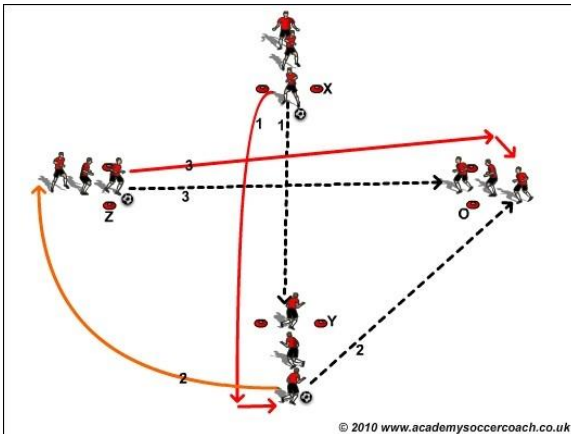


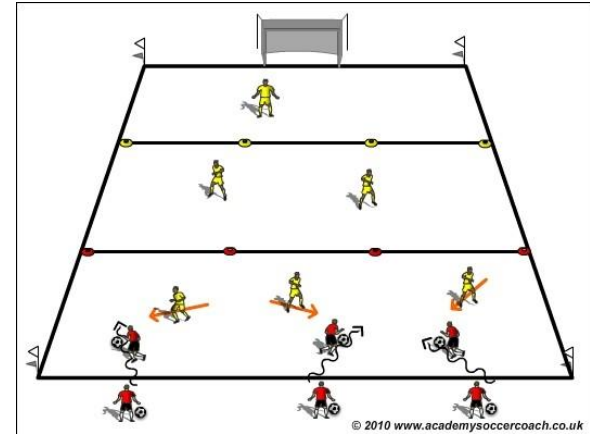
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BASIC SSG
 -SSG= 3v3, 4v4, 3v3+1, etc.
 -Player in possession should always have two passing options
 -No GKs
 or
 -Last defender may act as GK in last 5 yards (play ball with hands)
 -Var.: Once acted as GK, may not do so again until one other from team has done so.



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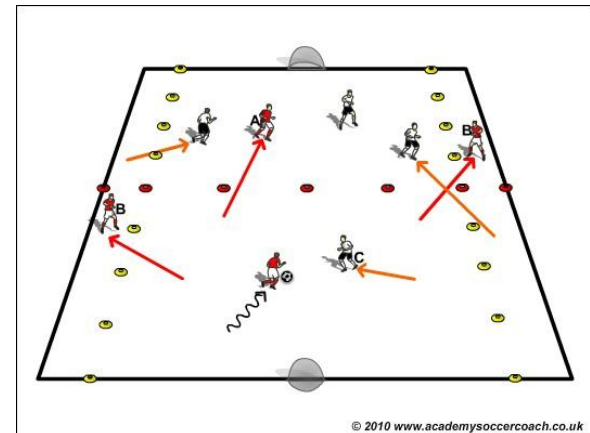
Passing, receiving, movement after passing and communication.
 First try = mass confusion. Let the players work it out and it will force them to think.
 Three balls (one in the front of line X and one in the back of line Y. The first player in line X passes the ball to the first person in line Y and then sprints to the back of line Y. At the same time, the first person in line Z passes to the first person in line O and sprints to the back of line O. At the same time this is taking place, the last player in line Y passes the ball to the last player in line O and then sprints to the back of line Z (pass is made counter clockwise and the run is made clockwise)
 The balls played from the front players keep going back and forth between the two lines and the ball being played in back goes around in a circle.
 There will be three balls moving at all times (the two that are going back and forth may be one touch and the one that is going in a circle can be two touch) as well as at least three players running at all times. Players will have to constantly be communicating to know who to pass to and where to go next.



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1. Reds try to dribble through the three zones occupied by the (yellow) defenders.
2. Yellows must stay in their zones, and try to kick any ball that is dribbled through out of bounds.
3. Reds go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, the next red in line may go right away.
4. As soon as the 'dribbler' in front of you leaves the zone, the next 'dribbler' can also go.
5. After beating the last defender, the 'dribbler' must shoot the ball into the goal to get a point for their team.

Coaching Points
 Good dribbling technique.
 Vision/awareness
 Finishing



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SSG With Transitional Emphasis
 4x4 grid with half and width areas defined
 On possession, attacking players must visit attacking half (A) and each width (B)
 -Width is 'safe' from active challenges from defenders
 -May cheat back in as play dictates
 On losing possession, all defending team save 1 (C) must recover to central defending half
 -Numbers up overload once in attacking half

Finish by removing cones, free SSG to BIG goals (PUG corners)