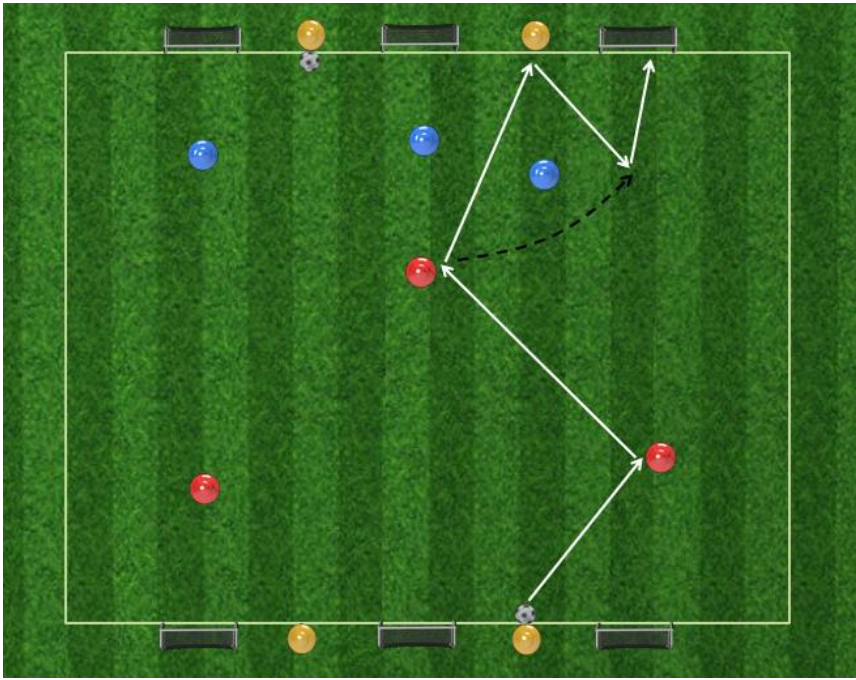


SSG1 3 v 3 with Bouncers



Area: 45 x 35 yard area with 3 pop up goals or cones either side. Two teams of 3 with 2 neutral bouncers at either end. Teams are trying to score more points than the other.

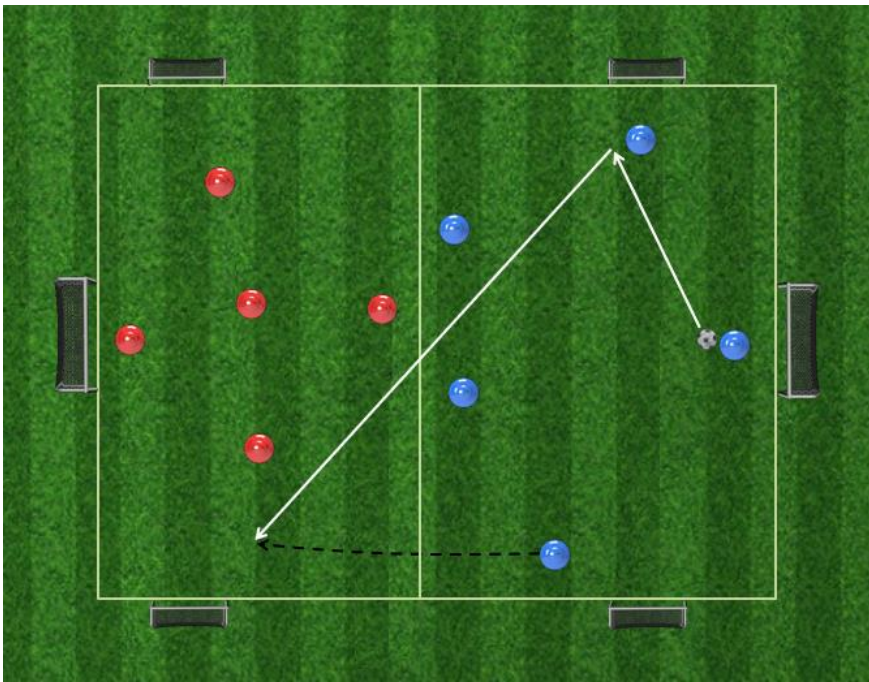
How to: Each team plays with their own ball. The ball comes in from a bouncer and the team must move the ball down the field making a set number of passes before playing a give and go with a bouncer to score. Keep a supply of balls around so the next bouncer can get the game moving again. Try to catch the other team.

Notes:

Coaching Points:

- Awareness of surroundings and changes in space.
- Pass speed and accuracy, timing of runs
- Quality of return pass from the bouncers to set for the pass/shot.

SSG2 Creating chances with Full Backs



Area: 60 x 45 yard area with a goal at either end and two PUGs on the side line as shown. A midfield line should be shown to enable you to add conditions.

How to: 5v5 or 6v6 with specific conditions to encourage play through the full backs.

Condition ideas:

- A cross field ball from a full back into opposition half can be immediately scored in any goal.
- A run from a full back into opposition half that leads to a goal counts for 2

Notes:

Coaching Points:

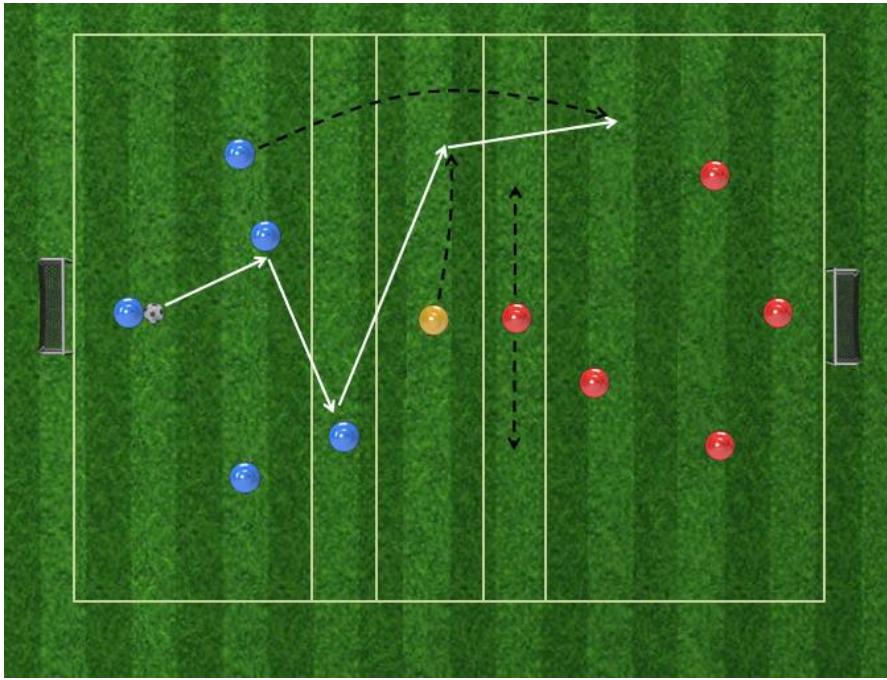
- Passing accuracy
- Movement
- Communication
- Let the game and conditions be the teacher

The diagram shows a soccer field with a green grass texture and white boundary lines. There are four blue players and three red players. A sequence of passes is indicated by white arrows: from a red player on the left to a blue player, then to a blue player in the center, then to a red player, and finally to a blue player on the right. A black dashed arrow highlights a specific pass from the first blue player to the first red player.

How to: 3 attackers play in zones against the two defenders working an opportunity to goal.

- Set conditions initially, like playing wide first then a pass back to switch the point of attack.
- Counter attacks from reds must finish with a give and go with the feeder/bouncer.
- Pass accuracy
- Intelligence and game awareness
- Communication and positioning to build an attack.

SSG4 Passive screening and unopposed playmaker



Area: 55 x 40 yard area with three channels in the middle. 5 v 5 or 6 v 6 with a playmaker on joining the team in possession.

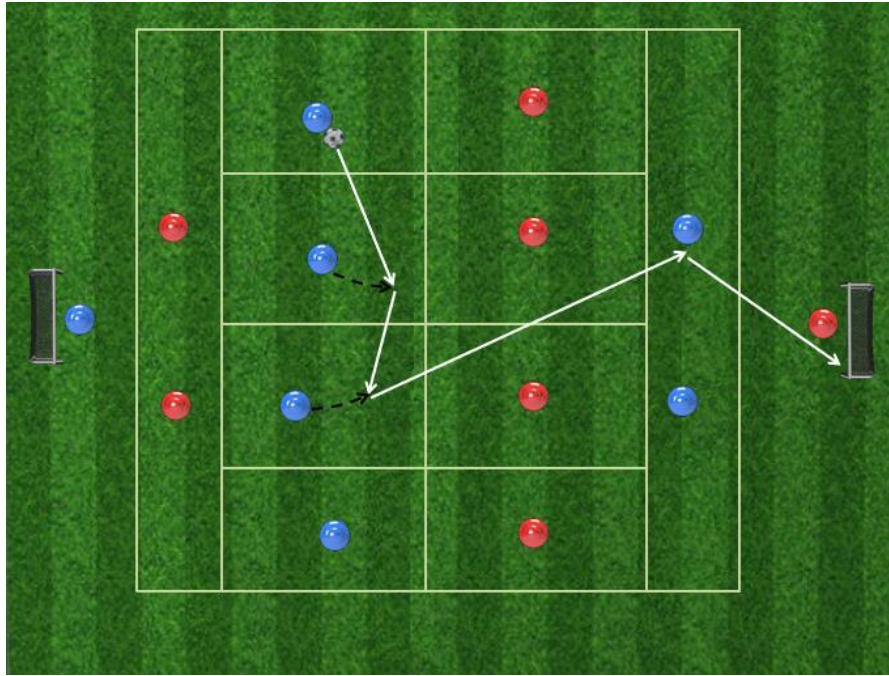
How to: Numbers up for team in play, each team must have a screening player in a channel looking to intercept passes. Play must go through the playmaker who cannot be challenged. Free play SSG under these conditions to reward and encourage build up through the midfield.

Notes:

Coaching Points:

- Positive possession play from the playmaker and positive runs off the ball.
- Pass weight, accuracy and timing.
- Communicate and be creative with the build up, encourage confidence to try key passes knowing that they won't always work.

SSG5 Breaking the lines and finishing



Area: 40 x 30 yard area with a goal set back from the area and a goalkeeper in each. Conditioned 7v7 with the area set into grids.

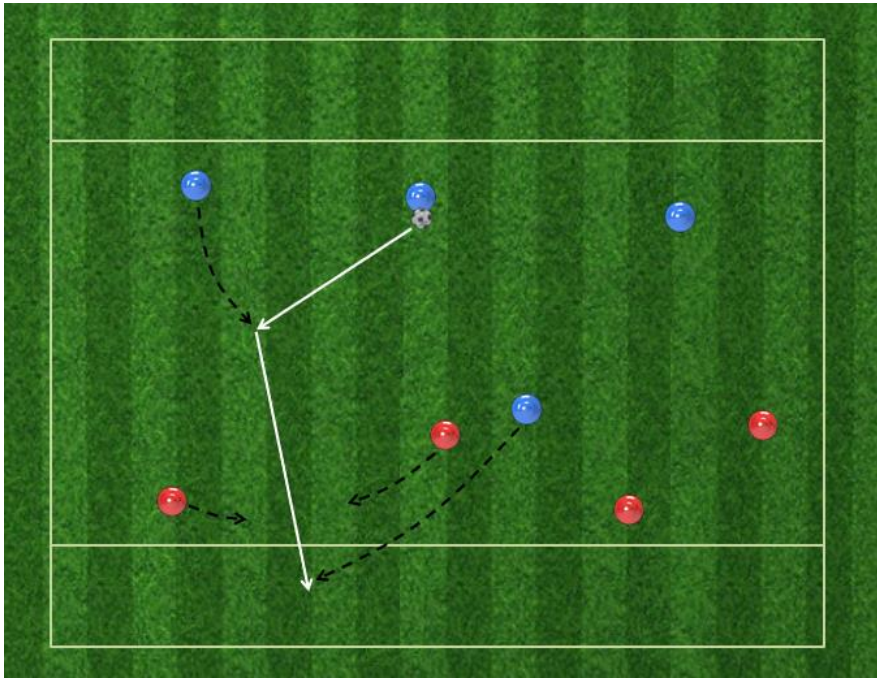
How to: Possession team start play from the goalkeeper attempting to beat the passive press from the opposition and break the line into midfield working a through pass into the attackers to finish. Game should be played at speed.

Notes:

Coaching Points:

- Understanding of passing and space to use the movement to move defenders and create gaps
- Communication and positivity, understand that your positioning can create space even if you don't touch the ball.

SSG6 Picking the through ball with interceptions



Area: 40 x 30 yard area with a 8 yard scoring zone at either end.

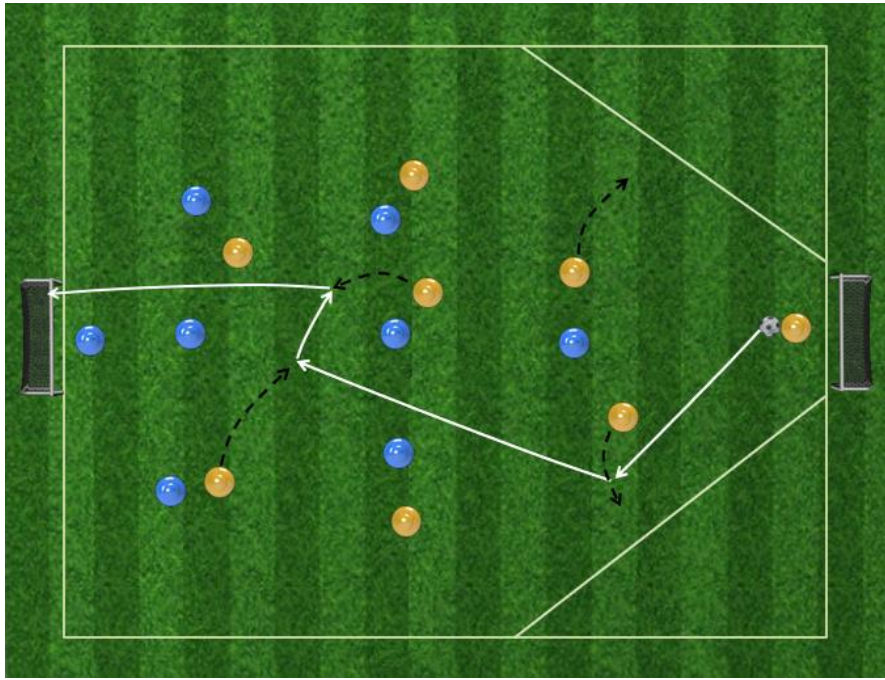
How to: Conditioned free play with an emphasis on through passes and positive runs. The opposition can only intercept passes. Possession changes hands after the play concludes (point scored or ball out of bounds)

Coaching Points:

- Positive movement and positivity and comfort in possession.
- Confidence to play a tricky through pass.
- Diagonal pass for straight run, straight pass for diagonal run.
- Timing of the off ball run, weight, speed and accuracy of pass all need a focus.
- Communication and movement to support, show patience if the chance isn't immediately available.

Notes:

SSG7 8v8 conditioned attack vs defense



Area: Use a full field, the two teams with one side of the field angled in to prevent the other team from playing with width.

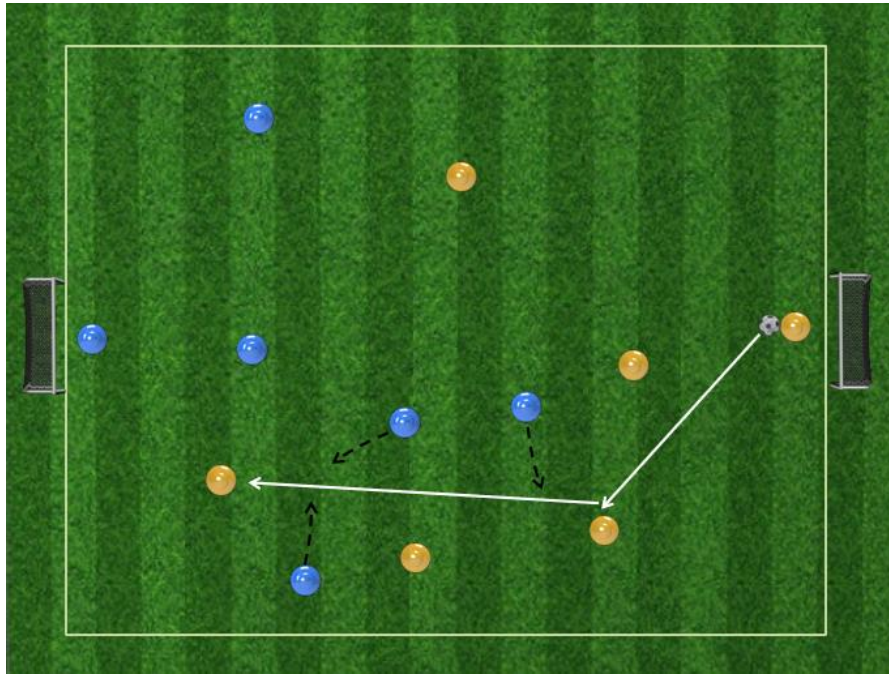
How to: Normal game rules apply, the focus is on formation and shape. This SSG can be conditioned to only allow interceptions from the defending team to further emphasise the need for good team shape.

Coaching Points:

- Encourage the attackers to work the ball to break the lines and create numerical advantages in areas
- The field is angled in they can commit fewer players to the defense and use the extra player in other areas.
- The defensive team focus on keeping a shape, being patient and winning the ball and counter attacking when possible.

Notes:

SSG8 Spatially conditioned interceptions game



Area: 50 x 35 yard area, this should be adjusted to cater to the number of players you're playing per side.

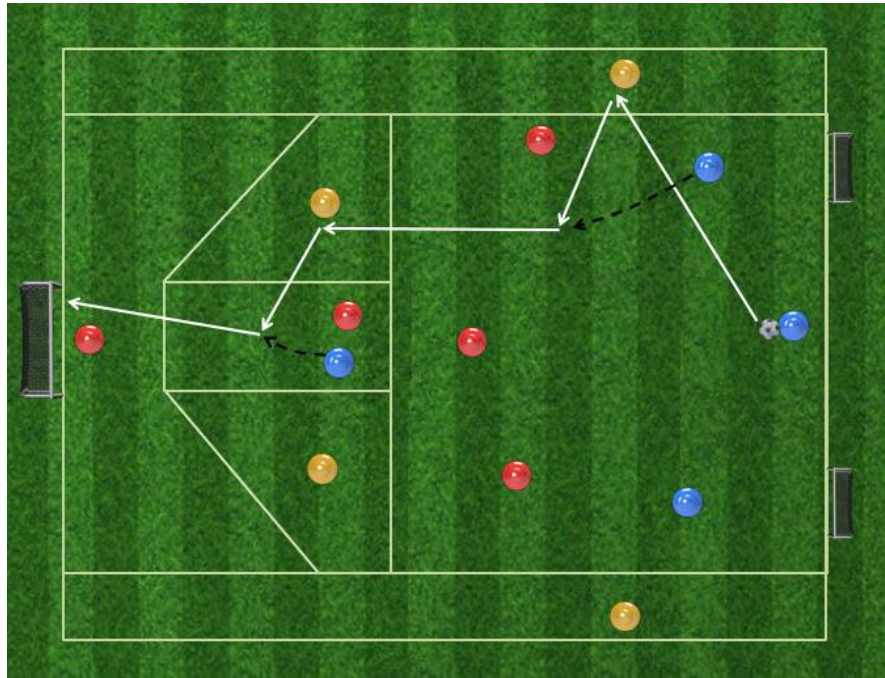
How to: Free play SSG however players need to remain 3 yards apart which creates an emphasis on the attacking team to use the ball to create distance and to break down a stubborn defense. Defenders must look to keep a good shape and attempt aggressive interceptions.

Notes:

Coaching Points:

- If defenders sit deep, play the ball backwards to lengthen the field and draw the defense out then exploit space.
- Keep patient and exploit opportunities when they arise.
- Be patient on the ball, the time in possession allows you to build confidence and identify the right pass.

SSG9 Conditioned vertical build up with counters



Area: 35 x 50 yard area. 4 v 4 in play with 4 unopposed players helping in possession. 1 goal and a goalkeeper with areas as shown.

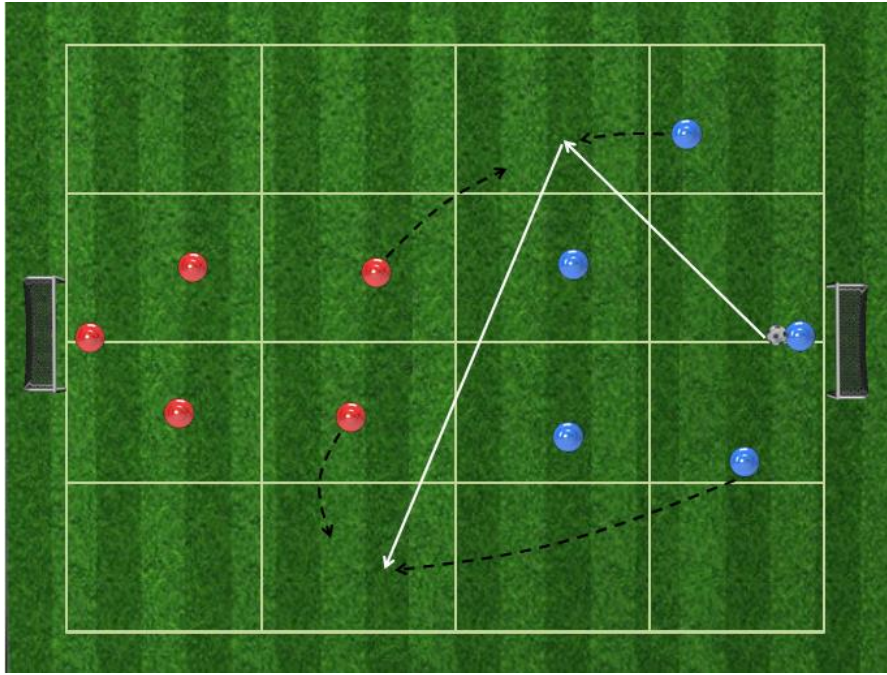
How to: Session is conditioned to build attacks through the middle. The main 3v3 with 2 supports allows the play with width to create space then the final 1v1 with 2 support players forces quick link ups in a tight space to create a chance. The idea is to get the ball forward quickly and build an understanding in the central area. The support players in yellow in the final third are in key chance creation areas in a real game situation.

Notes:

Coaching Points:

- Communication, movement, awareness
- Confidence to try one touch play in final third to lose a marker.
- Understanding of danger and space, react accordingly.

SSG10 Movement Grids



Area: 40 x 30 yard area for 5 v 5 play.

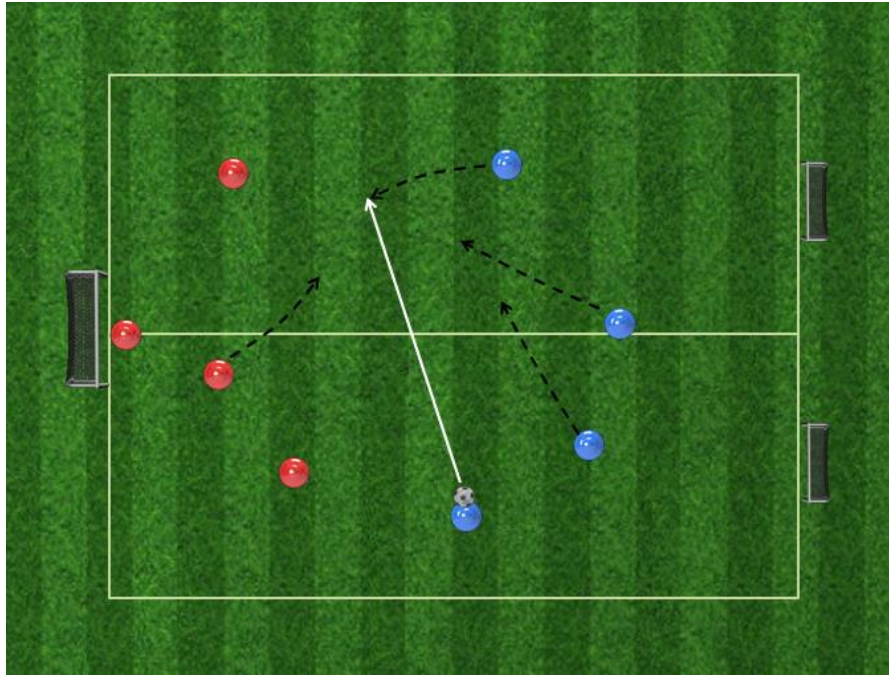
How to: This can be played ball in hand to begin with if necessary and build up to game realistic speed. 5 v 5 SSG however only 2 players can enter a particular zone at any one time. If a player moves to support a team mate in 1 zone this stops defenders from entering and vice versa, this allows time to pick a pass. Set time limits for being in a particular zone. This can begin as a problem solver, soccer meets chess!

Notes:

Coaching Points:

- A game of strategy, start off slowly and relate situations to real game situations. Ask questions to make sure players acknowledge that a defender stepping up creates space in behind to exploit.
- Allow players the chance to problem solve, point out good ideas or inventive play.

SSG11 4v3 Overloads



Area: 35 x 30 yard area which can be changed to suit your players' needs. A dividing line down the middle of the field. 4v4 (3 defenders 1 goalkeeper).

How to: Free play for the team in possession, defenders and attackers must leave one player on one half of the field at all times. This set up encourages overloading one half of the field to create a chance. Players should look to maintain possession and switch play to change the point of attack and take advantage of numerical superiority quickly.

Notes:

Coaching Points:

- Support around the long ball to switch the point of attack.
- Patience, communication and movement are crucial.
- Try to force 2v1's where possible.