

Small Sided Games - #15 / 4v4 Continuous 2v1 Game

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated.
- Two teams of four players + goalkeepers.

If ball leaves play, play restarts with:

- Coach passing a new ball to either one of the teams.

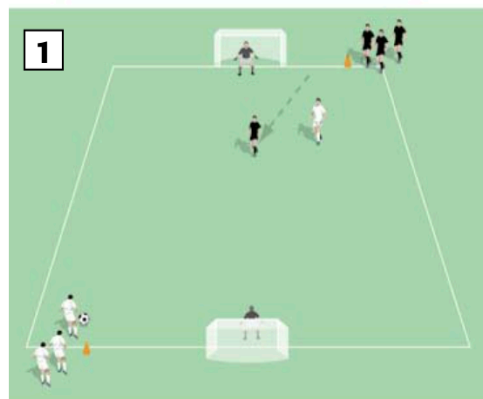
Rules

- 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.

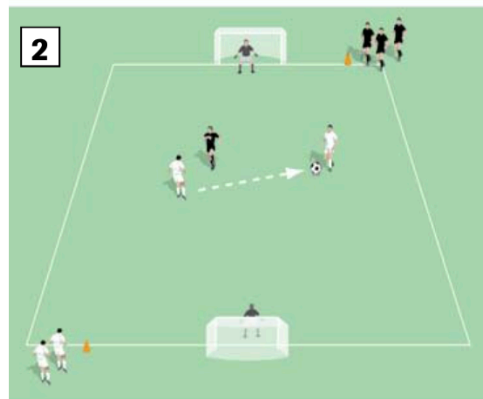
Coaching Points

- Encourage players in possession to make the field as big as possible to stretch the defender.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, try to get close enough to the ball but position yourself so that it's difficult for the team in possession to pass the ball.

Diagram



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.