

The Complete Guide To Small Sided Games(SSG)



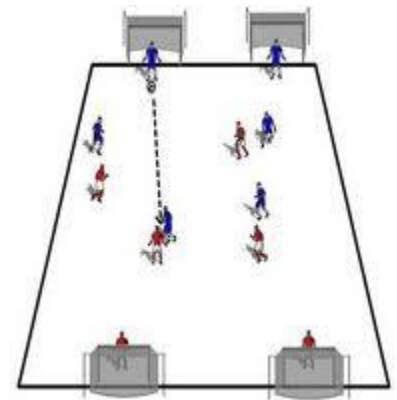
Presented by Mike Freitag, Director of Coaching

What is a
SSG?



9v9

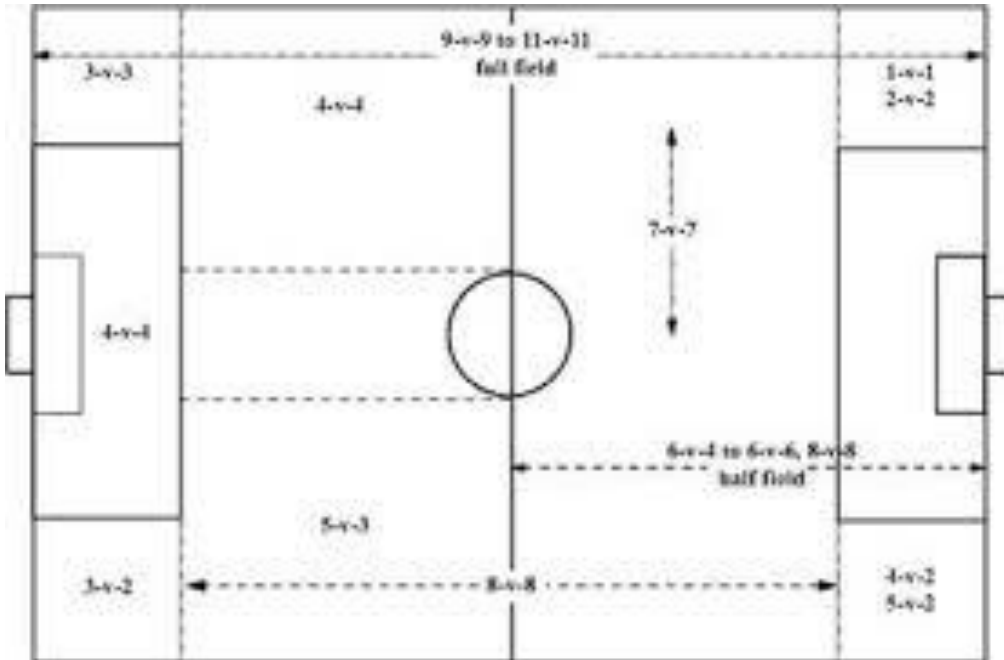
5v5



Numbers?

7v7

8v8



3v3

4v4

6v6



Where Did SSGs Come From?





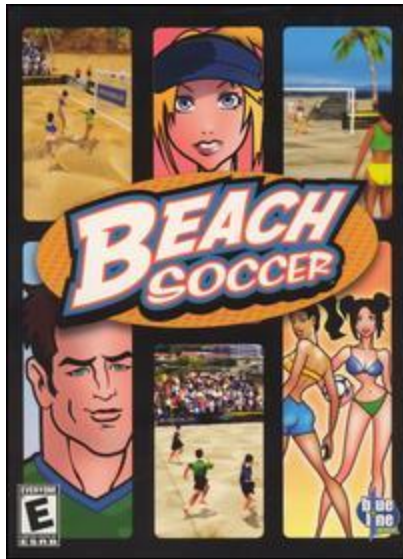










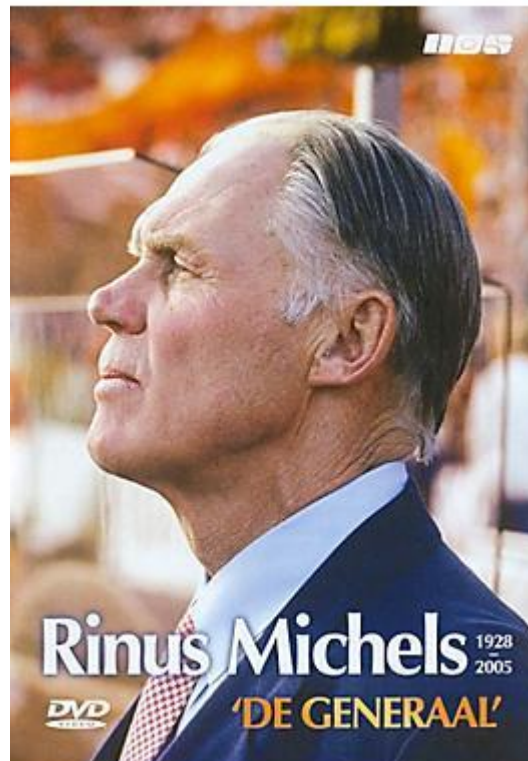












On playing 11-a-side, Michels says, “We won,” but so what, when (s)he touched the ball three times today. Our responsibility is DEVELOPMENT. So we must play 4v4 and 7v7 with plenty of time and space – to learn combinations, skills, awareness, and “smartness.”

Rinus Michels,

Dutch Master Coach





“My ideal football is 70 percent technical and 30 percent physical, there’s too much running about in football today. Basic technique is essential. We don’t concentrate on improving it. You’ve got to start with youth teams.”

**Johan Cryuff, Dutch
Soccer Legend and Coach**

SSGS FOR COMPETITION

Who Does What?



SSGs Recommended
By
US Soccer
And
US Youth Soccer

Why Should we use SSGs?



Quotes

"The amount of space in 11-a-side is not good for young kids. You spend too much time running around without the ball. I think the best way to improve your skills is to play football on a smaller pitch. I didn't play 11-a-side football until I was 13. In Brazil, most kids play futebol de salao, which is similar to five-a-side. In futebol de salao, you are always involved."

Juninho, Brazilian World Cup
Winner

“You can learn the tactical side of the game later. It’s amazing to me that people put so much emphasis on trying to be tactical and worry about winning when it doesn’t matter when you’re 12 years old. We’re going to have big, strong, fast players. We’re Americans, we’re athletes. But if we never learn at an early age to be good on the ball, then it’s just useless.”

Landon Donovan, LA Galaxy/USA

Rationale for SSG



Rationale/Benefits

For Players:

- The objective of small-sided games is a stair step approach for young players to grow into the adult game of 11v11
- SSGs offer more touches on the ball and repeated experience of basic tactical problems
- More touches in all areas of the field
- More attacking 1v1s, final third, and penalty area entries
- Technical abilities will accelerate due to increased time on the ball. Further, the ball skill demands are now realistic on a smaller field.
- There is a greater demand on mental concentration. The game is more fun to play because the players are always involved.

Rationale/Benefits (cont.)

- Match environments demand transition and thus tactical awareness.
- Teamwork is promoted because of the increase in problem solving situations that teammates need to work out together.
- SSGs offer many critical advantages in terms of player development such as active participation which is directly related to fun and enjoyment and to the issues surrounding quality of play and the retention of players.
- SSGs benefit players in the fact that they can't "hide". Every child has to participate in all facets of the game.
- More 'fun' and personal enjoyment due to smaller fields and simplified rules.

Rationale/Benefits (cont.)

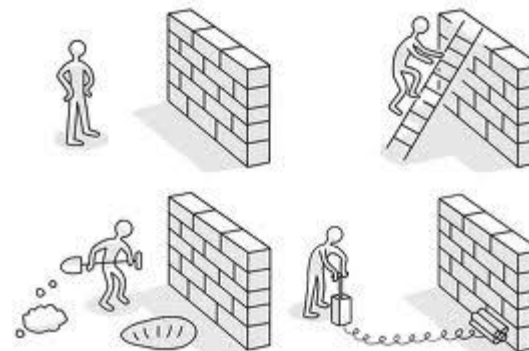
- More playing time which encourages maximum individual participation
- More involvement improves fitness
- More responsibility, every child has greater opportunities to score or stop opponents from scoring thus building self-esteem and self- confidence.
- More players can play at a time.
- SSG provides a realistic size field for players physical development

Benefits For Coaches:

- SSGs allow coaches the best opportunity to observe and analyze the individual and group responses of players under quick game-like conditions
- There is less space required to play
- A chance for more individual coaching
- A better standard of play as the players will be more successful performing in the small sided format
- The coach is following the accepted developmental pathway for children and can be confident that he/she is given their players the best chance at success
- The coach will have less player retention issues because players are more likely to stay in the game if they feel successful

The Case for Small Sided Games







More teams

More coaches



More fields



More referees

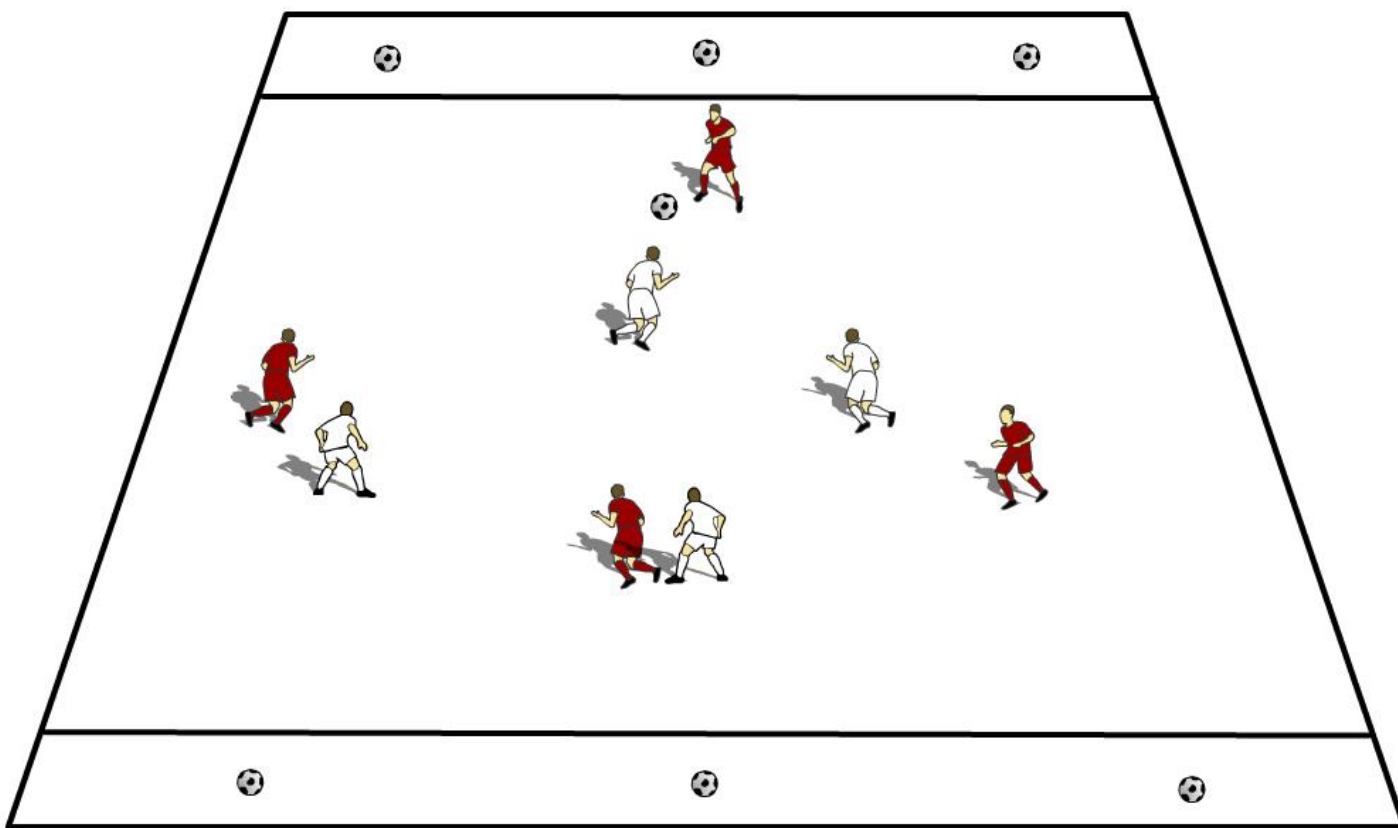


More goals

Less qualified coaches

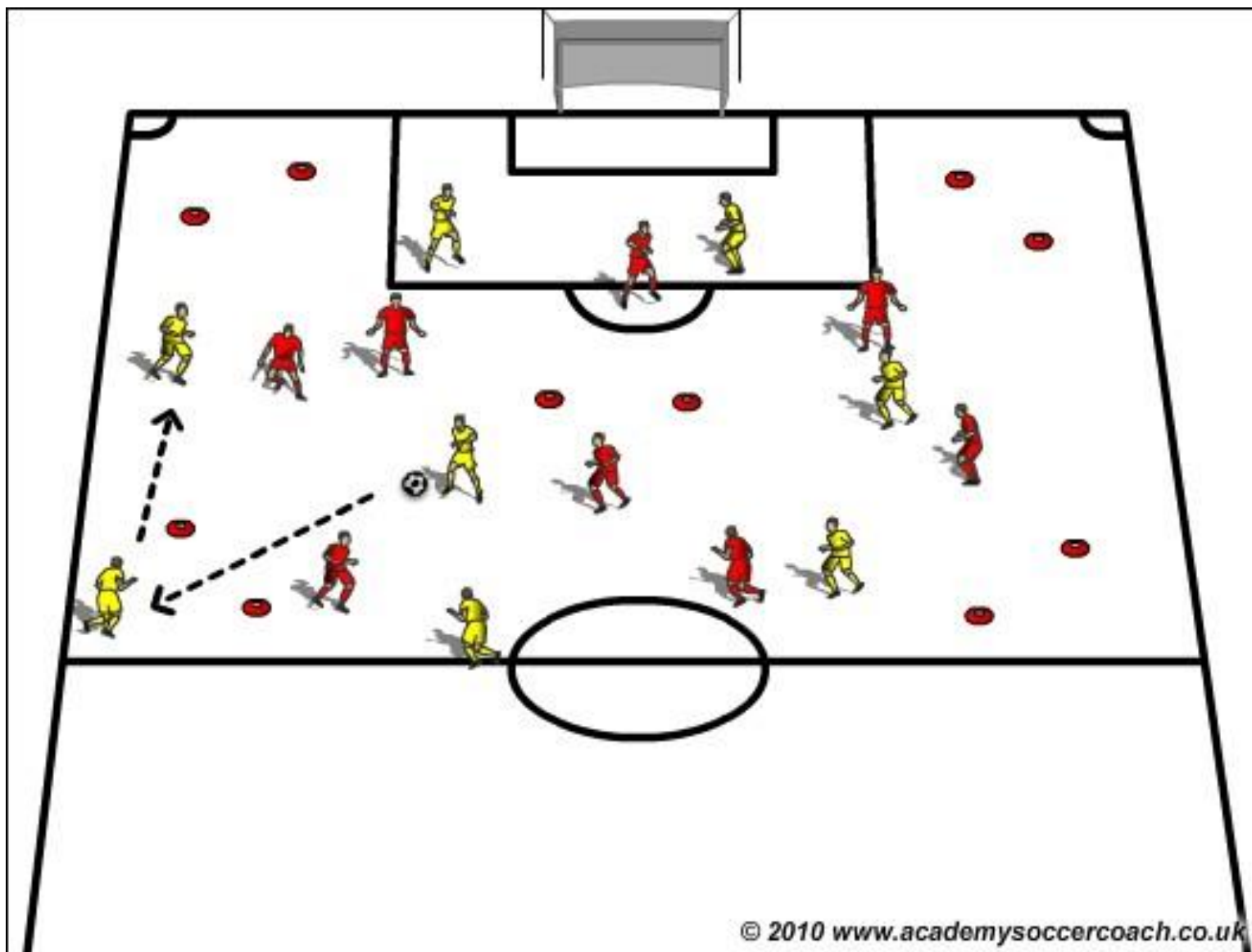


SSGs for Training

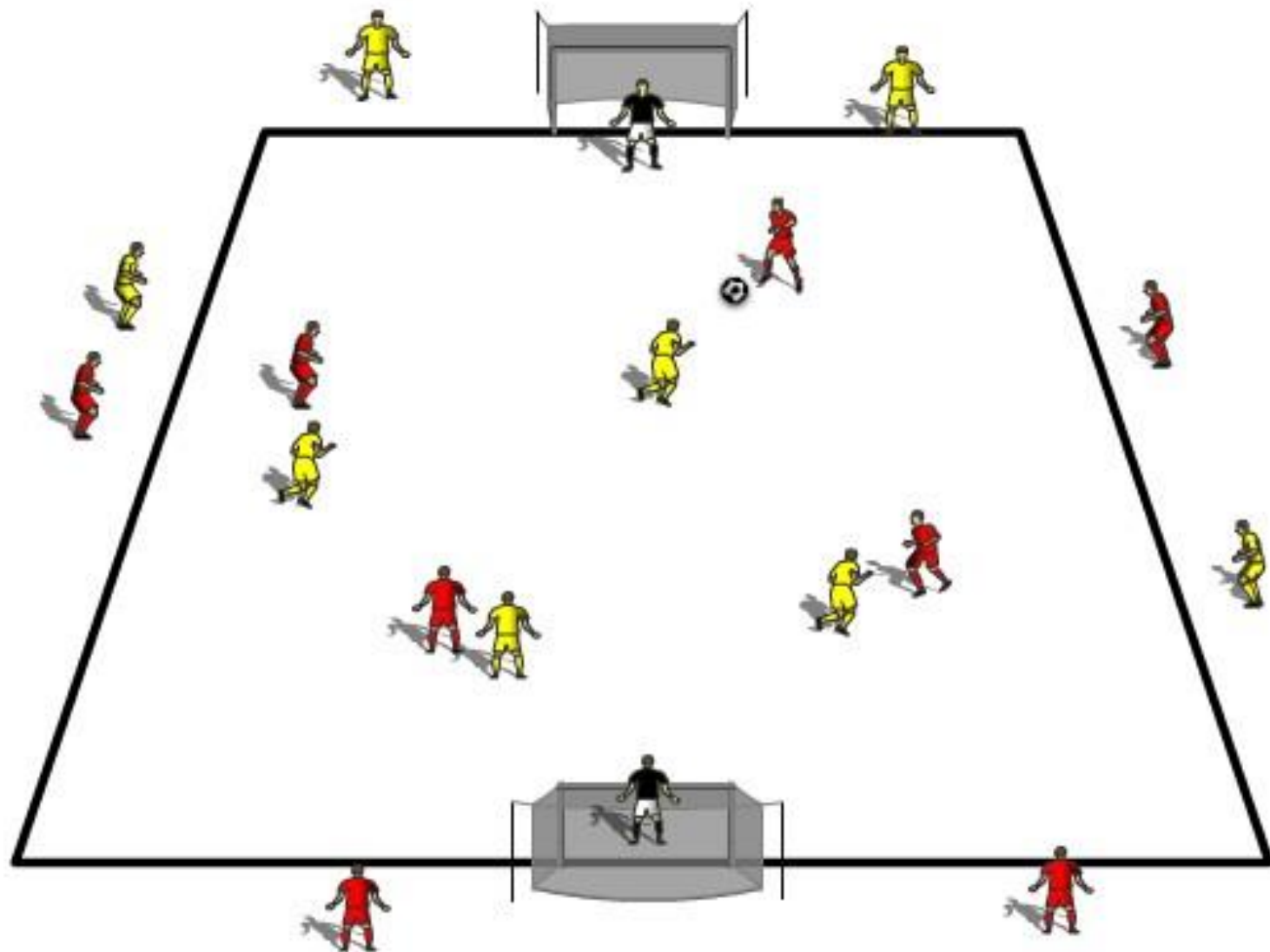


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4v4 to Endzones - Two teams of four try to play into opponents endzone. If successful they return to their endzone and start again with one of the three balls that were there at the beginning of the game. The team that gets the most balls into the opponents endzone at the end of a specified time wins.

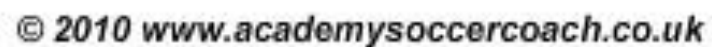


5 gates - 8 v 8 - players must play ball thru inside of gate to teammate who then must complete a pass to a teammate to get a point. Must not go thru same gate to score consecutive points in same possession. Can go thru either side of center gate.

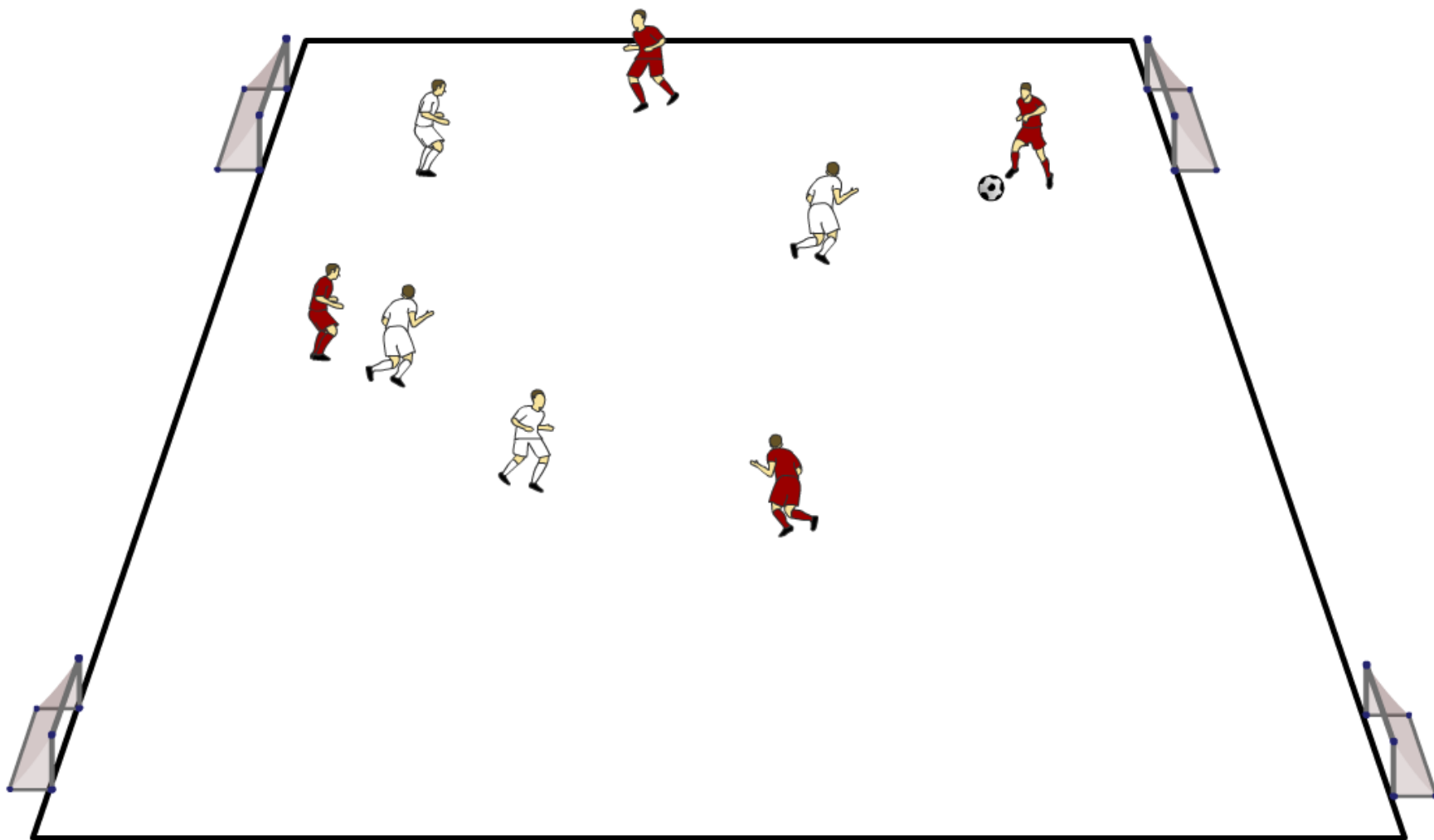


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4v4 with bumpers - Four reds play versus four yellows. Each team has four 'bumpers' to use. The bumpers position themselves as shown in the diagram - one on each touchline and one on each side of the goal the team is attacking. Good activity to create numerous goal scoring opportunities. Coaches can limit touches of bumpers to one or two touch.



Short Game II - UEFA - 2 v 2 + 1 w/ bumpers on goalline



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4v4 4 goals