



Winning The Ball Back Early

Category: Small-Sided Games
Difficulty: Moderate

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Individual-Adult Member

Description

A SSG focussing on winning the back early and counter attacking.

Arrival Activity (10 mins)

Arrival Activity.

Set Up:

Mark out a square and ask each player, upon arrival to get themselves into pairs and choose their own arrival activity. One ball per pair.

Activity might be:

Passing and moving.

Serve the ball to control and pass back.

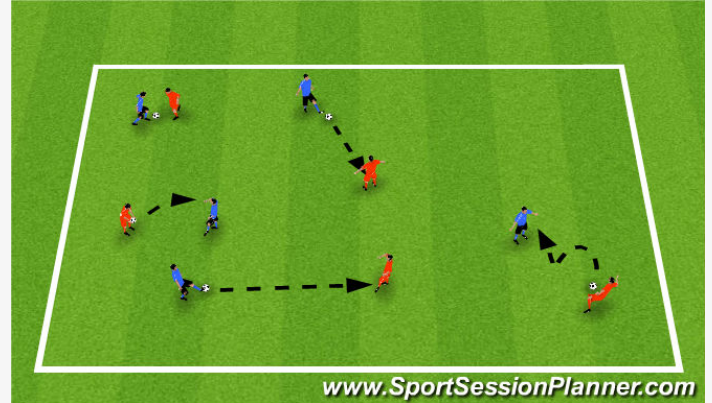
One bounce.

Nutmeg game.

Shielding the ball.

Coaching Points:

Let them decide between themselves. Give them the responsibility.



Warm Up (5 mins)

Warm Up.

Still in their pairs, ask the players to move around the square passing and moving between themselves. Upon the coaches whistle the game turn into a possession game.

If you have the ball when the whistle blows, can you protect it?

If you don't have the ball, can you get it back?

Play for 10 seconds and whoever has the ball when the time runs out gets a point.

Play for 5 or 6 rounds.

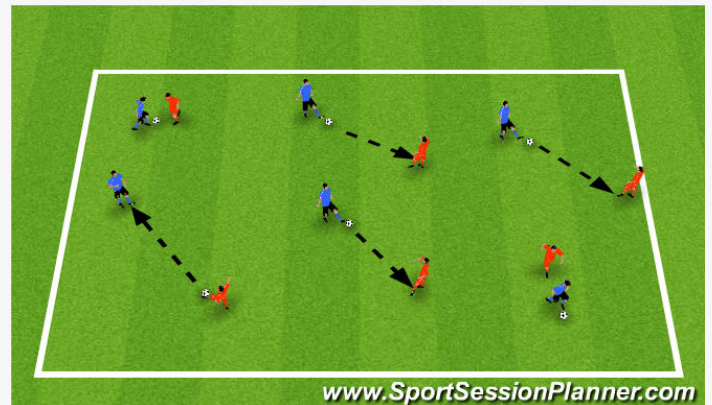
Coaching points:

How can you protect your ball?

Body position.

Stance.

Where are your arms?



Set Up (15 mins)

SSG - Winning The Ball Back Early

Depending on numbers, divide your players into teams. Play 4v4 or 5v5. Use GKs if you wish.

Play a normal game of football. The only constraint is, if either team loses the ball and they win it back within 5 seconds they get a goal.

Coaching points:

Try to win the ball quickly.

Press.

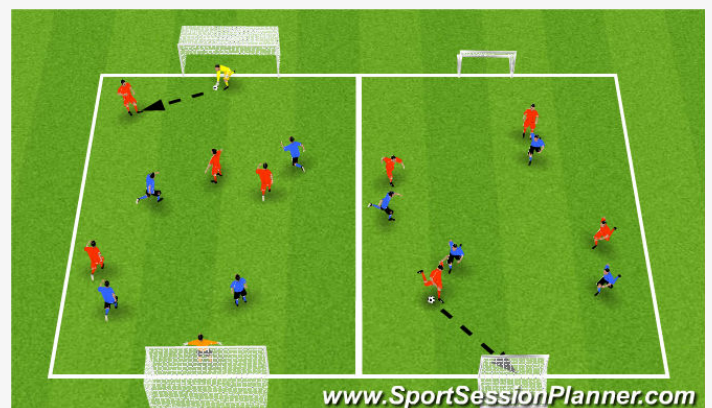
What do you do once you have won it back?

Counter attack.

How can you make it more difficult for the opposing team to win the ball back?

In possession, wide.

Out of possession, narrow.



Progressions (20 mins)

Progression.

Divide the pitch into thirds.

Continue to play the same game but with further constraints.

If a team wins the ball back within 5 seconds in the defensive third, they score 1 goal.

If a team wins the ball back within 5 seconds in the middle third, they score 2 goals.

If a team wins the ball back within 5 seconds in the attacking third, they score 3 goals.

Coaching points:

Where is the best place to win the ball back?

Progression 2.

Play continues but now:

If a team wins the ball back within 5 seconds in the defensive third and they progress to score a goal, they score 2 goals.

If a team wins the ball back within 5 seconds in the middle third and they progress to score a goal, they score 4 goals.

If a team wins the ball back within 5 seconds in the attacking third and the score a goal, they score 6 goals.

Coaching points:

When you win the ball can you counter attack?

Highlight the importance of winning the ball high up the pitch.

What is the difference in shape when in and out of possession?

