

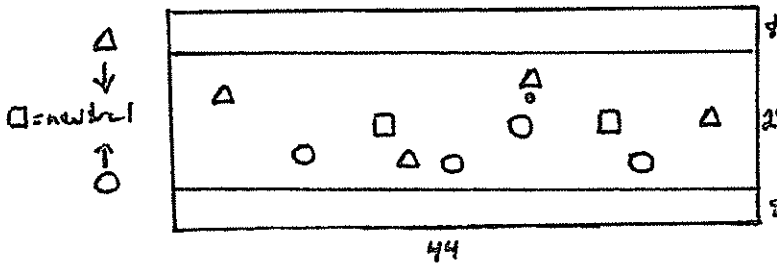


Technical and Tactical Applications of Small-Sided Games

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I. Mandatory Two-Touch Passing (Technical: Receiving Ground Balls; Tactical: Shaping Runs)

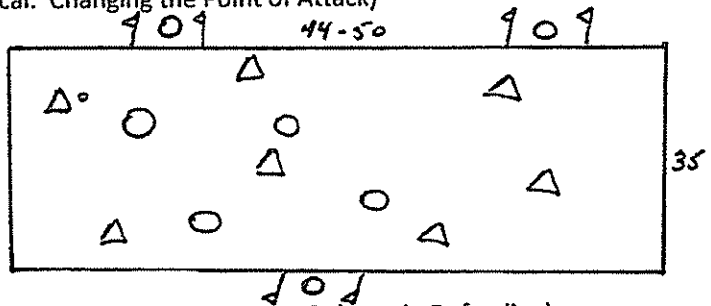


4v. 4+2; players must touch ball twice on each possession
 (1) Stop ball on end line to score;
 (2) Stop ball in end zones to score - ball must go in before player

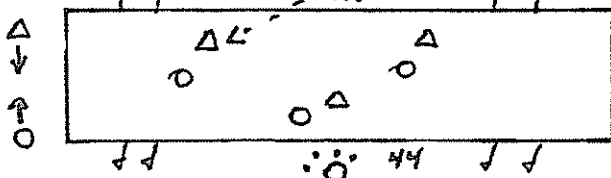
II. 7v4 (Technical: Long Passing; Tactical: Changing the Point of Attack)

7s: 3 touches maximum, 7 passes = goal

4s: unlimited touches; score to teammates in flag goals



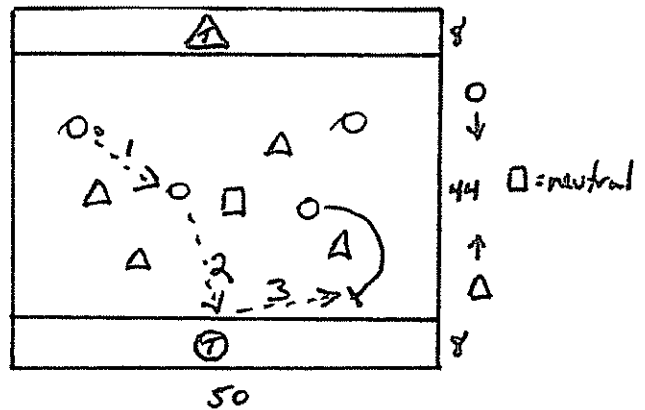
III. 3v3 w/ four goals in short, wide field (Tactical: Pressure, Cover, Balance in Defending)



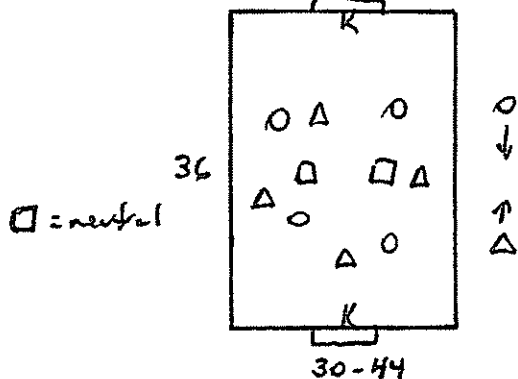
• each team attempts to score through two small goals
 • coaching points focused on defensive shape

IV. 4v4+1 to Target Players (Tactical: When to Penetrate, When to Possess in Attacking)

- team plays ball to target in end zone and receives back to score
- coach choices of when to penetrate
- may add another target and defender in end zones



V. 4v4+2+gks (Technical: Shooting/Finishing)



• coach shooting technique in games to promote many repetitions/opportunities to shoot