



## 4v4+4v4 Chaos SSG

Category: Small-Sided Games

Difficulty: Moderate | Start Time: 25-Apr-2018 17:45h

Ross Langridge, Bristol, United Kingdom  
Individual-Adult Member

### Description

A fun, chaotic session focussing on utilising the available space, being aware of your surroundings and quick decision making.

### Arrival Games (10 mins)

Arrival activity: mini matches.

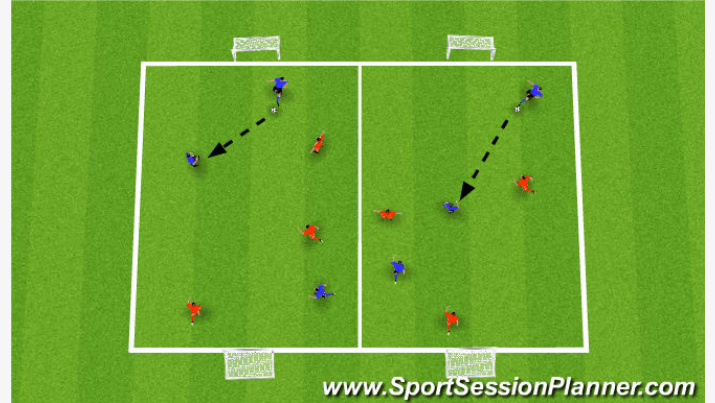
As players arrive filter them into teams and play mini matches.

Coaching Points:

Award bonus points if players can score with a one-touch finish.

Award bonus points if a goal is scored where the space is used well. i.e. someone made a run into space to receive ball.

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### 4v4 Directional SSG (20 mins)

SSG. Two of the teams (reds and yellows) leave the game and go off to play a standard 5v5 match on a separate pitch.

On this pitch, the blues try to score in the top and bottom goals.

The greens try and score in the left and right goals.

Once a team has scored into one of the goals they immediately attack the opposite goal.

When a team wins the ball back they choose which goal to attack first.

Coaching Points:

When you win the ball decide quickly which goal is the best one to attack first.



### 4v4+4v4 Chaos SSG (25 mins)

SSG. 2 games are happening at the same time.

The reds are playing against the greens and are playing from left to right.

The blues are playing against yellows and are playing from top to bottom.

Play for 5 minutes and then swap teams, so each team gets to play each other.

Coaching Points:

It's important that the players are aware of everyone around them and they remember which team they are playing against.

It'll be crowded so it's important for them to use the free space well.

