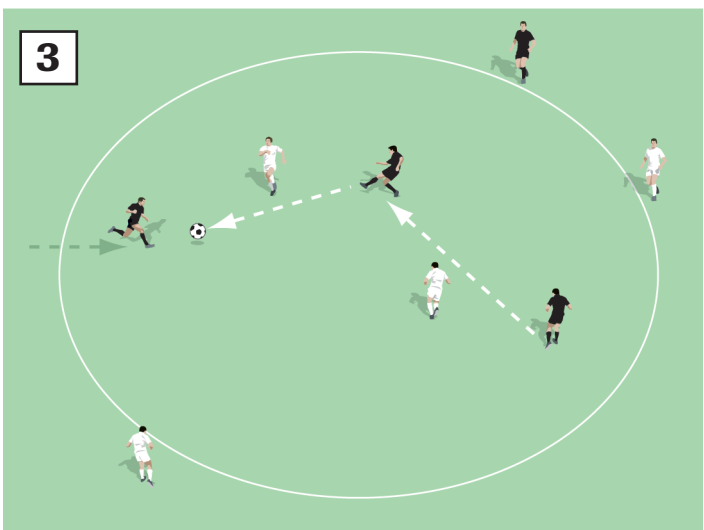
PLAYER MOVEMENT →



1. The first two players compete to win possession.



2. The aim is to pass the ball out to a team mate.



3. If you can keep possession, the reward is to have more players on the pitch.

Half Field Possession

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Divide the pitch into two halves
- No goals

Rules

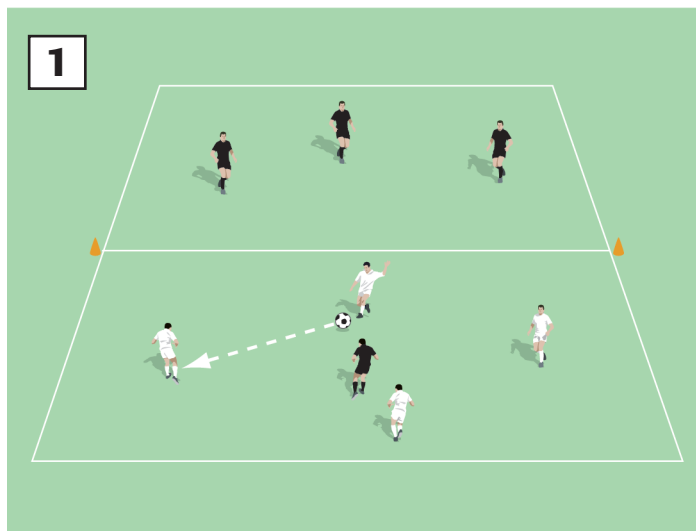
- To start, pass a ball into one of the teams, and call for a player from the other team to go into that half and defend.
- If the team in possession manages to make five passes, call for another player to go and defend in a 4v2 situation.
- If the ball is dispossessed then the game transfers to the opposite half and the roles are reversed.
- The player guilty of losing possession must now run and defend in the other half.
- The winning team is the one that has all four of their opponents in their half and manages to make five passes.

KEY

BALL MOVEMENT

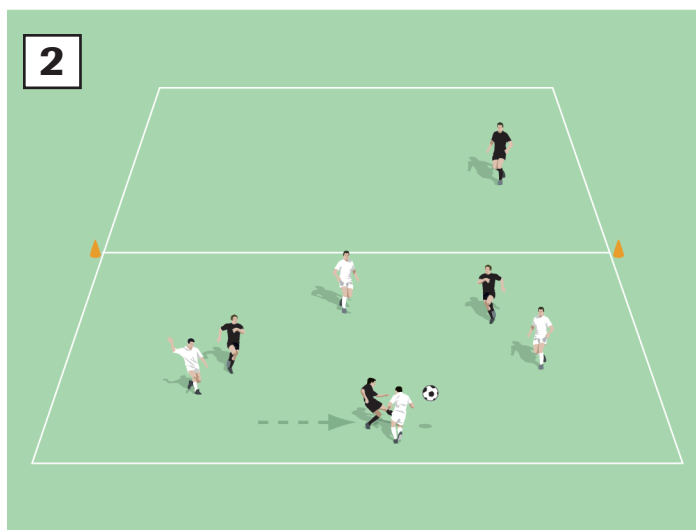
PLAYER MOVEMENT

1



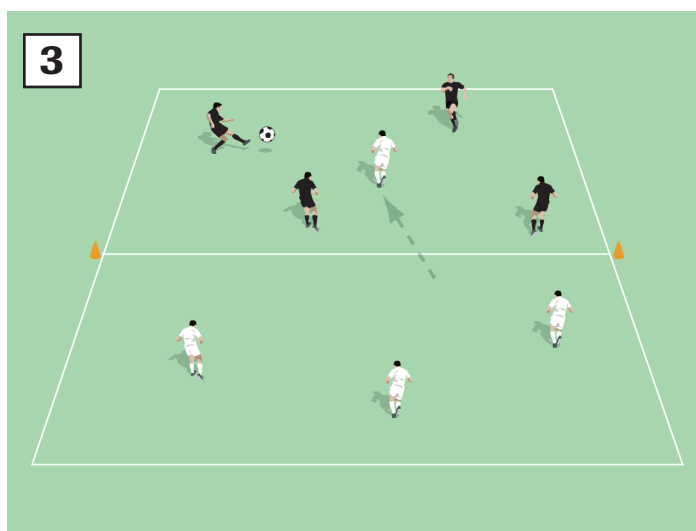
1. The aim of the game is to keep the ball against increasing pressure.

2



2. As the number of defenders increases the passing must be very accurate or they'll lose possession...

3



3. ...at which point possession and roles switch to the other half.

Multi-Ball Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two keepers
- No offside
- Each team has two balls

Rules

- To start, blow your whistle for both teams to enter the pitch.
- Each team has two balls to attack with but must also simultaneously defend two balls.
- The game continues until all four balls have left the pitch.
- Continue the game for a further five balls by feeding in one at a time to replace those gone.
- When all five balls have been played, count the goals scored and declare the winning team.

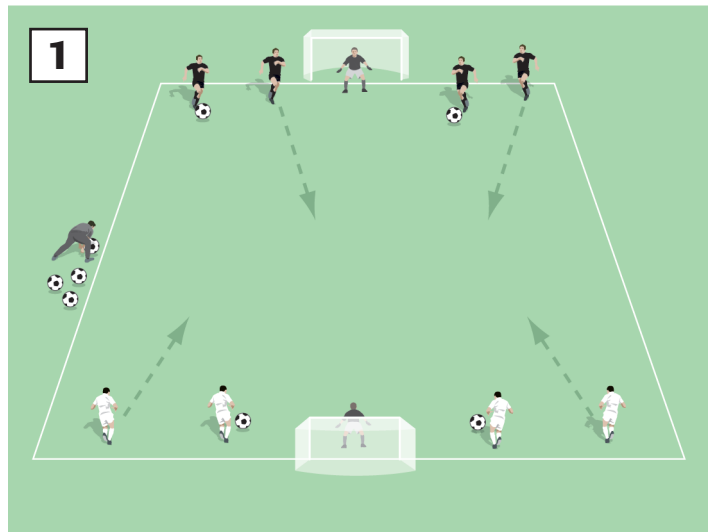
KEY

BALL MOVEMENT

SHOT ON GOAL

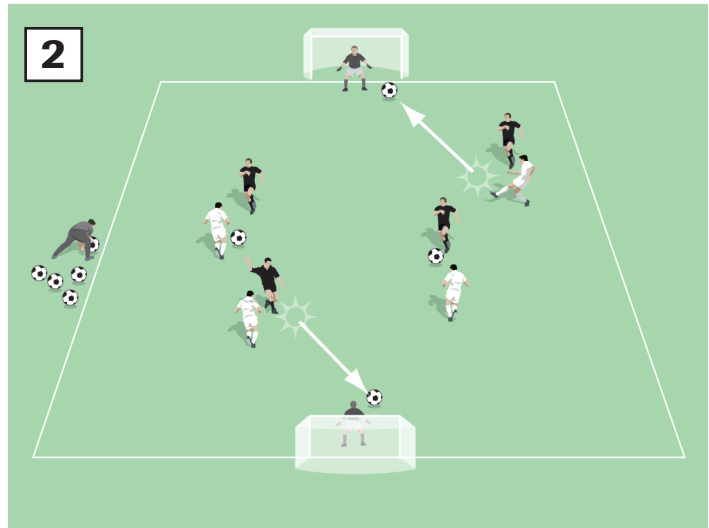
PLAYER MOVEMENT

1



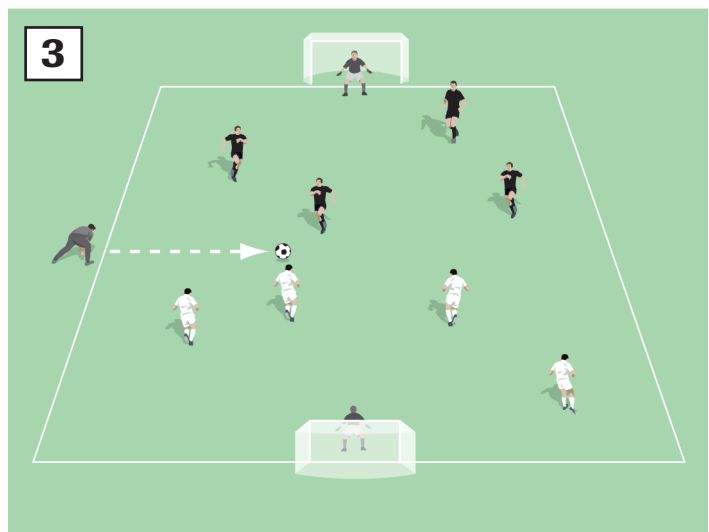
1. You need to be ready to attack and defend at the same time.

2



2. While you're trying to score, the opposition is doing exactly the same.

3



3. Now it's just one ball in play. Who can win possession and score?

Multi-Goal Game

Set up

- Mark out a circle of about 25 yards diameter using cones or markers
- Two teams of four players
- Four mini goals placed as in the diagram
- About 12 balls in the centre of the pitch
- One team work as the attackers
- One team work as the defenders

Rules

- To start, the attacking players have a ball each and must try to score in the mini goals.
- Once the ball has been played the attacking player must quickly race back to the centre and retrieve a new ball and attack again.
- The game will start with four 1v1 situations but as the number of balls decreases it will become a variety of 2v1, 2v2, 3v2's etc.
- When the last ball has been played, the coach counts the goals scored and the roles are reversed for the next game.

KEY
 SHOT ON GOAL
 PLAYER MOVEMENT

1

2

3

1. The game starts with four 1v1 situations.

2. The players must try to score and quickly retrieve another ball and try again.

3. When most of the balls are gone the game changes to 3v4, then 2v4, then 1v4.

End Zone Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No goals
- Two end zones, 10 yards in from each goal-line.

Rules

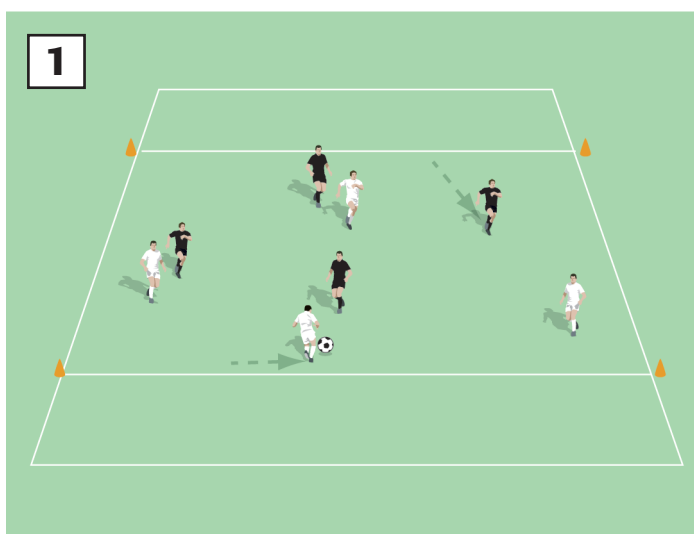
- The aim of this game is to score a goal by dribbling out and stopping the ball in the end zone.
- The team that scores the “goal” now turns and attacks the opposite end zone.
- If one team is dominating the game then change the rules so that they take it in turns.

KEY

BALL MOVEMENT

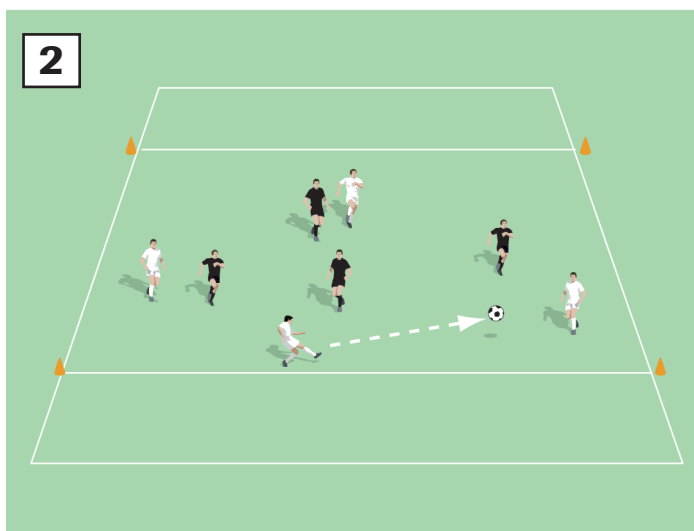
PLAYER MOVEMENT

1



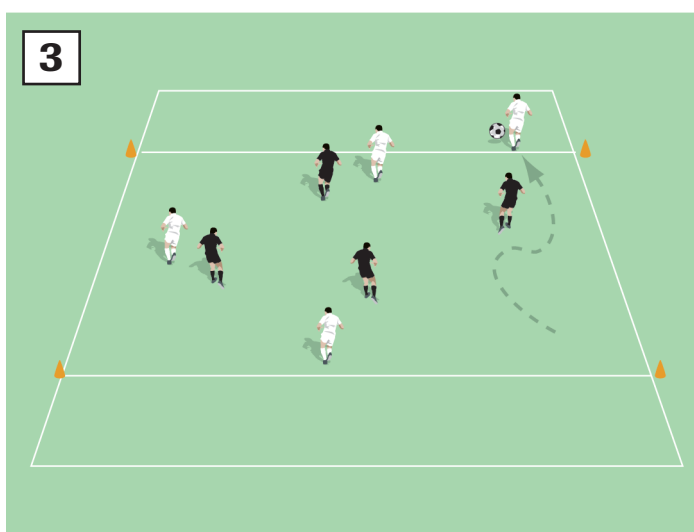
1. The white team are trying to create space to attack the opposite end zone.

2



2. The pass is on and the white team try to get it to a player in an advanced position.

3



3. A white player must dribble into the end zone to score a “goal”.

Directional Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four mini goals, one on each side of the pitch

Rules

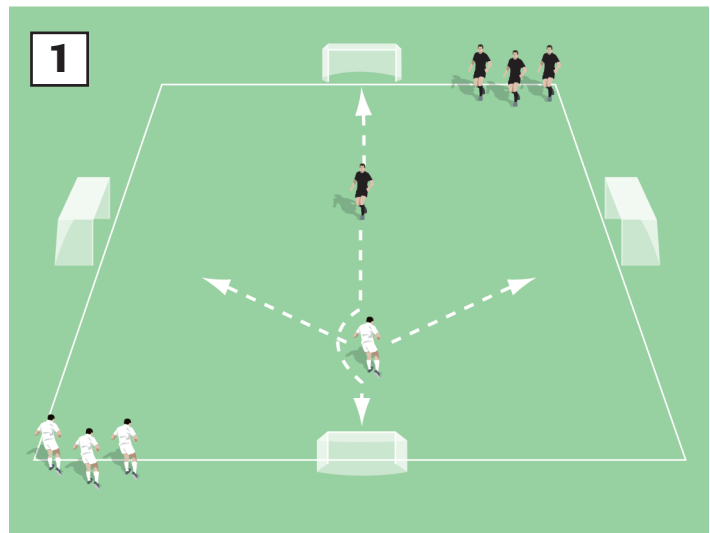
- One player from each team enters the pitch.
- Start the game by feeding a ball in for a 1v1 contest.
- One team attacks the goals across the width of the pitch.
- One team attacks the goals down the length of the pitch.
- After each attack add one player to each team.
- The game is played for a set period of time.
- If a goal is scored or the ball leaves play, pass a new ball onto the pitch.

KEY

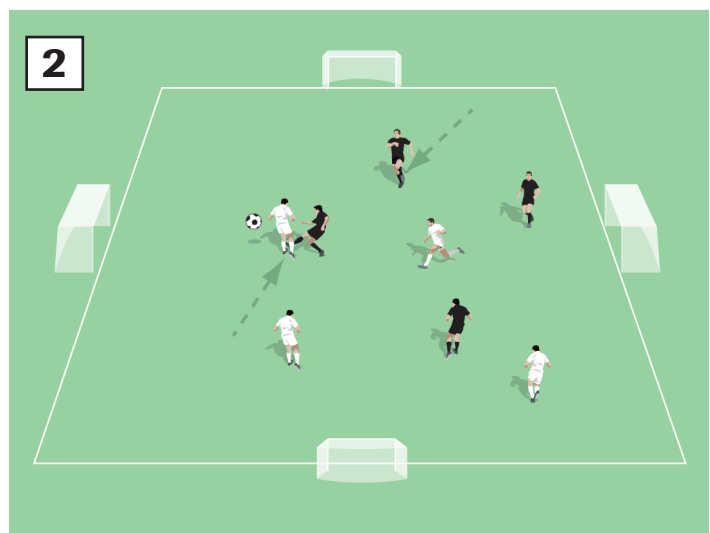
BALL MOVEMENT

SHOT ON GOAL

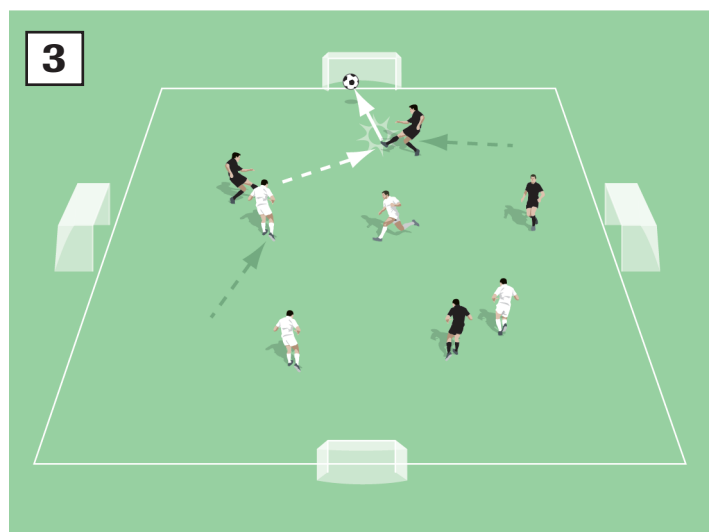
PLAYER MOVEMENT



1. The white team are trying to score left to right, blacks top to bottom.



2. It's now 4v4 and the black team make it difficult by pressing and tackling.



3. When they win possession, the black team must attempt to score.

Centre Circle Game

Set up

- This game is played in a large centre circle
- Two teams of four players
- Two mini target goals, one at each end of the centre circle
- Each team has two players on the pitch and two players on the outside (in the attacking half)
- The players on the outside can move up and down their side and look to receive a pass

Rules

- The team in possession must attempt to score in the mini goal.
- They can use their team mates outside the circle to help build a passing move.
- The outside players are only allowed to use one touch.
- The game is played for four periods of two minutes.
- After each period, the players on the pitch reverse roles with their team mates on the outside.

KEY

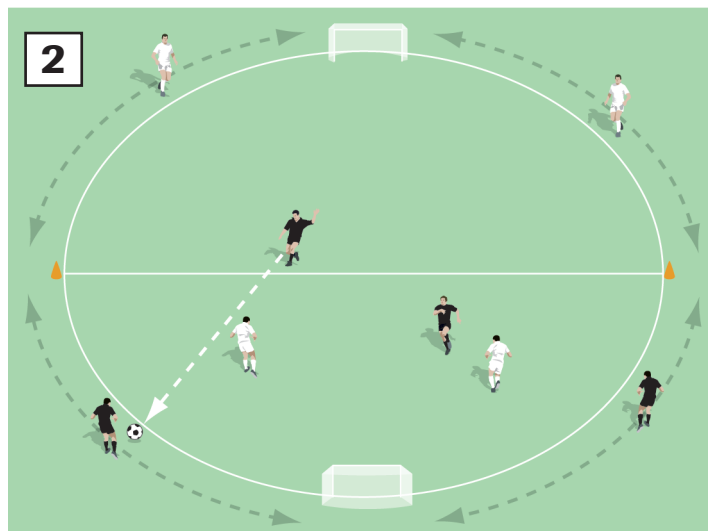
BALL MOVEMENT

SHOT ON GOAL

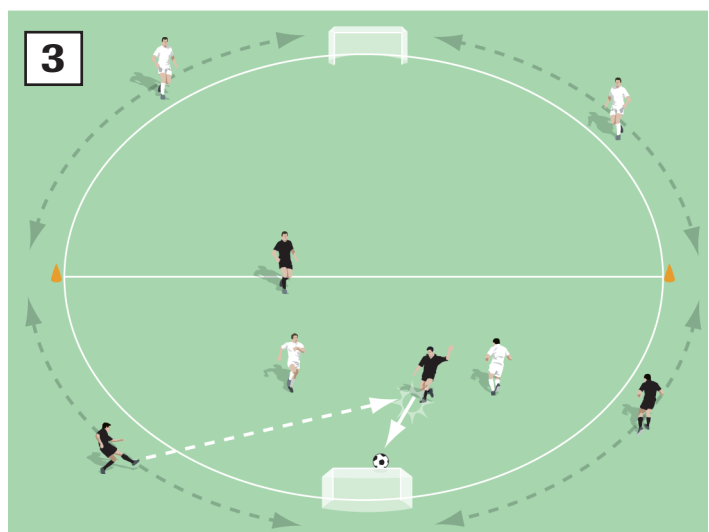
PLAYER MOVEMENT



1. The black team are trying to score in the mini target goal.



2. They can use the players outside the area for a one touch pass and return.



3. The player outside passes into the path of a team mate who shoots and scores!

Switch Play - Role Reversal Game

Set up

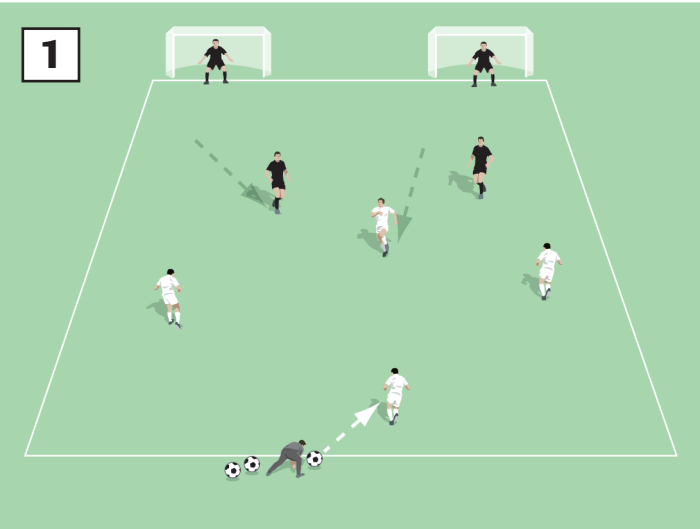
- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two goals, both at the same end of the pitch
- One team works as defenders and has two keepers and two defenders
- One team works as the attackers and spread out to attack

Rules

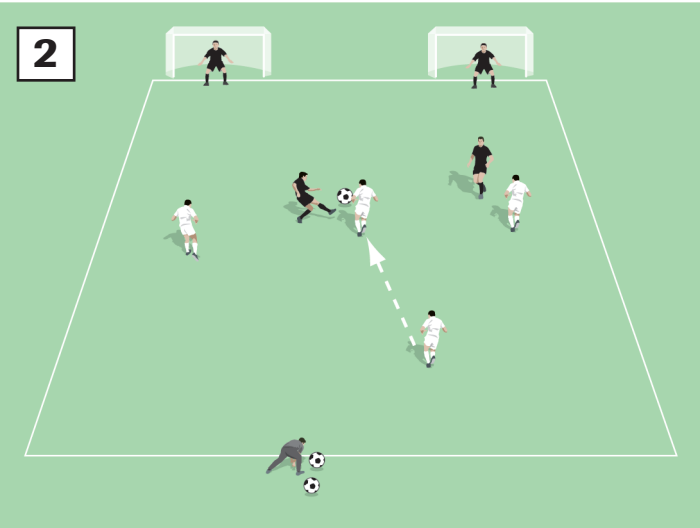
- To start, pass a ball into the four attackers who attempt to score in one of the goals.
- If they are successful, they receive a new ball from you and attack again.
- If the defenders manage to win the ball or stop the attackers scoring then the roles are reversed.
- The defenders now race out to receive a ball from you and the attackers drop back to defend and go in goal.
- The game continues for a set time period.

KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →

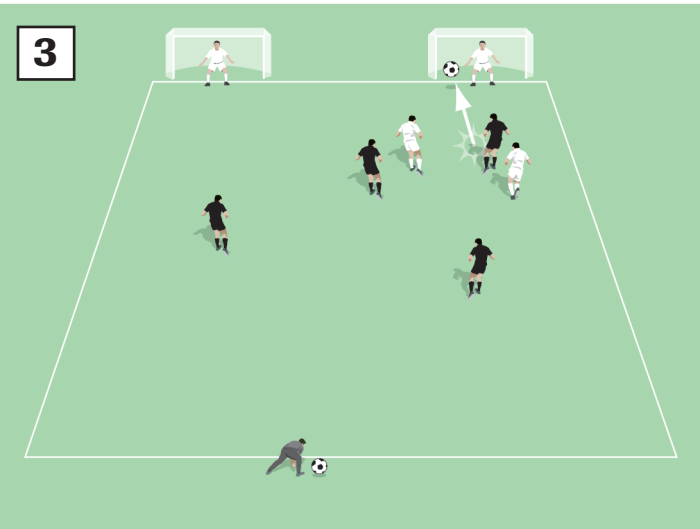
1



2



3



1. The game starts with 4 attackers v 2 defenders and 2 keepers.

2. Your passing must be accurate and shots quick, or the opposition will close you down.

3. Possession is lost and the roles are reversed.

Angled Goals

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two keepers
- No offside
- Two goals placed at opposite corners of the pitch
- If the ball leaves play, pass a new ball onto the pitch

Rules

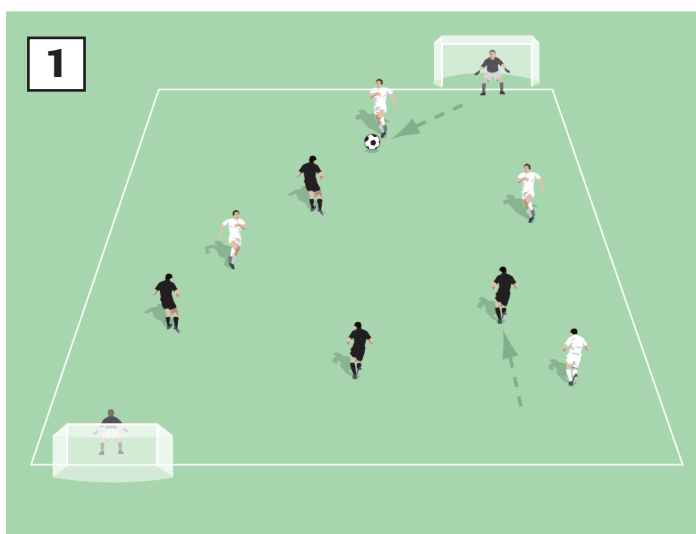
- This practice is played as a normal 5-a-side game.
- Because of the angled goals, your players will start to realize where they need to pressure and force their opponents when they are defending.
- When attacking the team in possession should look to switch the ball quickly or to use the wings and get into good crossing positions.

KEY

PLAYER MOVEMENT



1



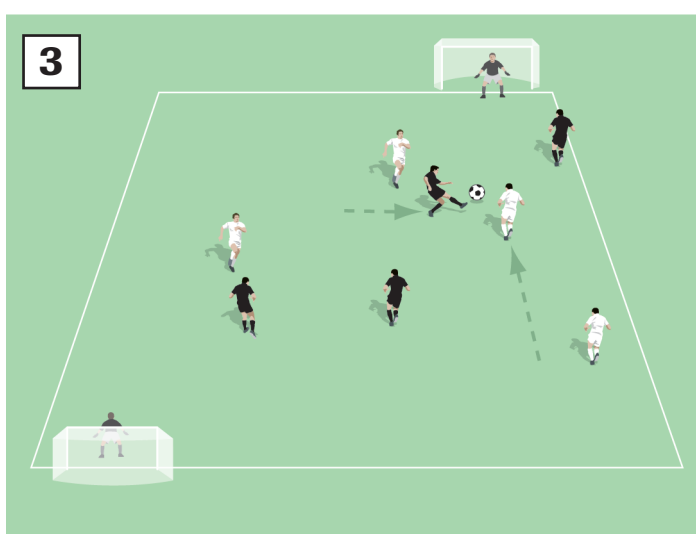
1. Play a normal 5-a-side game but with angled goals.

2



2. Can the defenders force the team in possession away from their goal?

3



3. When in attack, try to use the width of the pitch to stretch the defenders and create scoring opportunities.

Four Goal - 10 Attacks

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- The pitch is divided into two attacking zones either side of a mid-zone
- Two mini target goals in each attacking zone
- Two teams of four players
- One team work as the attackers
- One team split into two pairs and work as the defenders in each attacking zone

Rules

- The aim of the game is to try and score as many goals as possible against the defenders.
- The attacking team has 10 consecutive attacks - 5 at each end.
- After each attack, the players turn and receive a new ball from the coach.
- When the ten attacks are completed, the score is counted and the roles are reversed.

KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →

1

1. To start, pass the ball into the attacking team who start in the mid-zone.

2

2. They must immediately attack the goal.

3

3. Then start again, but attack the opposite goal. Use your numbers advantage to beat the defenders.

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Three teams of four players
- Two teams play the game
- One team acts as the goalkeepers and crossing players

- The game is played as a normal 4v4 plus keepers, but the teams can use the players off the pitch to provide crosses.
- The crossing players are allowed 3 touches (control, dribble, pass/cross).
- The game is played for a set period of time.
- The teams are rotated for the next match.

PLAYER MOVEMENT



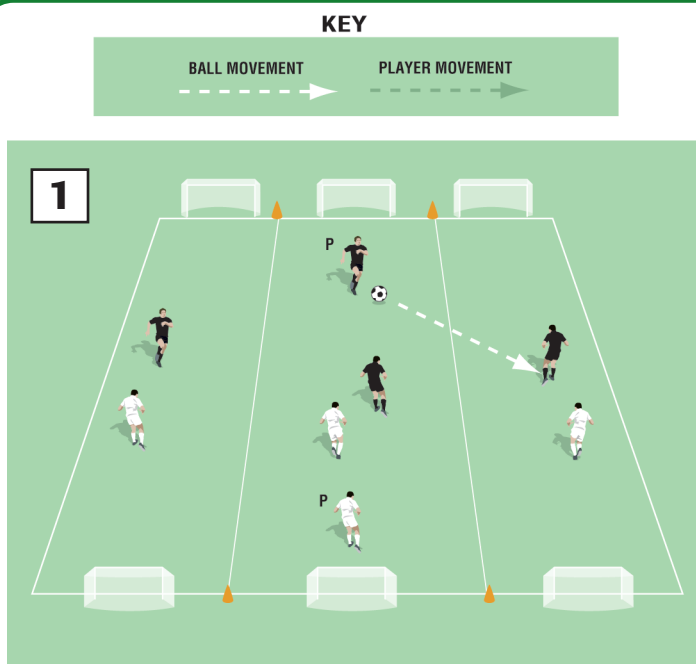
3 Zone Playmaker Game

Set up

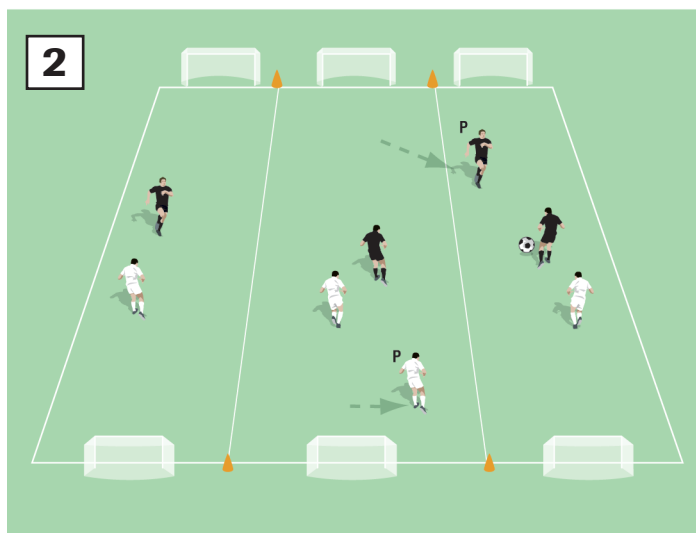
- Pitch size: 40 x 30 yards, divided into three narrow strips
- Each zone has a target goal at each end
- Two teams of four players

Rules

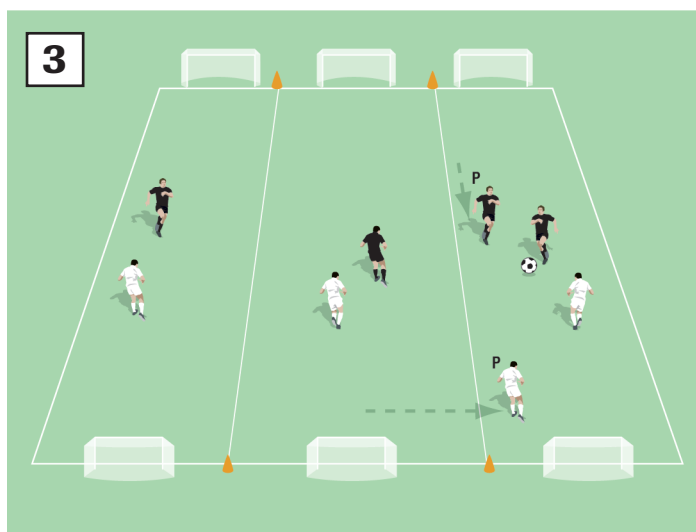
- Three players on each team go into their own 1v1 zone.
- One player from each team is the “playmaker” (P in the diagrams).
- Possession starts with the playmaker and the teams take it in turns to start a move.
- The playmaker can play in any zone and move freely between them
- The other players must remain in their starting zones.
- The playmaker’s job is to pass to a team mate and support them, creating a 2v1 situation.
- The opponents’ playmaker can support their defender to create a 2v2 situation.
- The game is played for four periods of 2 minutes.
- Each player has one period as the playmaker.



1. This is a game of 1v1s with a “floating” playmaker.



2. The black playmaker passes to the right and follows to create a 2v1.



3. The white playmaker follows to try and create a 2v2 before the black team have a chance to score.

Four Goal Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No Keepers
- Four mini target goals
- If the ball leaves play, you or a helper must feed a new ball in immediately

Rules

- The game is played as a normal 4v4 without keepers, but each team must defend two goals and attack two goals.
- The game is played for a set time period.

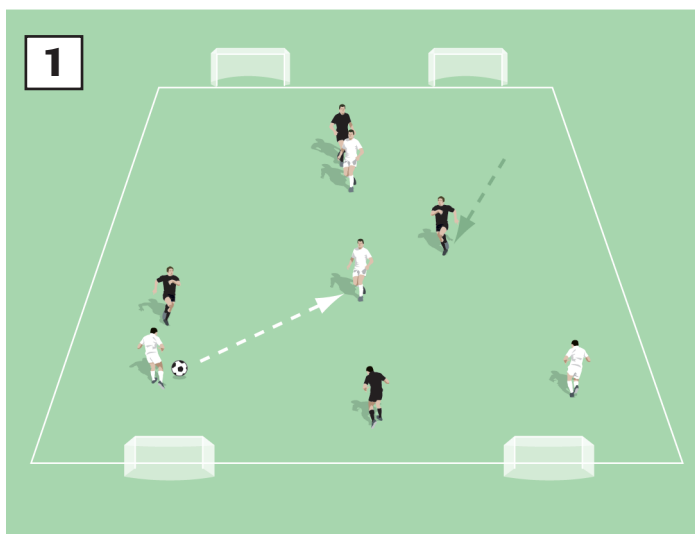
KEY

BALL MOVEMENT

SHOT ON GOAL

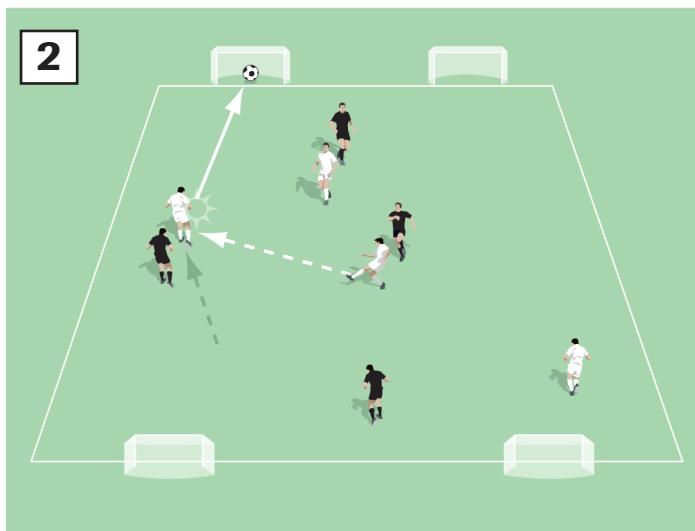
PLAYER MOVEMENT

1



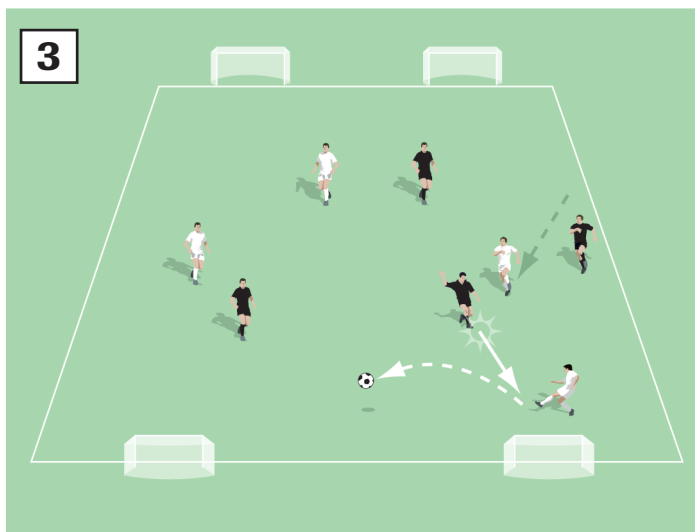
1. Play 4v4 without keepers, at high tempo and with two goals to attack and defend.

2



2. Here, the white team pass their way through to score, but...

3



3. ...can they regroup to defend the quick break in the opposite corner?

Passers v Defenders - Rewards Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Mark out a 10 x 10 yard area on one touchline as in the diagram
- Two teams of four players
- One goal, one keeper

Rules

- One team works as the passing team.
- One team works as the defenders.
- The passing team work in the 10 x 10 yard area, passing the ball around and attempting to retain possession.
- Each player in the defending team has two turns at entering the area and attempting to win possession from the passers.
- If the defending player manages to force a mistake or win possession, then they break out of the 10 x 10 yd area and receive a pass from the coach in order to shoot at goal.
- If the passing team manage to make 10 consecutive passes, then the defender is ejected and replaced.
- The passing team scores a point for each set of 10 consecutive passes.
- The defending score a point for each goal scored from a pass from the coach.
- When each defender has had two attempts at defending, rotate the teams.

KEY

BALL MOVEMENT SHOT ON GOAL PLAYER MOVEMENT

The diagram illustrates the game setup and three scenarios. A 30 x 20 yard pitch is shown with a 10 x 10 yard area marked on one touchline. A goal is at the top. A key indicates: BALL MOVEMENT (dashed arrow), SHOT ON GOAL (solid arrow), and PLAYER MOVEMENT (dashed arrow).

1 The white team play keep-ball against a single defender in the 10 x 10 yard area.

2 Pressure from the defender leads to a mistake by the passing team.

3 The defender then races forward to receive a pass from the coach - he shoots, he scores!

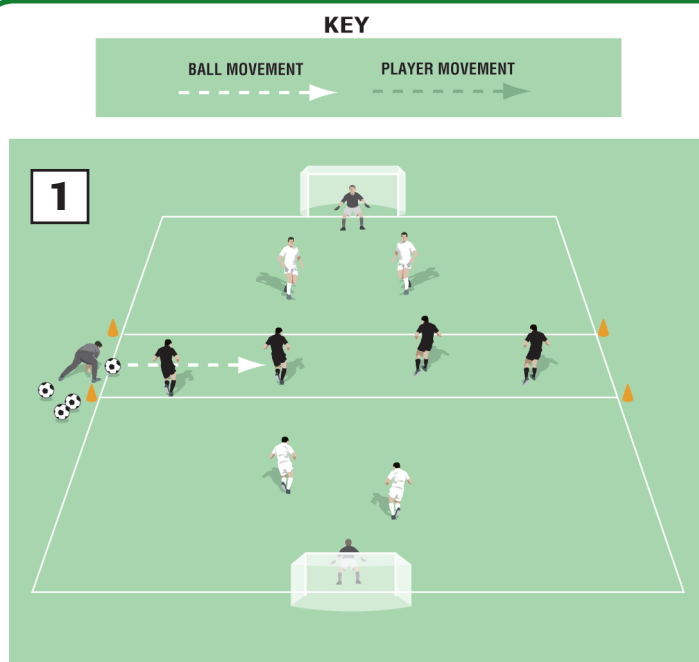
Two Goal Game - 10 Attacks

Set up

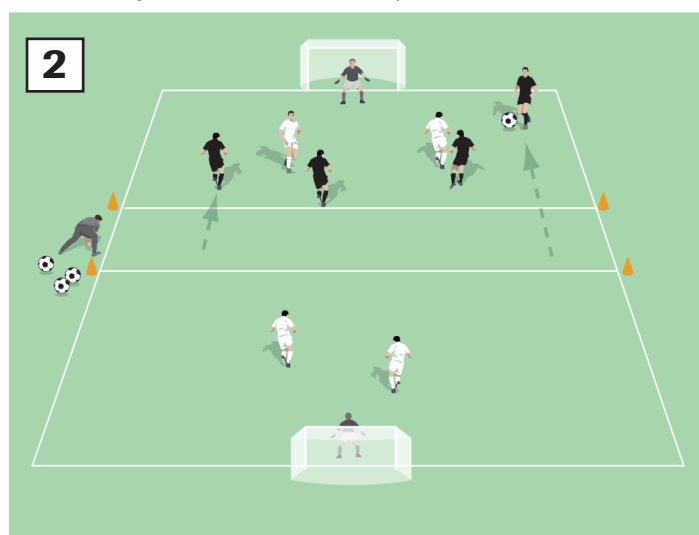
- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- The pitch is divided into two attacking zones either side of a mid-zone
- Two teams of four players
- Two keepers
- One team work as the attackers
- One team split into two pairs and work as the defenders in each attacking zone

Rules

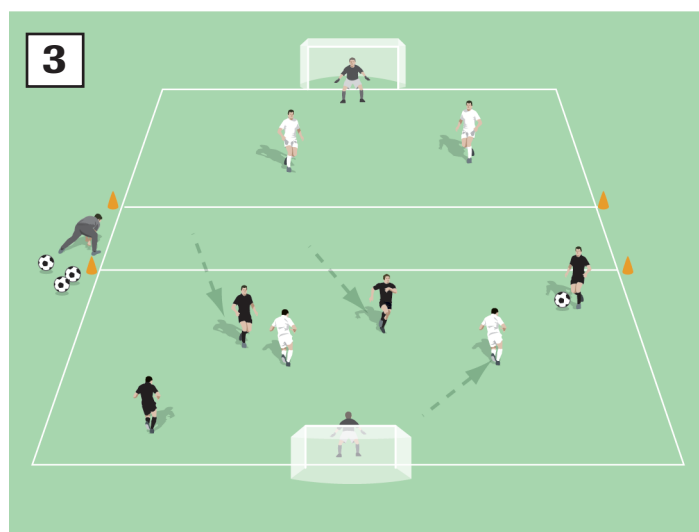
- The attacking team has 10 consecutive attacks (5 at each end). The aim is to try and score as many goals as possible against the two defenders.
- After each attack, the players turn and receive a new ball from the coach.
- When the ten attacks are complete, the score is counted and the roles are reversed.



1. The attacking start in the mid-zone, with a pass from the coach.



2. They immediately enter an end-zone and play 4v2 against the defenders.



3. After this play, the attacking team immediately regroup in the mid-zone, receive a pass from you, and attack the other goal.

4 v 3 (+1) Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two full sized goals and goalkeepers placed on the same longer touchline as in the diagram
- Two teams of four players

Rules

- The defending team number themselves 1 to 4.
- One defender rests on each attack.
- The four attackers position themselves next to one of the poles/cones.
- The coach passes to the attacking team who attempt to build up and score in one of the goals.
- After a goal is scored or the ball leaves play, the attacking team immediately reacts and receives a new ball from the coach.
- After eight balls have been played, the two teams reverse roles.

KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →

1

1. The game starts as 4v3 with two goals to attack/defend.

2

2. Can the attacking team exploit their numbers advantage?

3

3. When the attack is over, race back to the starting positions and do it again. Keep the intensity high.

4 v 4 - Ice Hockey Style

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two goals made using cones or poles
- Two goalkeepers (optional)

Rules

- As with most small-sided games, the emphasis is on pass and move.
- The players can score in the front or back of the goal.
- The game is played for a set period of time.

"Tell your players that if they are blocked when in front of the goal they should look to play quickly to the other side and try to score in the back."

KEY

BALL MOVEMENT

SHOT ON GOAL

PLAYER MOVEMENT

1



1. The team in possession are looking to create scoring opportunities but the path to goal is blocked.

2



2. A white attacker makes a run behind the goal, his team mate spots him and passes.

3



3. A goal is scored through the back of the goal - ice hockey style.

4 v 4 - Role Reversal Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- One goal, no keeper
- Each team number themselves 1 to 4
- One team starts as defenders
- One team starts as attackers

Rules

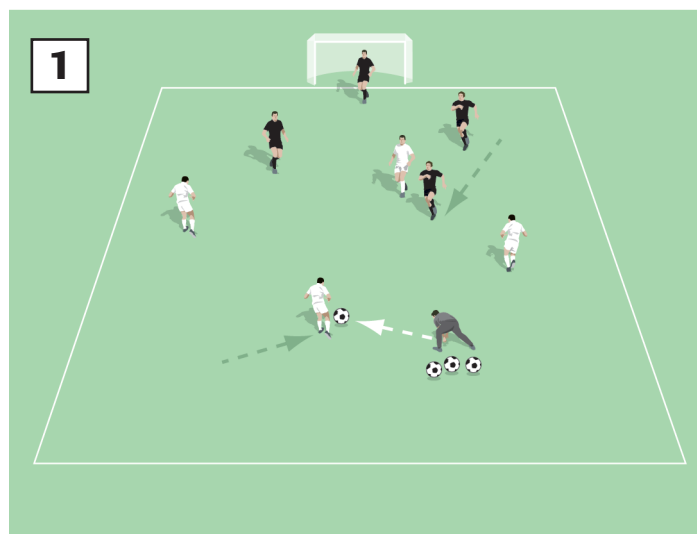
- When defending, the players each take a turn as goalkeeper.
- The attacking team receive a ball from the coach and attempt to build up and score in a 4v3 (+1) situation.
- If the attacking team score, then they turn and receive a new ball from the coach.
- If the attacking team fail to score then the defending team break out to receive a pass from the coach and the roles are reversed.

KEY

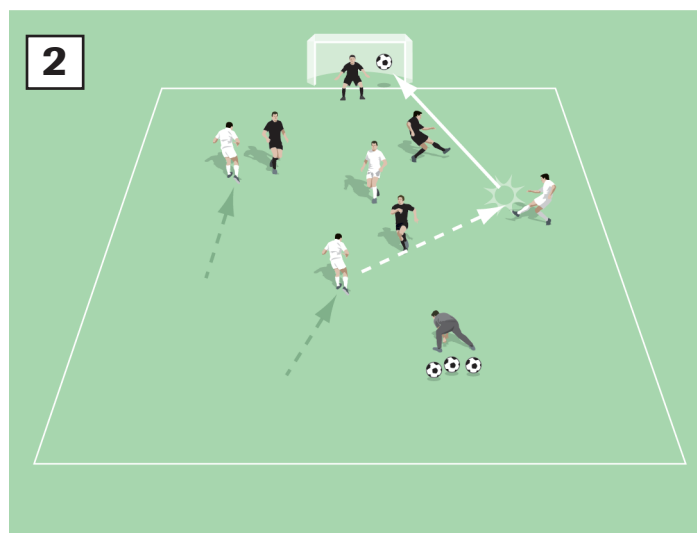
BALL MOVEMENT

SHOT ON GOAL

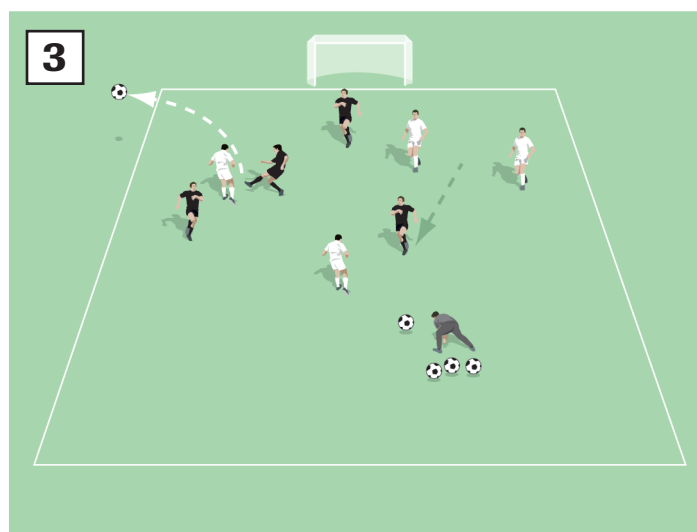
PLAYER MOVEMENT



1. Start the game by feeding a ball in for a 4v3 attack.



2. The attacking team must use their numbers advantage to score.



3. If the defending team can win the ball, roles are reversed and they attack.

Through Pass Game

Set up

- Pitch size: 40 x 30 yards, split into two halves
- Two teams of four players
- Six mini goals (three at each end of the pitch)
- No keepers

Rules

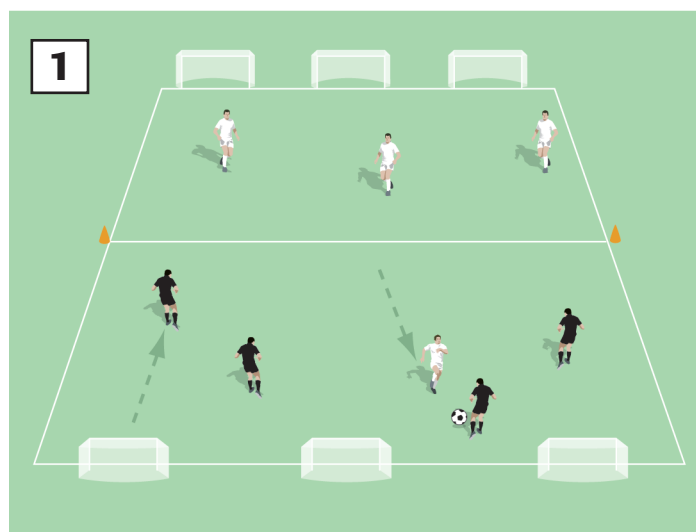
- Each team starts in their own half.
- Pass the ball to one of the teams.
- Immediately an opponent races into the area to pressure the player in possession.
- The team in possession of the ball must attempt to create a position in which one of their players can make a pass into one of the target goals.
- The player that attempts the through pass into one of the goals, must then react and go to pressure in the opponents half.
- The game is played continuously for a set time period.

KEY

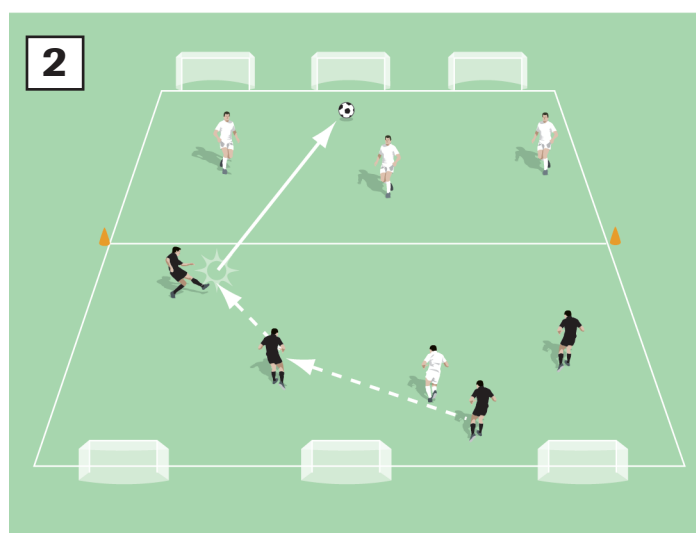
BALL MOVEMENT

SHOT ON GOAL

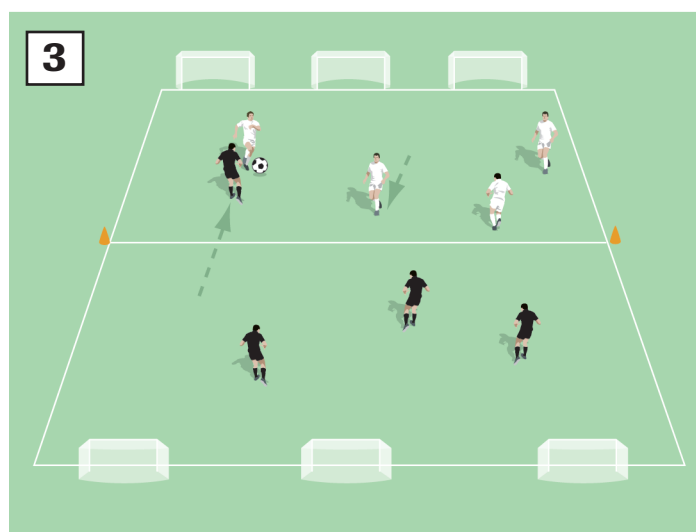
PLAYER MOVEMENT



1. The game starts with one team in possession and one player applying pressure.



2. The team in possession must create a chance to pass into an opposition mini target goal.



3. If successful, possession switches and the goal-scorer must immediately apply pressure to the opposition.

2 v 2 v 2 v 2 Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Four teams of two players (black, white, hoops, stripes)
- Two keepers
- If the ball leaves play, feed a new ball in immediately.

Rules

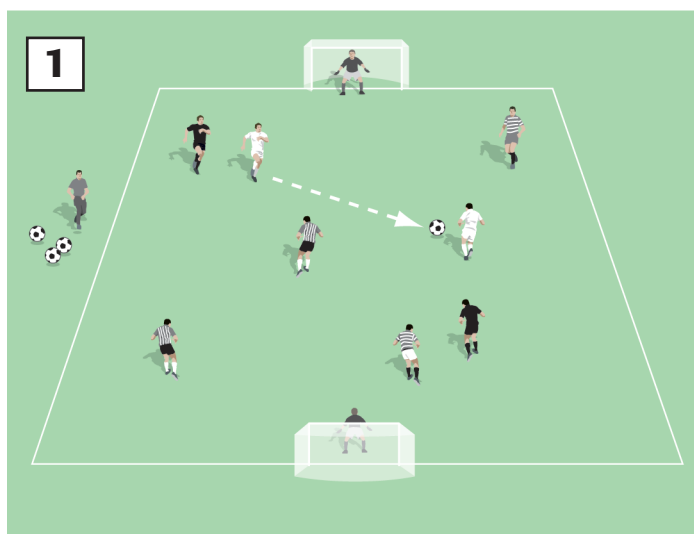
- Start the game with four teams of two playing with one ball. Players can score in any goal.
- On your call, two teams immediately join together and the game continues in a 4v4 situation. An example of a call would be “white and stripes”. Both these teams would now join forces to play against black and hoops.
- You can also overload the game against one team, for example “white, stripes and hoops” would play against black.
- Again, the teams can score in either goal.

“This game attempts to recreate a school playground atmosphere where all players are actively involved in both attack and defence.”

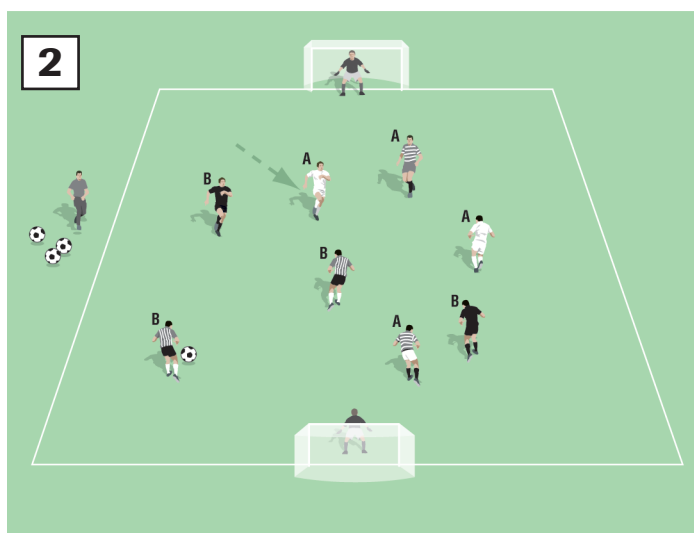
KEY

BALL MOVEMENT

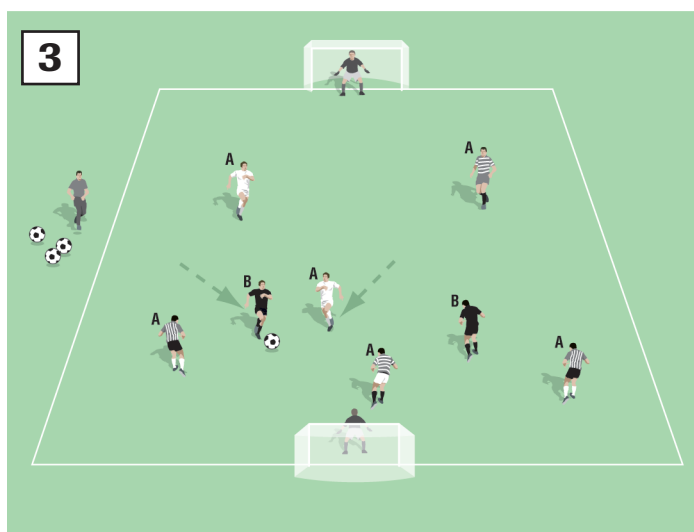
PLAYER MOVEMENT



1. Four teams of two battle it out to score in either goal.



2. On your call, two teams merge to create 4v4.



3. How about 6 v 2 on your call? Can they score from the overload?

Two In and Two Wide

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players, two players from each team starting on the pitch
- Two keepers

Rules

- The central players are involved in a 2v2 game but can use their wide players to their advantage when in possession of the ball.
- The wide players might make a return pass or maybe cross for an attempt on goal.
- The wide players can only use two touches on the ball.
- The game is played for a set time period before the wide and central players switch positions.
- This game can be progressed to a continuous game in which the central player that passes out to a wide player must go out and change positions with them. The wide player now dribbles onto the main pitch.

KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →

1

1. Start with 2v2. The team in possession can look to use their wide players to their advantage.

2

2. Here, the wide white player is used to cross for a scoring opportunity..

3

3. Turn it into a continuous 2v2 by getting the players on and off the pitch to swap roles.

Middle or Wide Advantage

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two keepers
- Two teams of four players
- One team play with all four players on the pitch
- The other team play with two players on the pitch and two wide players off the pitch
- This set up gives the teams different tactics when in possession and when defending.

Rules

White team

The white team have all four players on the pitch.

When in possession they need to pass the ball quickly in order to create an opening to score a goal.

In defence, this team can pressure quickly as they have the extra players and attempt to force the black players to play inside and not towards their wide advantage.

Black team

In possession the black team need to try to pass out wide quickly. This enables them to get another one of their players into the game.

The receiving wide player can choose to dribble down the outside unopposed or dribble onto the pitch and attempt to score. In defence, the black team must try to drop off and reduce the space for the white team to exploit.

KEY
 BALL MOVEMENT PLAYER MOVEMENT

1. Start with 4v2. The team in possession must look to use their numbers advantage to score quickly.

2. The black team have won possession but the white team are forcing them inside preventing use of their wide players.

3. But the black team manage to get the ball wide and the attack is on.

One Big v Two Small

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- One normal sized goal at one end
- One keeper
- Two mini goals at the other end
- If the ball leaves play, feed a new ball in immediately.

Rules

- One team attacks the normal goal.
- One team attacks the two mini goals.
- The game is played in two halves with each team taking one half attacking the normal goal and one half attacking the mini goals

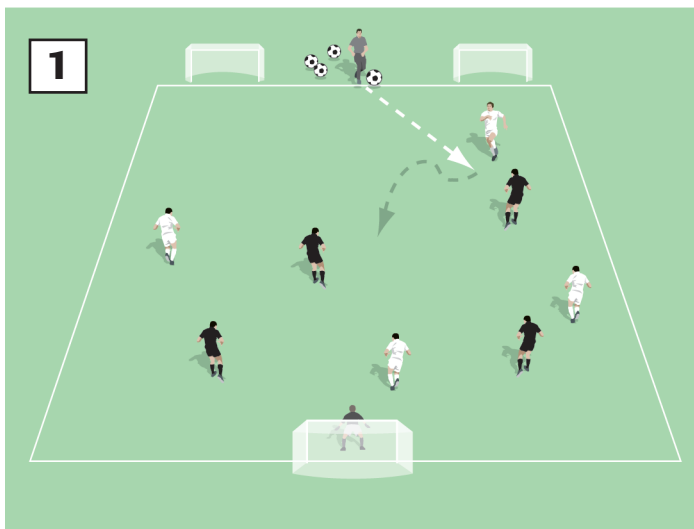
KEY

BALL MOVEMENT

SHOT ON GOAL

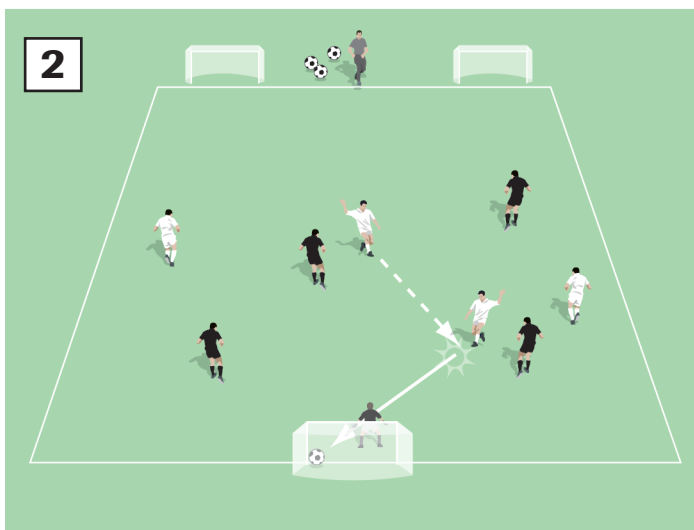
PLAYER MOVEMENT

1



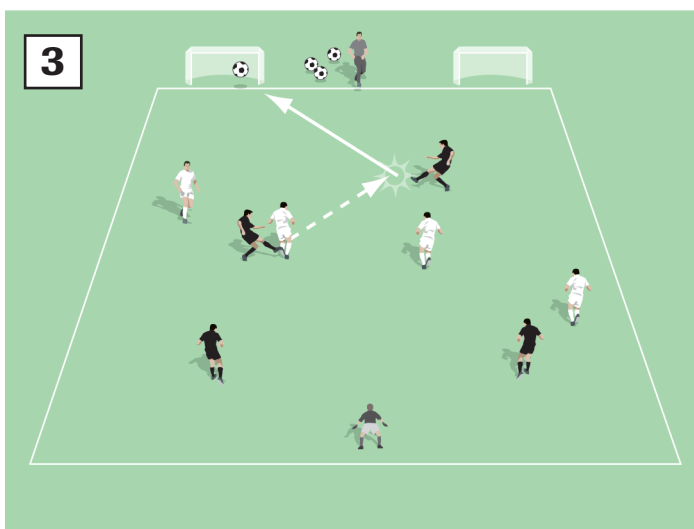
1. The white team start with possession.

2



2. Can they pass their way to the normal sized goal and beat the keeper?

3



3. If the black team win possession in an advanced position they can simply pass the ball into one of the target goals.

1 v 1 Continuous

Set up

- Two teams of four players
- One goal, one keeper
- A large number of balls

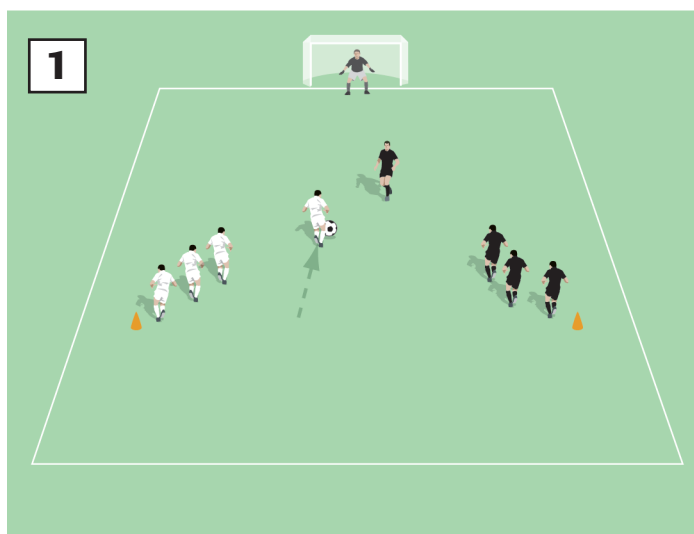
Rules

- The players have a turn at attacking in a 1v1 situation and then immediately defending a 1v1 situation.
- The game is played continuously for a set time period or until a set number of goals is scored.

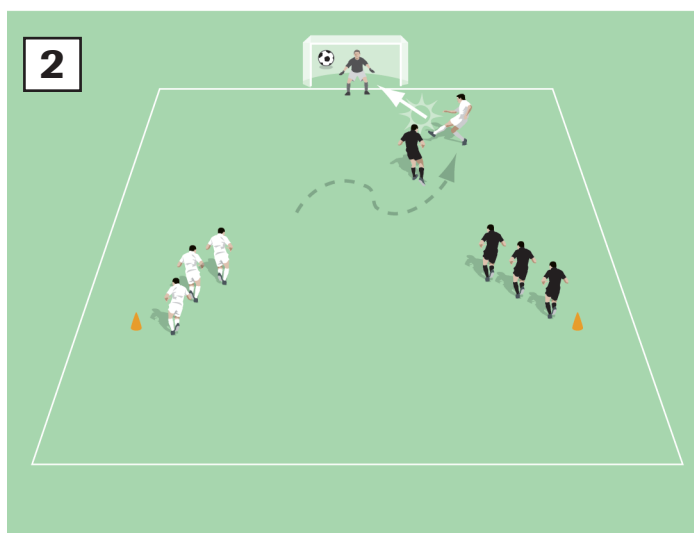
KEY

SHOT ON GOAL

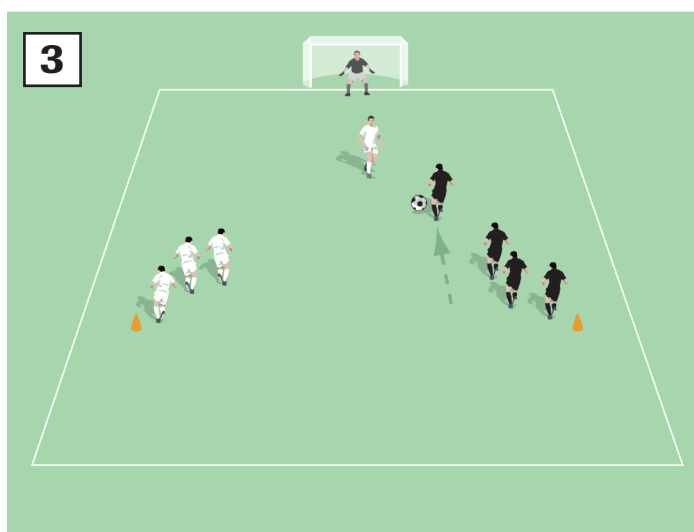
PLAYER MOVEMENT



1. The white player attacks the defender in a 1v1 situation.



2. He must use his skill, pace and imagination to find a way to goal.



3. After the shot, the white player becomes a defender and tries to stop the approaching black player.

2 v 2 Continuous

Set up

- Two teams of four players
- One goal, one keeper
- A large number of balls

Rules

- The pairs of players take turns at attacking in a 2v2 situation and then immediately defending a 2v2 situation.
- The game is played continuously for a set time period or until a set number of goals is scored.

KEY

BALL MOVEMENT

SHOT ON GOAL

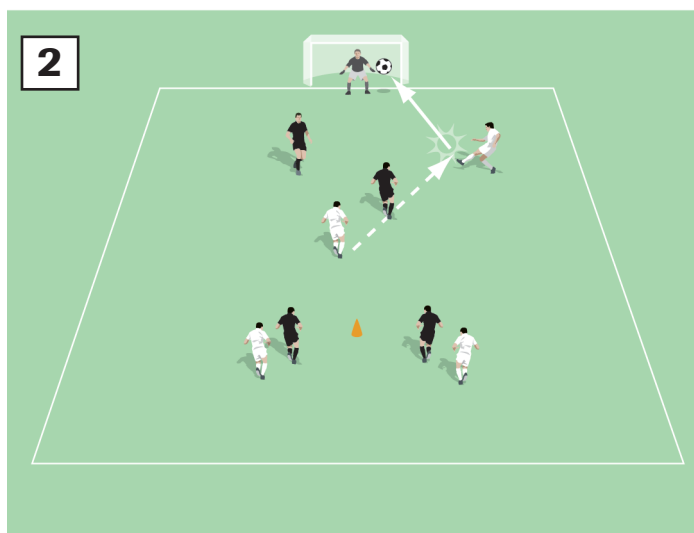
PLAYER MOVEMENT

1



1. The white players attack the defenders in a 2v2 situation.

2



2. They must use their skill, imagination and vision to find a way to goal.

3



3. After the shot, the white players become the defenders and try to stop the approaching black players.

Throw to Pass, Head to Score

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No keepers

Rules

- The game is played by throwing and catching the ball.
- The player in possession cannot move with the ball.
- This encourages his team mates to make movements off the ball.
- The player in possession must not have the ball in their hands for longer than 3 seconds.
- This encourages quick passing and decision making.
- A goal is scored by heading a thrown pass into the goal.
- A progression would be to allow players to score by volleying a thrown pass into the goal.

KEY

BALL MOVEMENT

SHOT ON GOAL

PLAYER MOVEMENT

1



1. The team in possession in this netball-style game throw the ball to each other...

2



2. ...looking for an opportunity to head into the goal.

3



3. Try giving your players the option to volley the ball into the goal.

Two Goal and End Zone

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two goals, one at either side of the pitch
- Two end zones, 5 yards deep, at either end of the pitch
- Two teams of four players

Rules

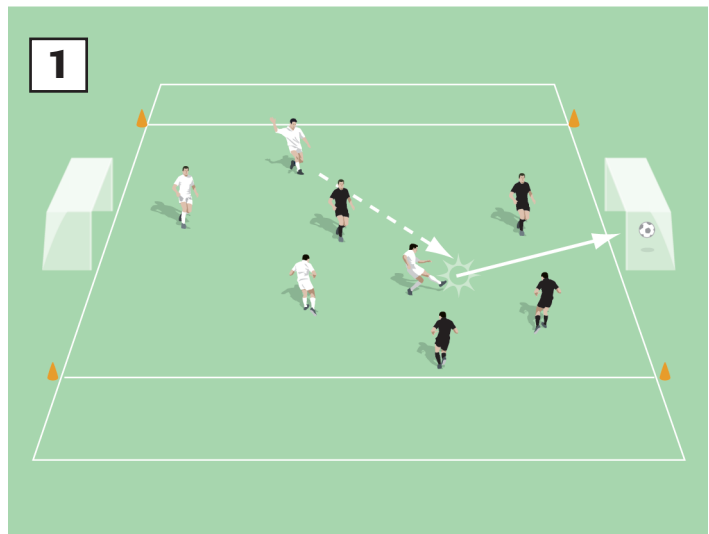
- This game is a combination of two games - the Two Goal Game and the End Zone Game.
- Each team attacks one goal and one end zone. The aim of this game is to score a goal in the goal or by dribbling out and stopping the ball in the end zone.
- You call out the name of the game to be played.
- The players must react to your call in order to change games quickly and take up any advantages.

KEY

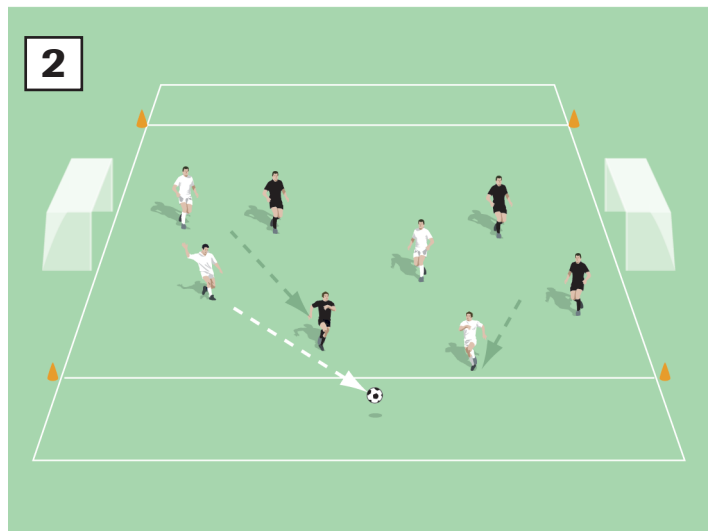
BALL MOVEMENT

SHOT ON GOAL

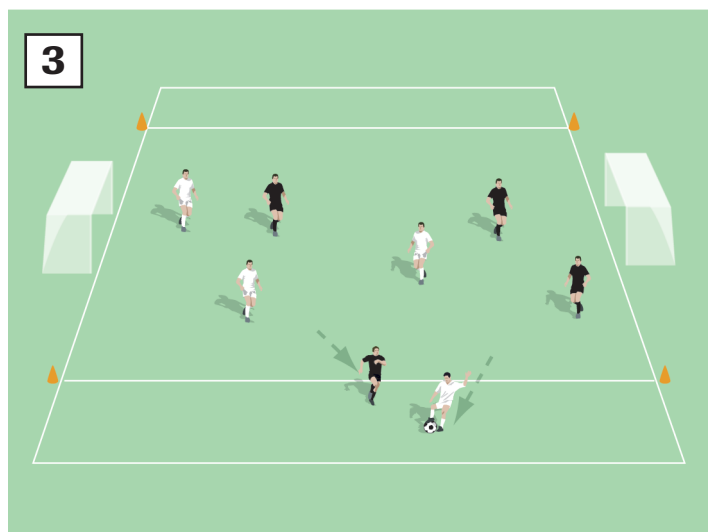
PLAYER MOVEMENT



1. The teams start 4v4 attacking the normal goals.



2. When you call for the end zone game, the attack shifts and white team try to get it to a player in an advanced position.



3. The white player must stop the ball in the end zone to score a "goal".

Four Goal and Two Goal

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two normal goals (centred) and four mini targets (in the corners)
- Two keepers
- Two teams of four players
- This game is a combination of two games - the Two Goal Game and the Four Goal Game

Rules

- Each team attacks one normal goal and two mini goals.
- Call out the name of the game to be played.
- The players must quickly react to your call in order to change games and take up any advantages.

KEY

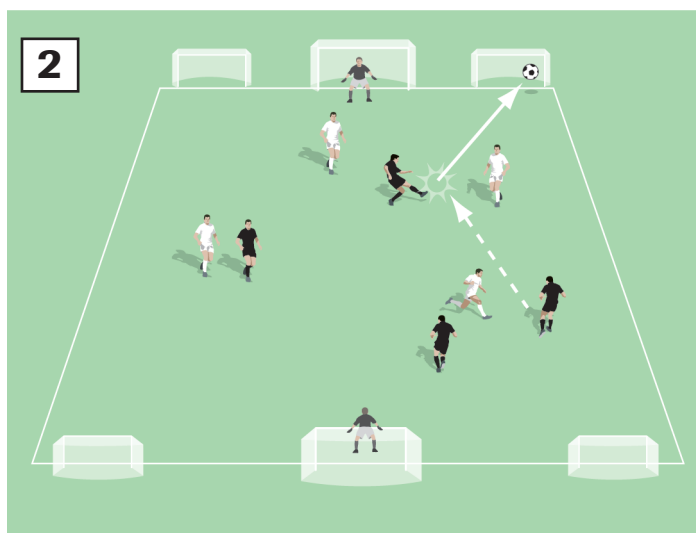
BALL MOVEMENT

SHOT ON GOAL

PLAYER MOVEMENT



1. The game starts out as a normal 4v4.



2. Tell your players to play the 4 goal game and see how quickly they can score.



3. Then call a 2 goal game and see if they can readjust.

Four Goal, Two Goal, End Zone, Half Field

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Mark out 4 zones on the pitch as in diagram 1
- Two normal goals (centred) and four mini targets (in the corners)
- No keepers
- Two teams of four players
- This game is a combination of four games:
the Two Goal Game (see page 1 for rules)
the End Zone Game (see page 26 for rules)
the Four Goal Game (see page 34 for rules)
the Half Field Possession (see page 23 for rules)

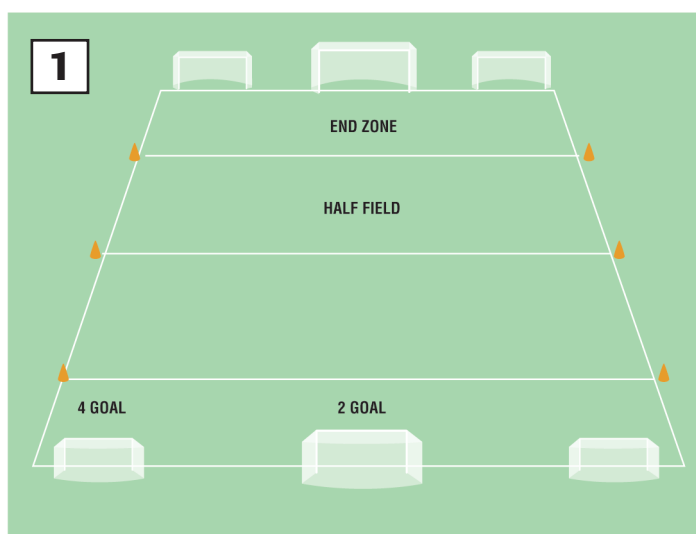
Rules

- Call out the name of the game to be played.
- The players must react to your call in order to change games quickly and take up any advantages.

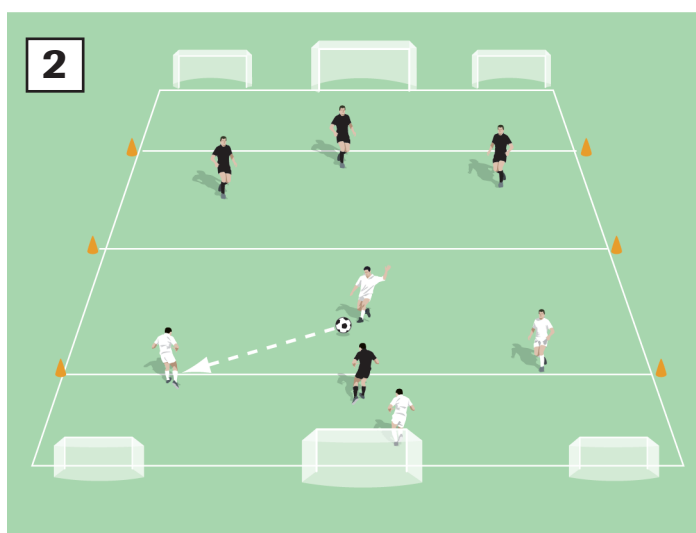
KEY

BALL MOVEMENT

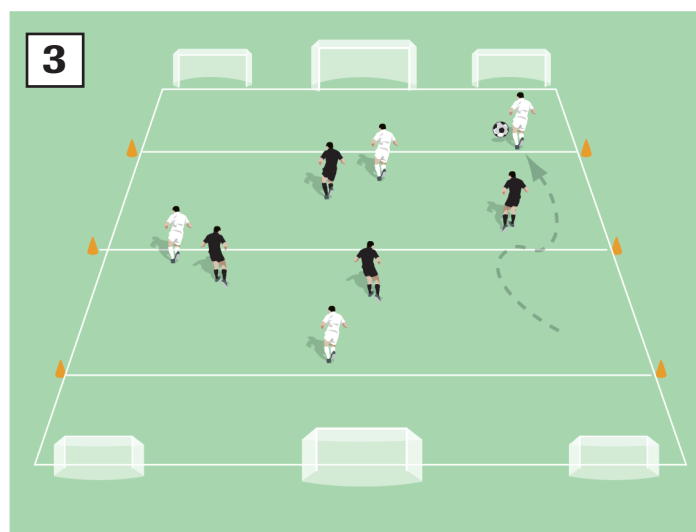
PLAYER MOVEMENT



1. Four games in one! The aim of the game is to be ready to change tactics on your call.



2. The Half Field Possession Game gets your players concentrating on keeping the ball



3. The End Zone Game gets them passing and moving.

Three Games in One

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two goals
- Two keepers
- Four pairs of cones arranged as in the diagram

Rules

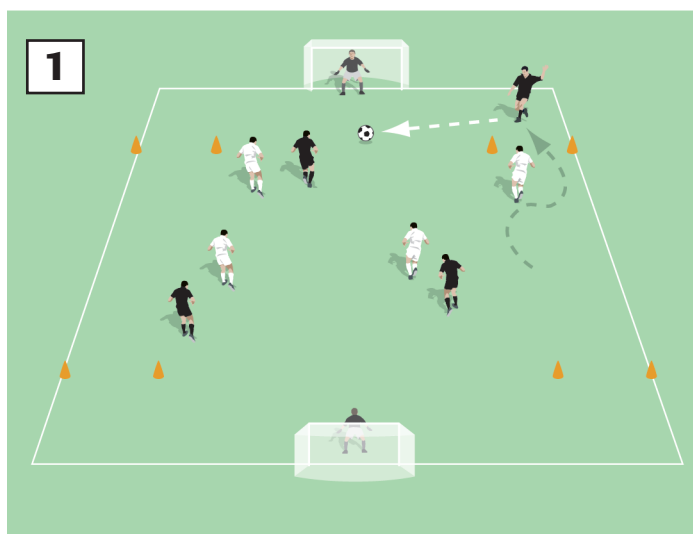
- There are three ways to score in this game:
 1. One point is awarded for each time a player dribbles through the attacking gate and crosses the ball.
 2. Two points are awarded for each set of 6 consecutive passes.
 3. Three points are awarded for scoring a goal past the keepers.
- Play for a set period and count the scores.

KEY

BALL MOVEMENT

SHOT ON GOAL

PLAYER MOVEMENT



1. Dribble through a gate and cross for one point.



2. Six consecutive passes earns two points.



3. Three points for a shot past the keeper.

Four Goal, Half Field and End Zone

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Mark out 4 zones on the pitch as in diagram 1
- Four mini target goals (in the corners)
- Two teams of four players
- No keepers
- This game is a combination of three games:
the Four Goal Game (see page 34 for rules)
the End Zone Game (see page 26 for rules)
the Half Field Possession (see page 23

Rules

- The coach calls out the name of the game to be played.
- The players must react to the coaches' call in order to change games quickly and take up any advantages.

KEY

BALL MOVEMENT PLAYER MOVEMENT

1

1. Three games in one! The aim of the game is to be ready to change tactics on your call.

2

2. The Half Field Possession Game gets your players concentrating on keeping the ball.

3

3. The End Zone Game gets them passing and moving.

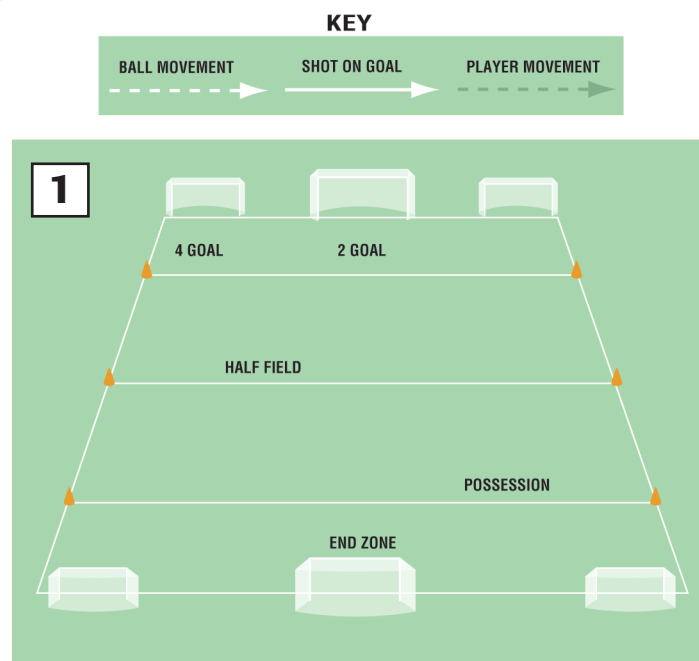
Ultimate 4 v 4 Challenge

Set up

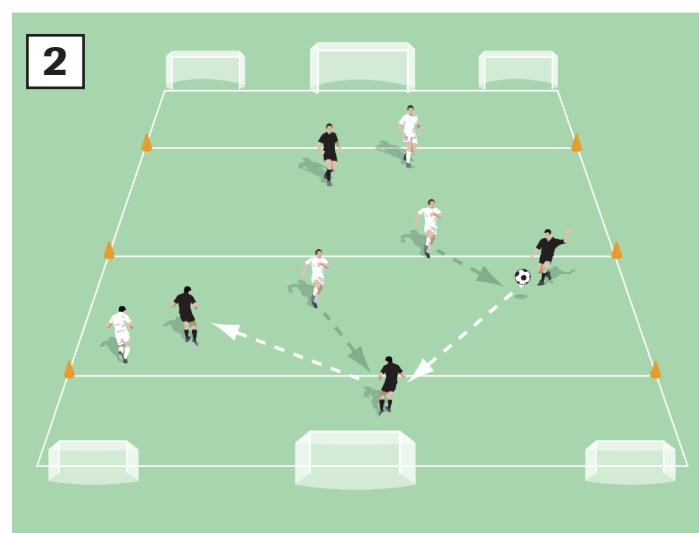
- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Mark out 4 zones on the pitch as in diagram 1
- Two normal goals (centred) and four mini targets (in the corners)
- No keepers
- Two teams of four players
- This game is a combination of five games:
 - the Two Goal Game (1 point for scoring in your opponents goal)
 - the End Zone Game (1 point for stopping the ball inside your opponents' end zone)
 - the Four Goal Game (1 point for scoring in your opponents mini goals)
 - the Possession Game (1 point for making 6 consecutive passes)
 - the Half Field Possession (1 point for getting all four players into your half)

Rules

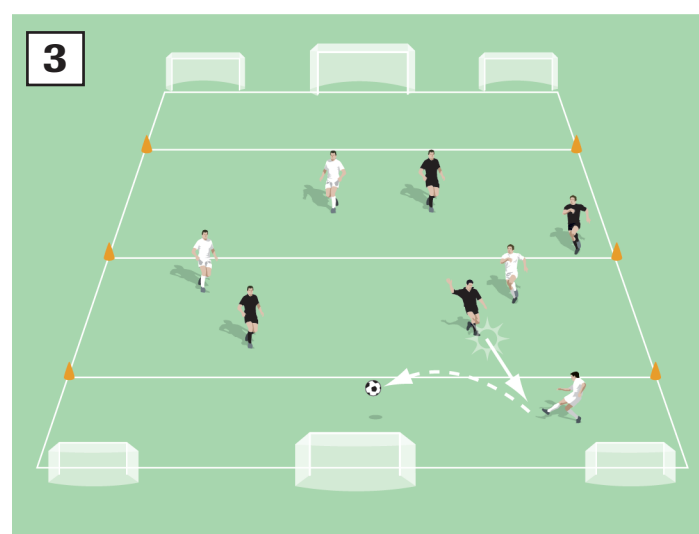
- Each game is played for 4 minutes in the above order.
- The players rest for 1 minute between games.
- When all five games have been played, the game then goes into "random mode" for a further ten minutes. You call the game to be played. The players must react quickly to your call and play the new game.
- Each game is scored in different ways (see above).



1. Five games in one! The aim of the game is to be ready to change tactics on your call.



2. The Possession Game gets your players passing crisply...



3. ...and The Two Goal Game gets them into finishing mode.

4 v 4 v 4 Four Goal Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Place four goals as in the diagrams
- Three teams of four players

Rules

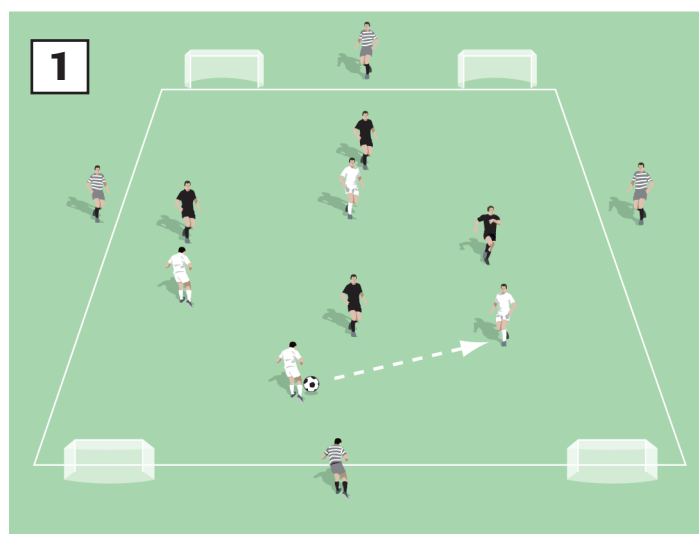
- Two teams of four start the game on the pitch.
- The third team of four start off the pitch and work as target players for one-two/wall passes.
- The teams on the pitch play against each other, attempting to score in the goals.
- Scoring after a one-two or wall pass with an outside player earns two goals.
- Play for a set time period and add up the scores. Then switch roles.

KEY

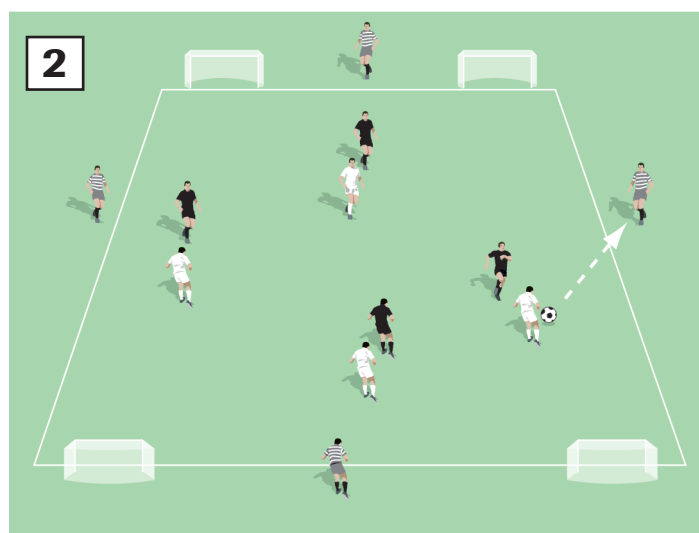
BALL MOVEMENT

SHOT ON GOAL

PLAYER MOVEMENT



1. The game starts as a 4v4 with 4 goals...



2. ...but can your players use the wide man for a one-two?



3. If they can score from a one-two they earn two points!

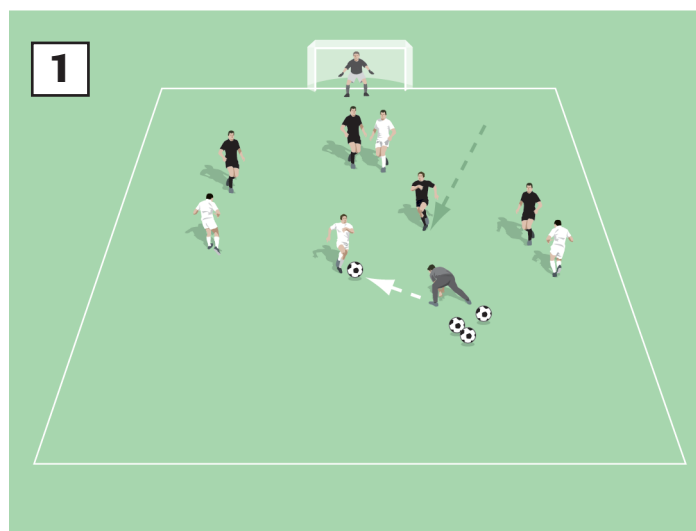
4 v 4 Attack v Defence Game

Set up

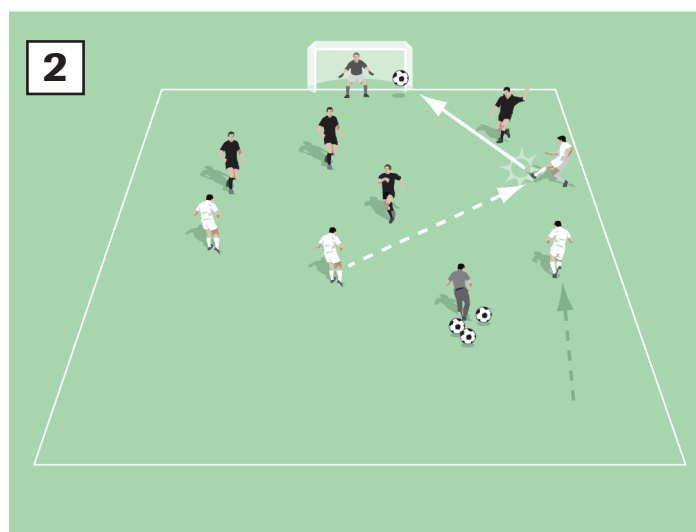
- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- One goal, one keeper
- Two teams of four players

Rules

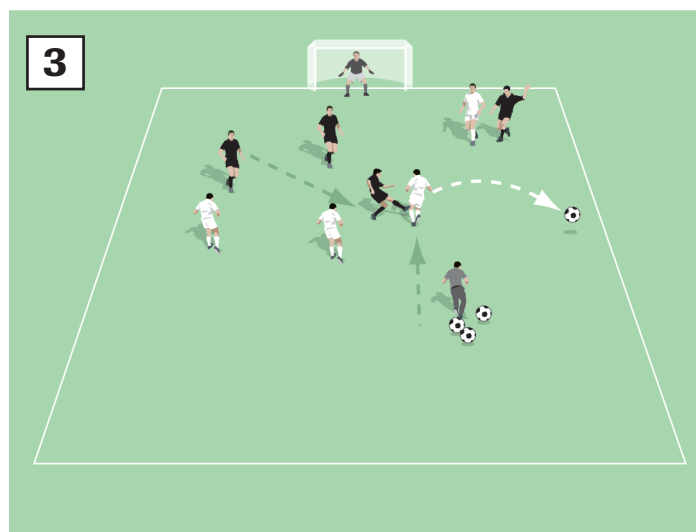
- One team starts the game as the attacking team.
- One team starts the game as the defending team.
- The game is played for two five minute periods.
- The attacking team continue to receive balls from the coach and attempt to build up and score goals.
- The defending team attempt to stop them.
- When the first five minute period is completed, the attacking team count the number of goals scored.
- The roles are now reversed with the defending team attempting to beat their opponents score.



1. Play 4v4 with one goal - one team attacks, one defends.



2. Attackers must use their skill, passing and vision to find a way to goal.



3. Defenders must be organized and strong to resist the attack.

4 v 4 Playing Out of Defence

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- One full-sized goal
- One keeper
- Two teams of four players
- Three mini target goals

Rules

- One team starts the game as the attacking team.
- One team starts the game as the defending team.
- The keeper starts the practice with the ball in his hands.
- The defending team must attempt to pass out of defence and into one of the mini goals in order to score a goal.
- The attacking team must try to win the ball and shoot into the net to score a goal.
- The game is played for 10 consecutive balls.
- The two teams then reverse roles for a further 10 balls.

KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →

1

1. The keeper starts this game by looking for team mates in space.

2

2. The defenders must try to pass the ball out of defence and pass into a mini target goal.

3

3. The attackers must look to win possession and beat the keeper.

4 v 4 Build Up To Score

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- One goal, one keeper

Rules

- One team starts the game as the attacking team.
- One team starts the game as the defending team.
- The game is played for four balls and then the roles are reversed.
- To start, the attackers spread out across the pitch and play against a single defender.
- The attacking team receives a pass from the coach and attempt to build up and score in a 4v1 situation.
- After each ball is played, a new defender enters the pitch.
- The attacking team has a total of four attacks (4v1, 4v2, 4v3, 4v4).
- Each time the attackers score, they are awarded a point.
- Each time they fail to score the defenders are rewarded with a point.

KEY
 BALL MOVEMENT PLAYER MOVEMENT

1

1. The game starts 4 v 1 so scoring should be easy.

2

2. 4v2 takes a little more skill and patience.

3

3. Can your players be as successful in a 4v4 situation?

4 v 4 Overload Defending

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- One goal, no keeper

Rules

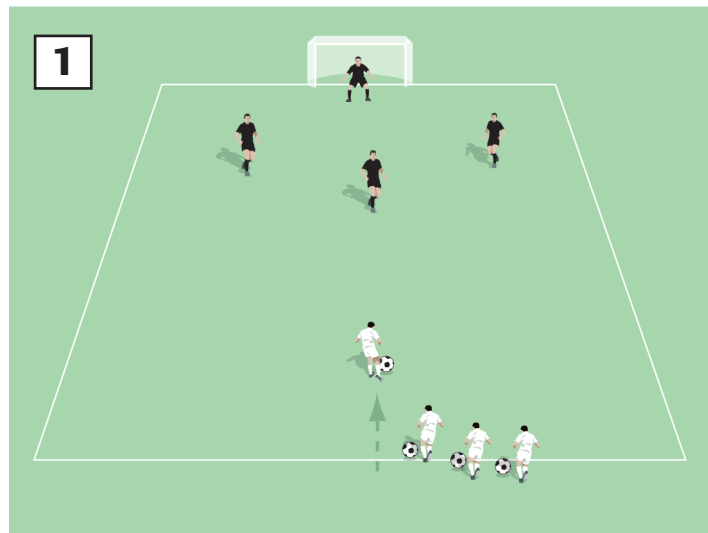
- One team starts the game as the attacking team. One team starts the game as the defending team.
- The game lasts for four attacks.
- The defending team number themselves 1 to 4 and each take a turn as goalkeeper.
- The defending team score a point for each time they stop the attackers scoring.
- The attacking team score a point for each goal scored.
- To start the game, one attacking player dribbles into the pitch and attempts to score in a 1v3 situation.
- When this ball has been played a new attacker dribbles into the pitch and attempts to combine with his team mate in a 2v3 situation.
- The game continues until all attackers are on the pitch and the game is a 4v3 (+1) situation.

KEY

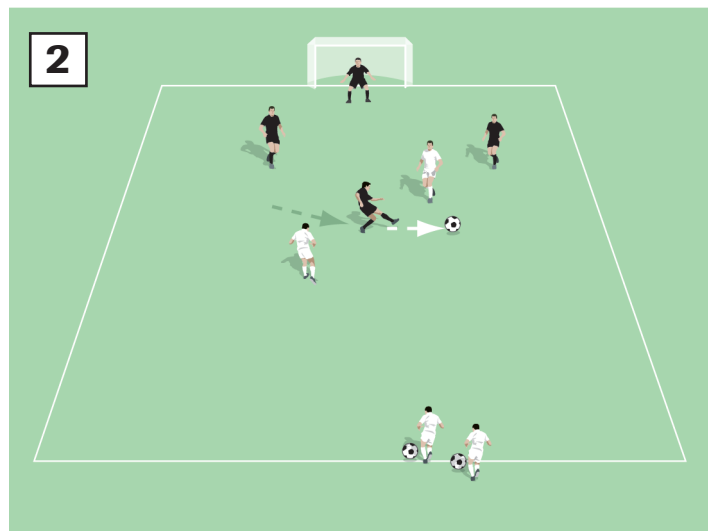
BALL MOVEMENT

SHOT ON GOAL

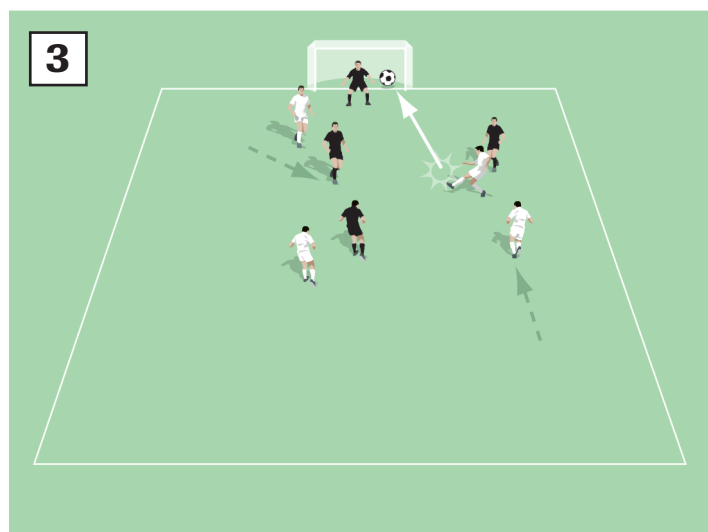
PLAYER MOVEMENT



1. It will take some brilliant attacking play to score 1 v 4.



2. The defenders should be able to cope with two attackers...



3. ...but are they organized and disciplined enough to stop 4 attackers?

4 v 4 Front and Back Goals

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Four mini goals arranged as shown

Rules

- The teams can score in the front and back of any goal.
- The game is played for a set time period.

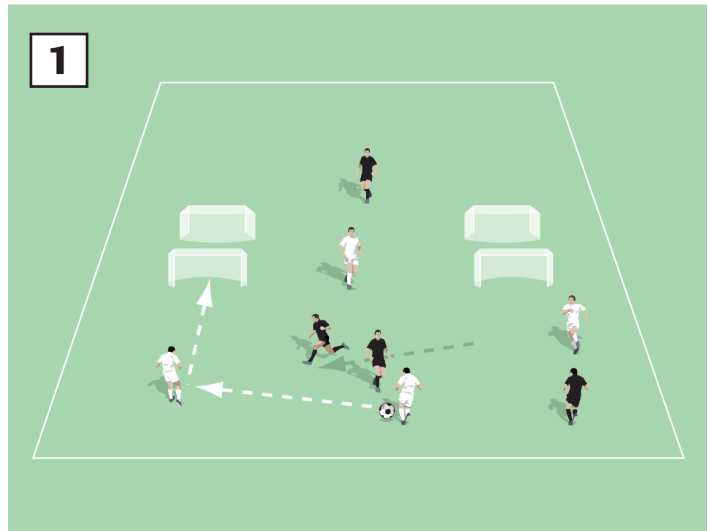
KEY

BALL MOVEMENT

SHOT ON GOAL

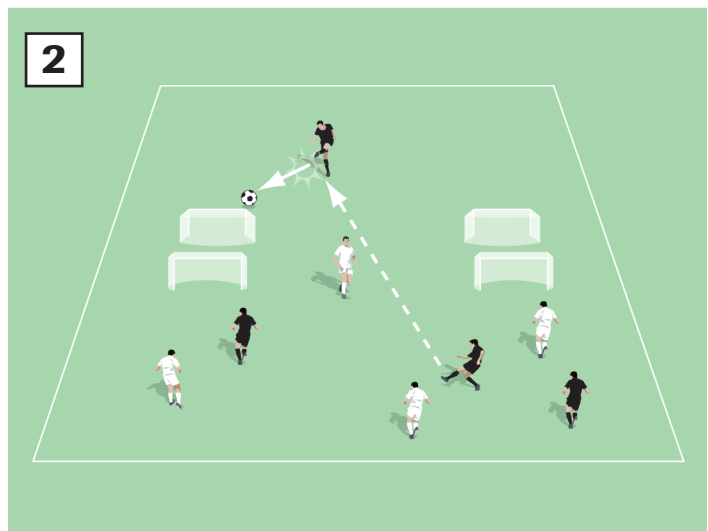
PLAYER MOVEMENT

1



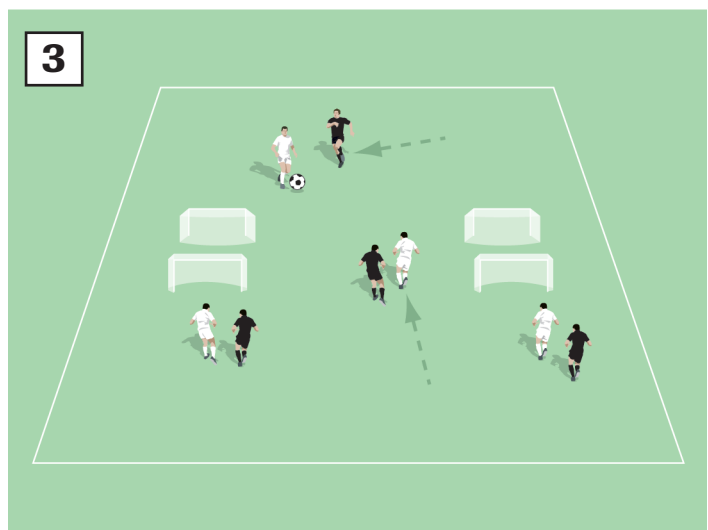
1. Quick passing and movement will lead to many chances to score.

2



2. Tell them to use their imagination and the full length of the pitch to score in the "back" of the goal.

3



3. But if they're not quick enough with their passing, they'll soon be closed down and pressured off the ball.

4 v 4 Continuous 2 v 1 Game

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- Two goals
- Two keepers

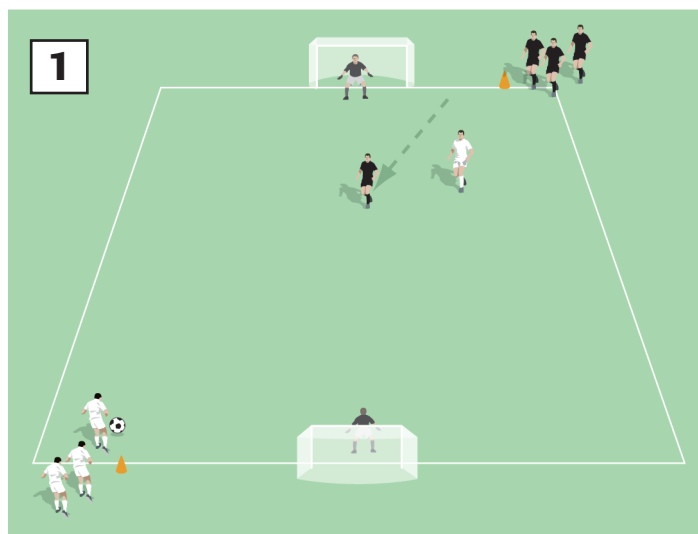
Rules

- Each team defends one goal.
- One player from each team starts on the pitch.
- The white team start first and one player must dribble onto the pitch to make a 2v1 situation.
- Immediately after this ball is played, one of the white players leaves the pitch.
- Now one of the black players dribbles onto the pitch to make a 2v1 situation.
- The game works continuously for a set time period.

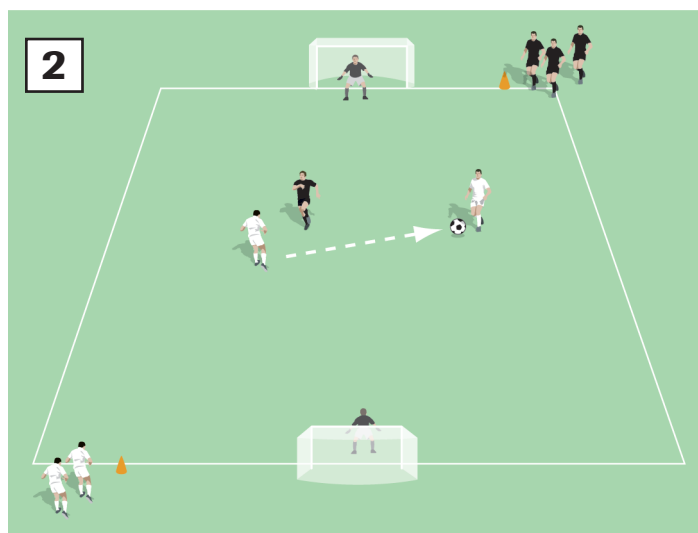
KEY

BALL MOVEMENT

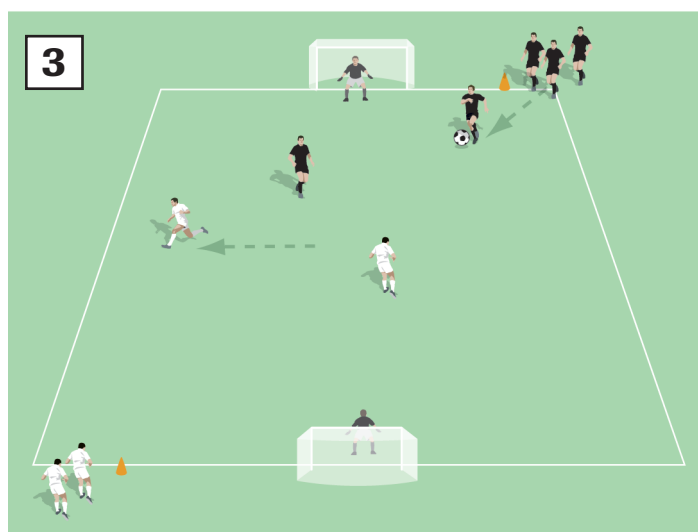
PLAYER MOVEMENT



1. Set your teams up to start the game like this.



2. A white player joins his team mate to make a 2v1. Can they score?



3. Now the tables are turned as a white player exits and the black team get the advantage.

4 v 4 v 4 Team 1 v 1 Battles

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Three teams of four players
- Four goals arranged as in the diagrams
- Four cones or poles to mark the starting points
- 16 balls

Rules

- One team work as attackers, one as defenders and one as goalkeepers.
- The attacking players wait for your whistle, then attempt to score in a 1v1 situation.
- When the ball is played, the attacking player then goes to the next station to their left and waits for the coaches whistle to attack again.
- Therefore each attacking player has four 1v1 situations.
- When all the balls have been played, count the total number of goals scored by all four attackers.
- The roles are then reversed with the new attacking team attempting to beat the previous team's score.

KEY

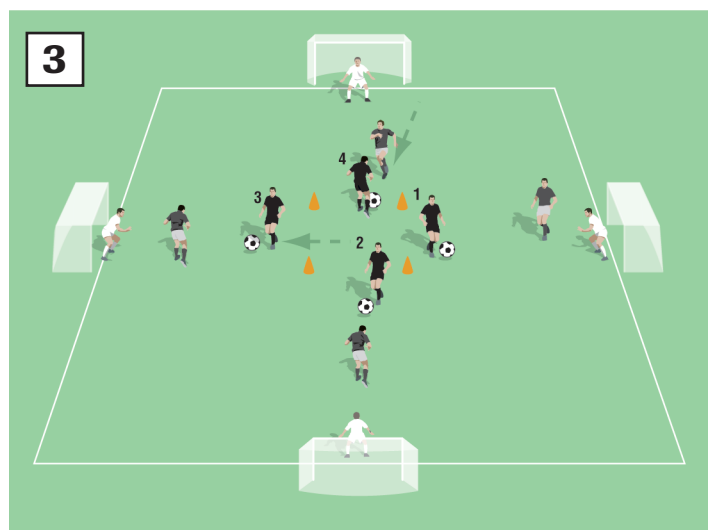
PLAYER MOVEMENT
----->



1. Set up your three teams of four like this and have each attacker go 1v1.



2. Now make the attackers move through each successive station for 4 rapid 1v1 attacks.



3. Now switch the roles so that everyone gets a turn in attack, defence and goal.

4 v 4

- Score and Get a Player

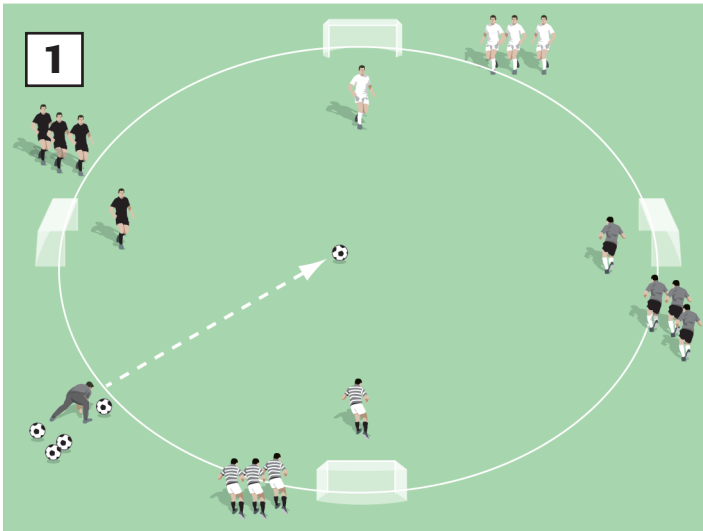
Set up

- Mark out a 30 yard diameter circular pitch (with markers or cones if necessary)
- Place four goals as in the diagrams
- Four teams of four players

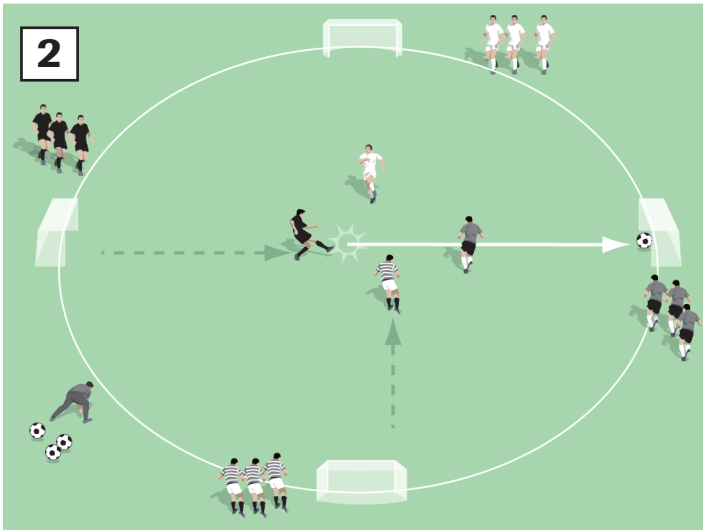
Rules

- One player from each team starts on the pitch.
- Pass a ball onto the pitch.
- All players compete to score a goal.
- If successful in scoring, they get an extra player as a reward.
- Pass a new ball onto the pitch (if one team has fewer players then they start in possession).
- The aim of the game is to have all four players on the pitch and to score a goal.

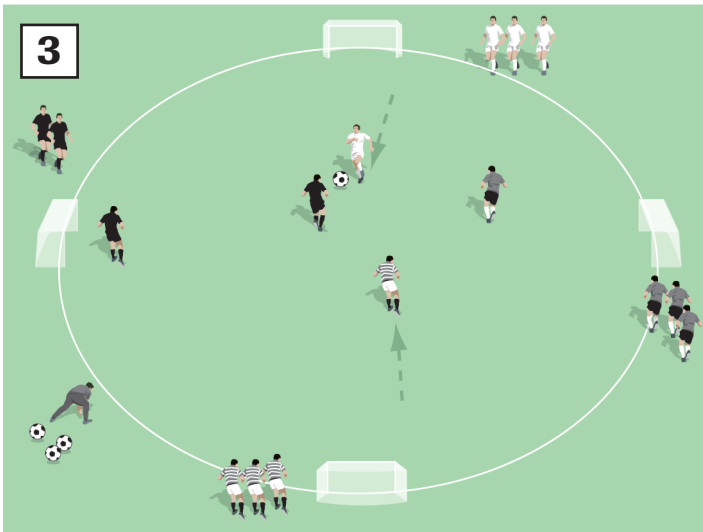
KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →



1. Start off with 1v1v1v1.



2. Your players will really have to battle to win the ball and score...



3. ...but the reward is a numbers up situation!

4 v 4 - Lives

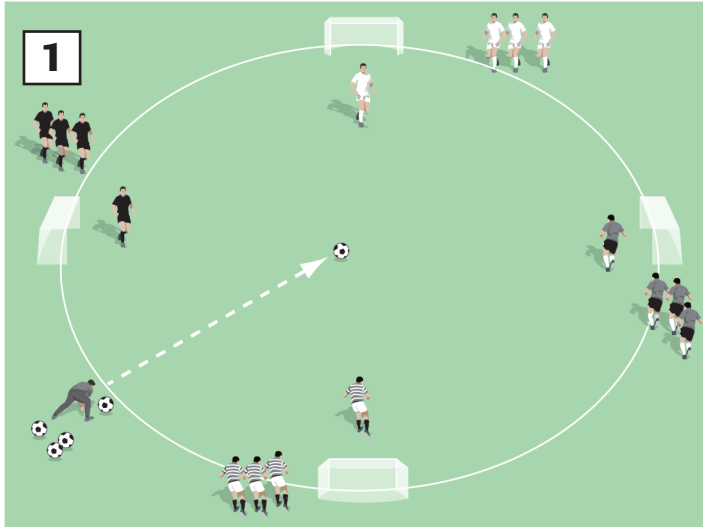
Set up

- Mark out a 30 yard diameter circular pitch (with markers or cones if necessary)
- Place four goals as in the diagrams
- Four teams of four players

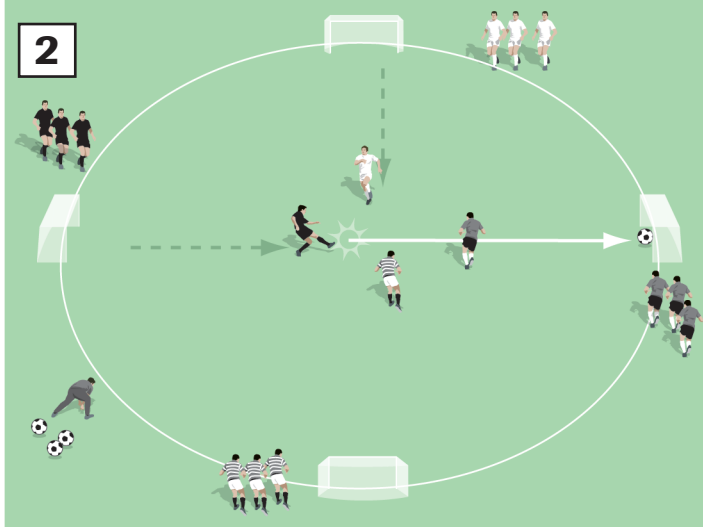
Rules

- One player from each team starts on the pitch.
- Each team has four lives.
- Pass a ball onto the pitch to start the game.
- The four players compete for possession and try to score.
- If you concede a goal then you are ejected from the game, your team loses a life and a new player comes into the game.
- The winner is the last team still on the pitch.

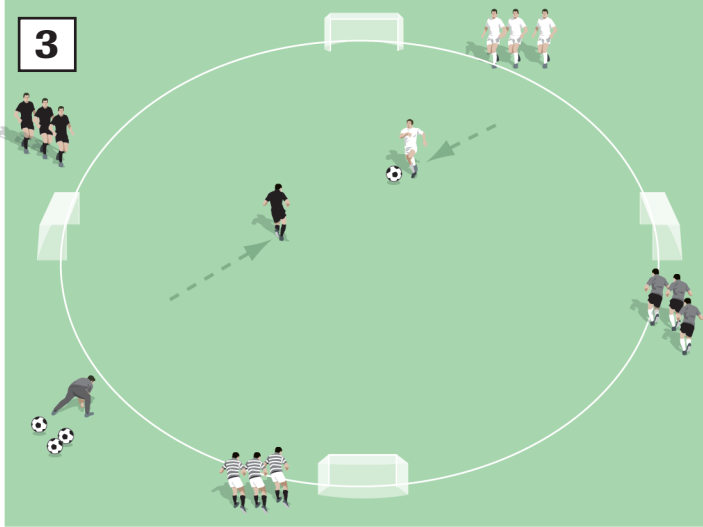
KEY
 BALL MOVEMENT → SHOT ON GOAL → PLAYER MOVEMENT →



1. Start off with 1v1v1v1.



2. If a player concedes, he's out, a new one comes in, but a life is lost.



3. The winner is the last man on the pitch.

8 v 4 Game

Set up

- Mark out a 30 yard diameter circular pitch with markers or cones (with markers or cones if necessary)
- Place four goals as in the diagrams
- One team of eight players
- One team of four players

Rules

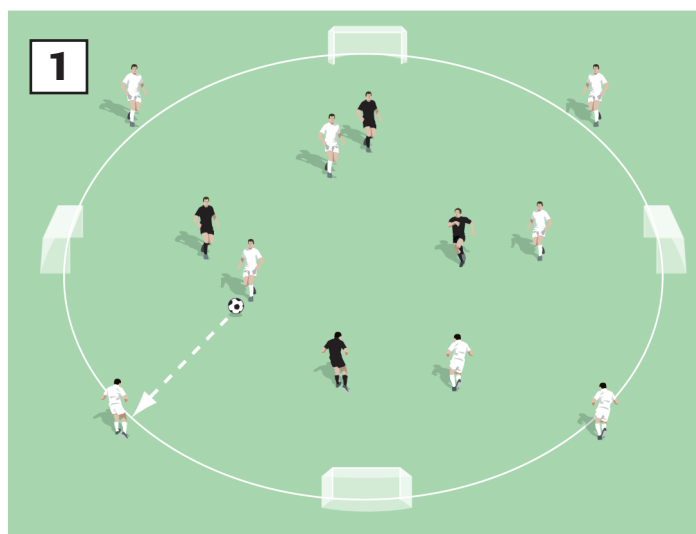
- The team with eight players starts with four on the pitch and four off the pitch.
- The team with four players starts with all four players on the pitch.
- The team with eight players must attempt to keep possession and look to play out to their team mates.
- The player passing out must go to the outside whilst the receiving player dribbles into the pitch.
- The team with four players must try to pass into the target goals in order to score.
- The team passing out get a point for each successful switch.

KEY

BALL MOVEMENT

SHOT ON GOAL

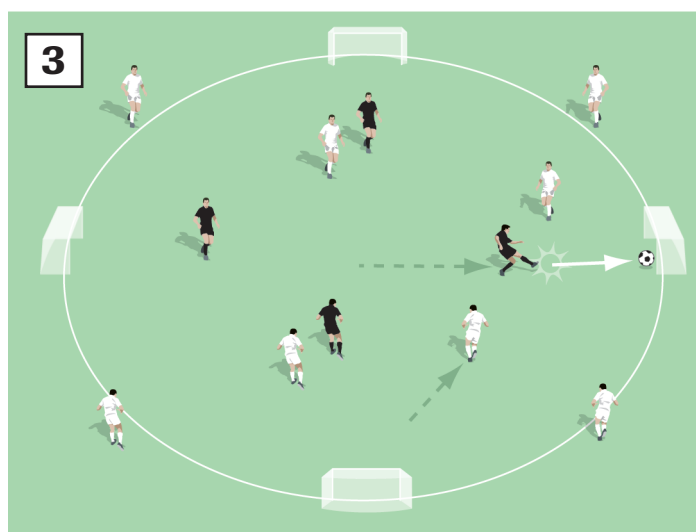
PLAYER MOVEMENT



1. The team with 8 players are playing keep-ball.



2. They get a point for each successful pass out and switch with a player off the pitch.



3. The team with four players get a point for each goal scored.