

Small Sided Training Sessions Table of Context

Basics

Four Corners – page 2

Attacking 2 V 1 Session 1 – page 3-6

Attacking 2 V 1 Session 2 – page 7-9

Intermediate-Advanced

1 V 1 Inside the Box – page 10-11

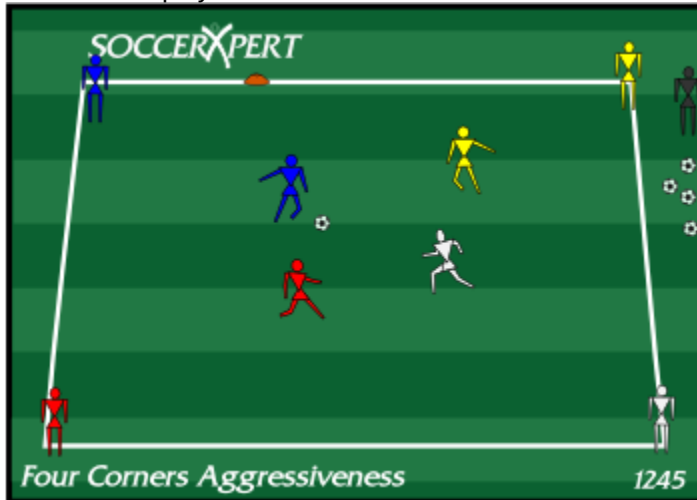
Small Sided Training Sessions

BASICS

Session – Four Corners

Four Corners Aggressiveness and Fitness Drill (Picture Below)

This soccer drill focuses on aggressiveness in winning 50/50 balls and fitness. This drill will be more beneficial for players under 8 and older.



Drill Setup

Create a grid that is 30x30 yards.

Create 4 teams and have them stand at each of the four corner cones.

The coach positions himself outside the grid near the middle of 2 side cones with an abundant supply of soccer balls.

Drill Instructions

The coach plays a ball into the center of the grid and shouts out a command (such as “GO”) to begin play. The first player in each of the 4 lines must sprint after the ball in attempt to reach the ball first.

Once a player wins the ball cleanly, the player must hold possession from the other players for 5 seconds before passing the ball back to the coach.

If any player steals the ball from the person in possession, that player then attempts to hold possession for 5 seconds.

A team scores a point by successfully holding possession for 5 seconds and making a return pass to the coach.

The first team to reach 5 points wins.

Drill Variations

The coach can play different types of balls such as flighted balls, bouncing balls, rolling balls, balls with large amounts of top or back spin.

Drill Coaching Points

Players should be taught to go after the ball aggressively with speed, determination and vigor.

Session – Attacking 2 v 1 session 1

Attacking 2v1

Description

Primary Learning Outcomes:

- Attackers Recognizing Space
- Attackers Exploiting Space

Secondary Learning Outcomes:

- 2nd attacker communication.
- Pass-combination play.



Drop-In Games (Picture Above)

Organization:

- Divide space into 2 small fields.
- 2v2 or 3v3 depending on amount of players

Instructions:

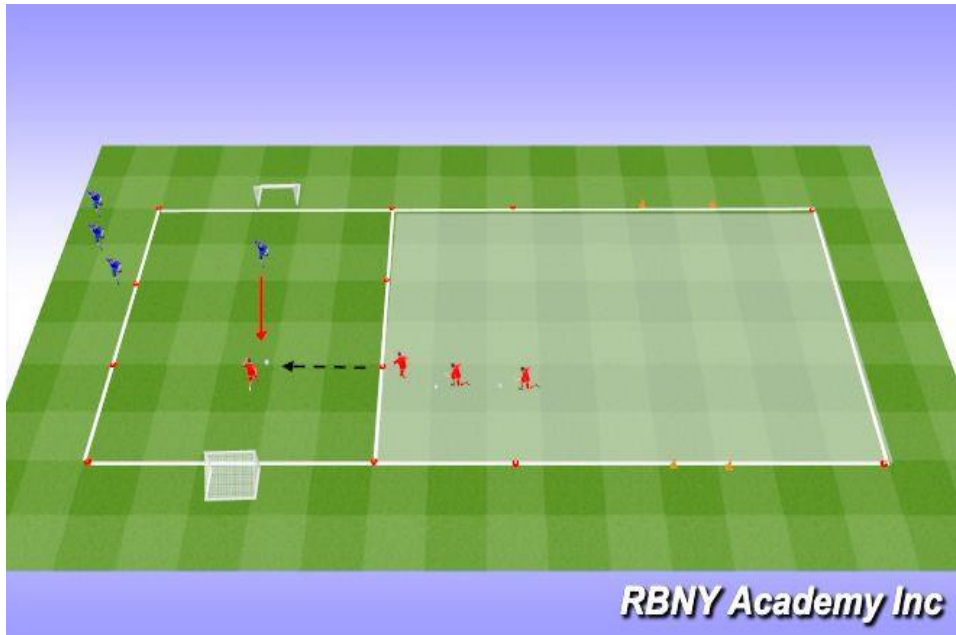
Laws of the game with Kick-Ins

Coaching Points/Questions:

How to find space?

How to exploit space?

Session – Attacking 2 v 1 session 1 (Continued)



1v1 Attack (Picture Above)

Organization:

1v1 (P: 2v2 option) on small field

Instructions:

Server plays into attacker as per diagram. Defender starts on halfway line and is live as the pass is made.

Defender - win possession and score in opponent's goal.

Attacker - score in opponents' goal (must be in attacking half of field)

Coaching Points/Questions:

How can you be aware of space and pressure?

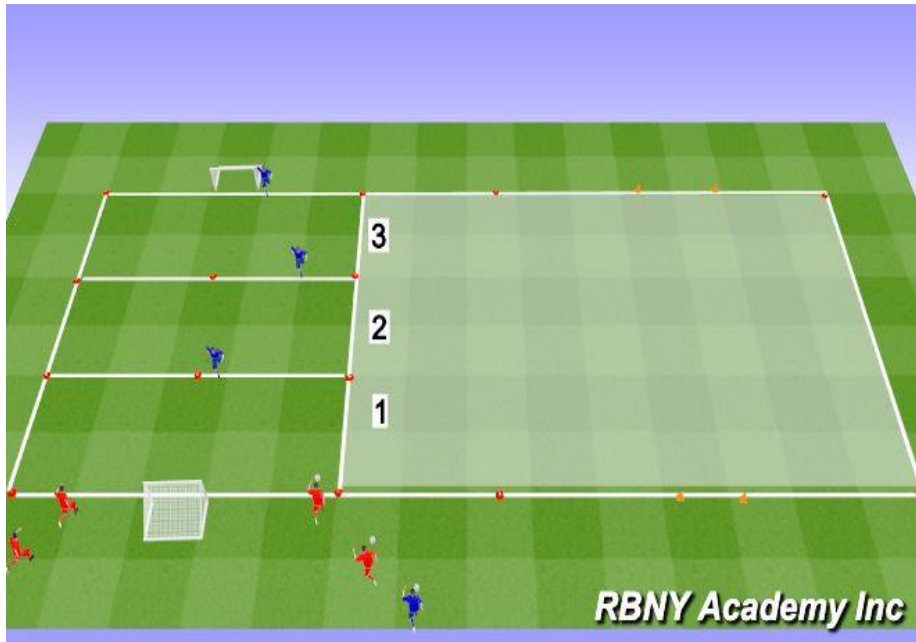
What ways can you unbalance your opponent?

How can you create opportunities to score goals?

Regressions/Progressions:

Allow 2nd attacker to join in (optional) which also triggers 2nd defender to join in.

Session – Attacking 2 v 1 session 1 (Continued)



Gauntlet (Picture Above)

Organization:

3 Zones on one small field. 2v1v1v1

Instructions:

2 attackers start in Zone 1 and try to advance with the ball into Zone 2, and then into Zone 3. Once the ball is in Zone 3, the 2 attacking players go to goal.

3 Defending players are designated in 3 different zones. Defending players must start on the back line of their zone. Once the ball enters their zone, they are allowed to move about their zone. Defending players are not allowed to leave their respective zone. If defending players win the ball, they try to advance the ball by passing forward & into their opponent's goal in zone 1

When ball goes out of play, one of the two attacking players goes to defend in zone 3. Zone 3 defender becomes zone 2 defender. Zone 2 defender becomes Zone 1 defender. Zone one defender joins the attacking player line.

Coaching Points/Questions:

Attacking: When to pass vs when to dribble? How to create & exploit space?

Regressions/Progressions:

R: Widen playing space.

R: remove defender in zone 2.

R: Add 3rd attacker.

P: Tighten playing space.

P: Add 2nd defender to zone 3

Session – Attacking 2 v 1 session 1 (Continued)



The Match (Picture Above)

Organization:

4v4 (or matching # of players)
Largest field ratio to available space

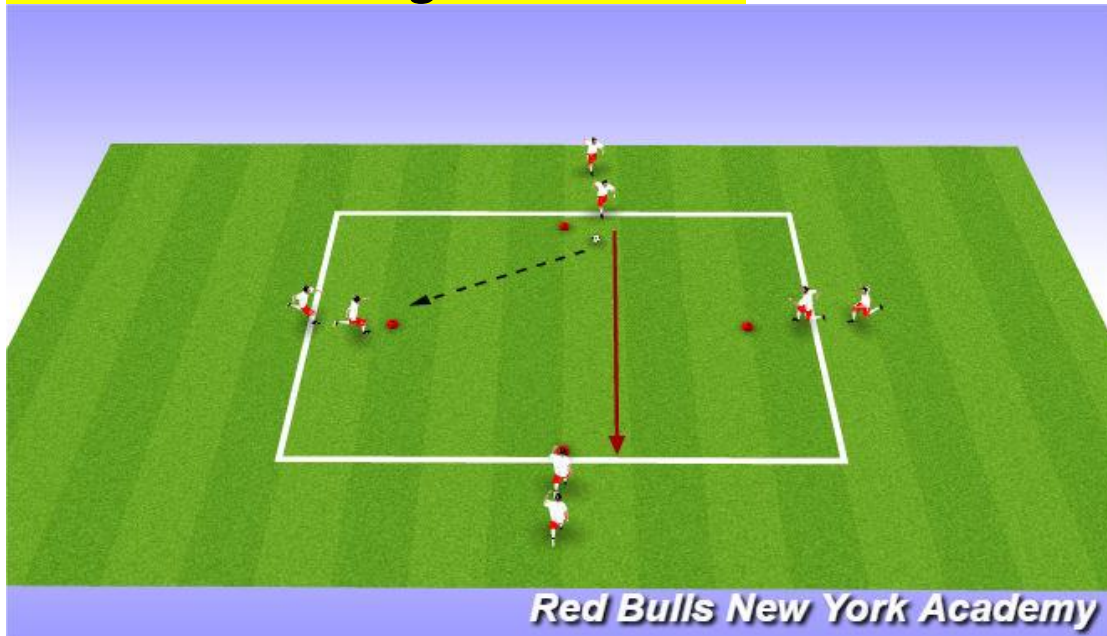
Instructions:

Laws of the game. Throw-Ins.

Coaching Points/Questions:

Check for understanding on finding & exploiting space.

Session – Attacking 2 v 1 session 2



Warm up (Picture Above)

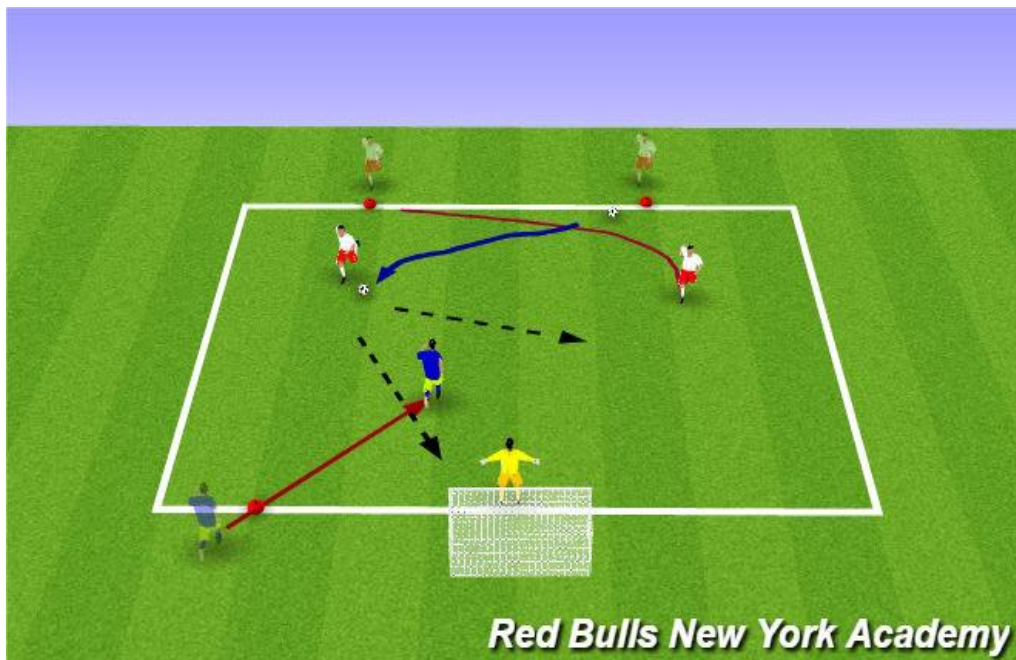
Instructions:

Player's dribble or pass and move to a different side of the diamond.

Coaching Points:

Use of inside of foot to make passes

Speed at which players are making decisions



Main Activity (Picture Above)

Organization:

As shown

Session – Attacking 2 v 1 session 2 (Continued)

Instructions:

The 1st attacker dribbles towards the middle of the field, the 2nd attacker makes a run behind the first attacker in support. The 2nd attacker should be off the defender's shoulder with a good line of support. The players go to goal.

The Defender is active on the 1st attacker's 1st touch

Coaching Points:

1st touch of the 1st attacker into space

Engaging the defender before passing or shooting

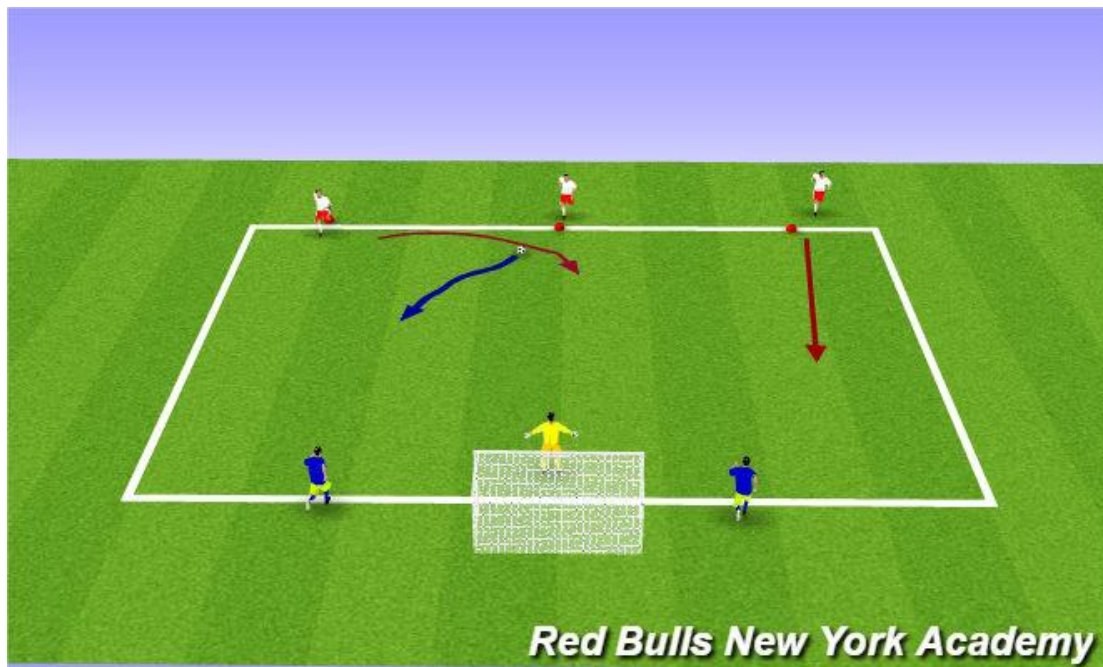
Spacing between the defender and ball carrier when making a pass

Supporting run in a good position to receive the ball.

Reading the body position of the defender

Progression

The defender now starts on the field and still goes on the 1st touch of the 1st attacker



3v2 (Picture Above)

Organization:

As shown above 30x20

Instructions:

3v2 to goal

Defenders are active on 1st attacker's 1st touch

Coaching Points:

1st touch of the 1st attacker into space

Engaging the defender before passing or shooting

Spacing between the defender and ball carrier when making a pass

Supporting runs in a good position to receive the ball.

Reading the body position of the defender

Session – Attacking 2 v 1 session 2 (Continued)



Unrestricted Game (Picture Above)

Organization:

30x20

Instructions:

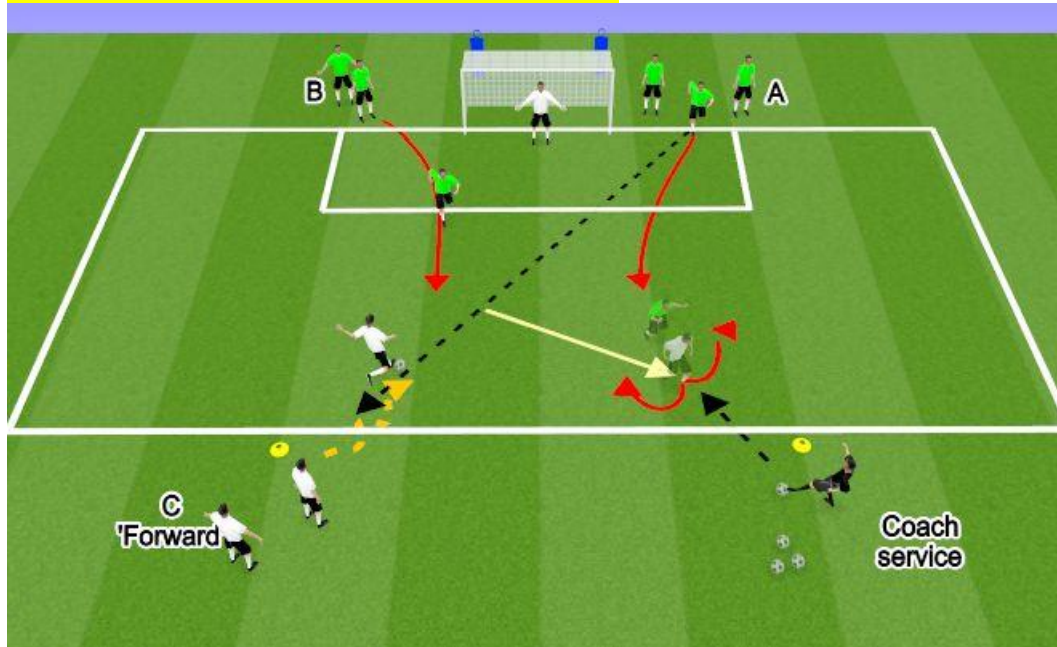
3v3 to goals

Coaching Points:

Game like coaching points with more focus on decision players (players without the ball) supporting the 1st attacker

INTERMEDIATE-ADVANCED

Session – 1V1 Inside the Box



Decision Making and 1v1 Inside the Box (Picture Above)

Organization:

6-9 Players + GK Service Player/Coach w/in Penalty Box

Starting Point:

Play is 'DEAD' after a goal is scored, with a pass from Player 'A' passing to Player 'C'. Player 'A' is out of the game if defender has won possession and plays to the Coach.

Action:

If the GK wins possession and throws to the Coach, Player 'C' looks to receive service from the Coach while being under pressure from 'B'

If at any time the defender wins possession, they are to transition to being offensive minded by: Playing a pass to the Coach ('A' can prevent) and receive a return pass and attack the goal **OR dribble** out of the box and receive a pass from the Coach and attack the goal

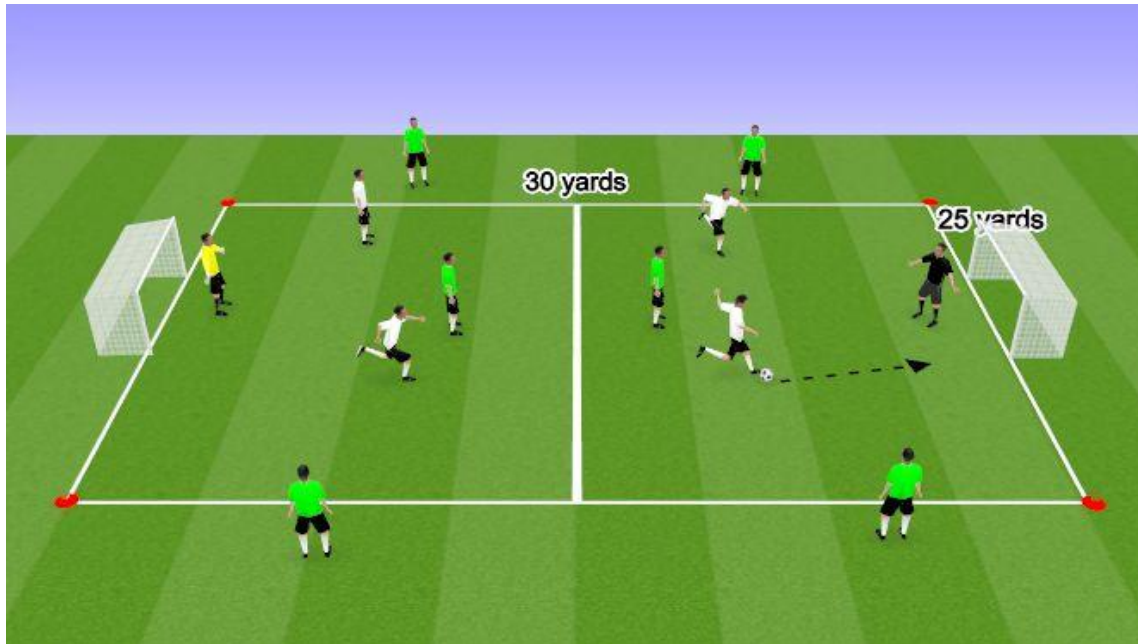
Either way, transition to attack is after receiving service from the Coach. In both situations the defender from the opposite side of the goal enters to play 1vs1. Play always continues until a goal is scored.

If Player 'C' misses the goal, Player 'B' transitions immediately from defending to attacking by approaching the Coach for a pass. Player 'A' returns to starting position. Player 'B' receives a pass from the Coach and attacks the goal while under pressure from Player 'A' who now has entered the play to defend 1vs1.

Coaching Points:

Touch direction towards goal or away from pressure, place the shot

Session – 1V1 Inside the Box (Continued)



4 v 2 + 4 (Picture Above)

Organization:

4 vs 2 +4 (+4 are outside players) with goalkeepers in a 30 x 25 yd grid. Attacking team includes 4 outside players, the two inside and goalkeepers.

Activity:

-The four inside players (white) must defend first and win the ball and then attack at either goal, playing 4 v 2. The team of eight (including GK's) is playing possession, the team of four is playing to score goals.

Possession Team:

- Play three touches and keep the ball moving quickly with constant changing direction.
- The inside players may play one-touch.
- Goalkeepers play as field players with their feet.
- The inside player will transition to defenders when the ball changes possession.

Inside Team:

- Defend in a diamond shape.
- Stay compact.
- Work hard and communicate.
- Reward is to attack either goal once ball is won.