

Small Sided Games - #5 / Possession v Pressure

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game + goalkeepers
- Playing Area: 35m x 20m.
- Set up as illustrated.

If ball leaves play, play restarts with either:

- Coach passing a new ball onto the pitch.
- The players take a roll in.
- The players take a throw in.
- The players make a pass in.
- The player dribbles in.
- No offsides.

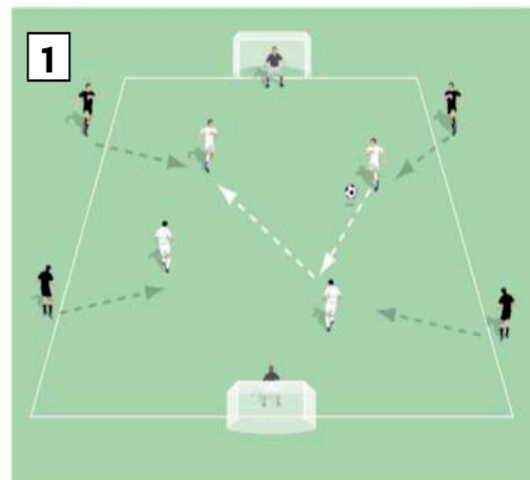
Rules

- One team start on the pitch and passes the ball around.
- On coaches' whistle, the team on the outside must race onto the pitch and try to win the ball and the 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.

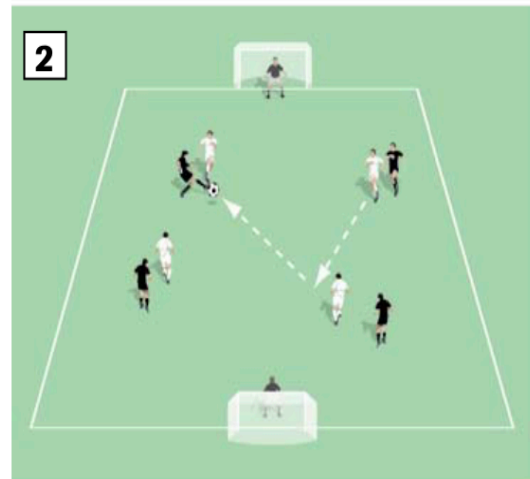
Coaching Points

- Encourage players in possession to make the field as big as possible to receive a pass.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down player on the ball quickly.

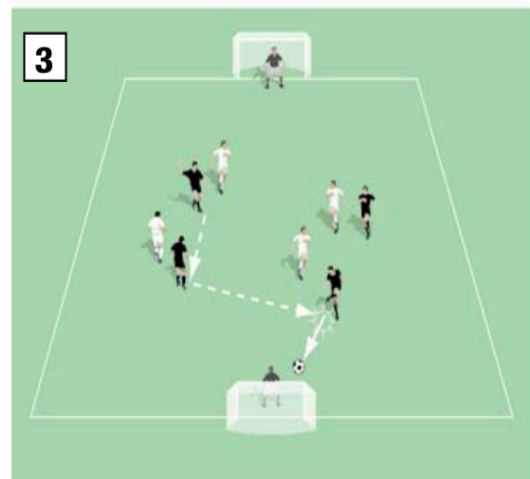
Diagram



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.