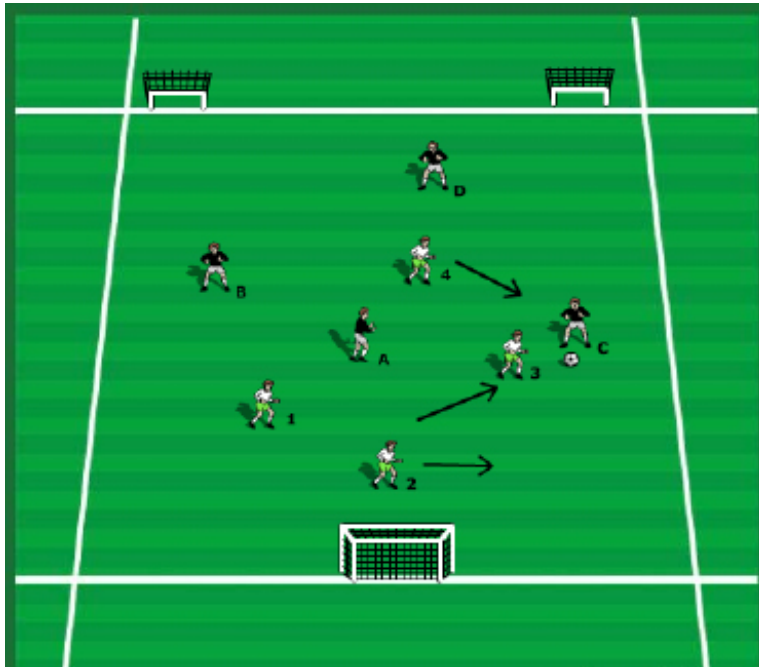


## SMALL SIDED GAMES: 6 V 6 DEVELOPMENT

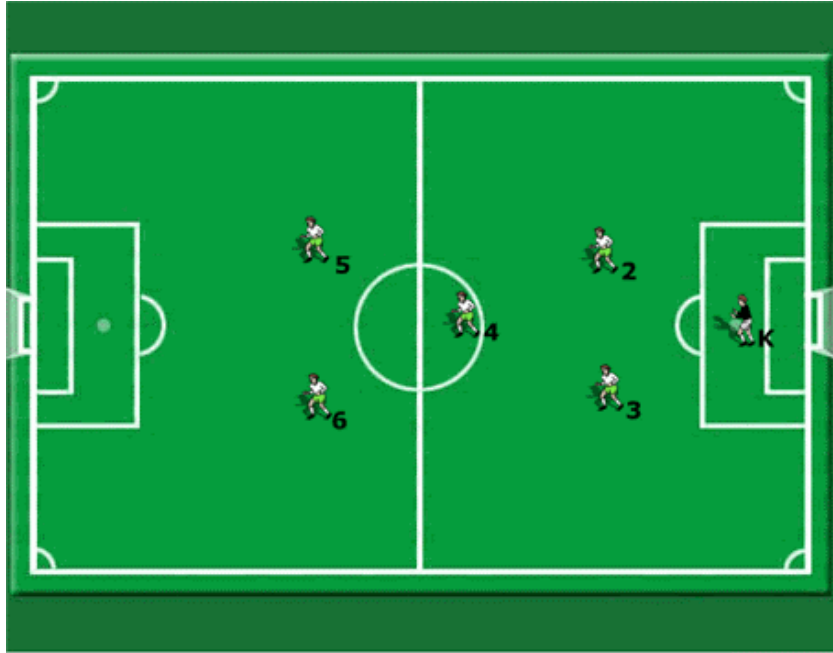


The above set up is a 6 v 6 (2-1-2) with the field divided up into thirds for easier points of reference on the field; defending, midfield and attacking thirds.

Play offside from the edge of the defending third to keep the game realistic though you could start without this condition to help the players ease into the session then use it as a progression to move onto next.

Each stage of the session can be described as a progression or development from the last one and you can clearly list this in your session plan to help you.

## Game 42: Developing 6 v 6 Team Shape With One Word Commands

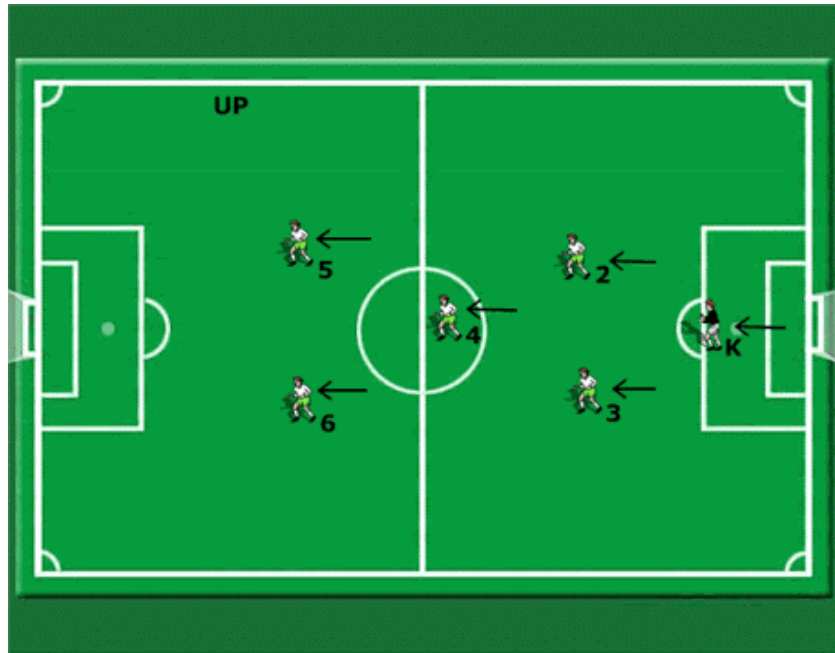


Three units of players working together as a team, moving around the field maintaining a shape. The difference between defensive and attacking shape is just the spacing between players and between units. Defensive shape is short and tight, attacking shape is wide and long. To help the players when you do this initially keep the same spacing between players and units as they move around the field to get the concept across. As they get better you can move on to increasing the spacing such as when we get possession of the ball and we need to have the players go wider and longer in their spacing between each other.

Set the players up in a shape and ask them to move around the field together maintaining the same spacing between each other. On command (sit) they sit down where they are. Check their shape. Have words to move them again. Words can be UP (up to 5 yards forward), DROP, SLIDE (moving to the side) OUT (a sprint, go at a quick pace together keeping the shape), between each word say sit and check positions again.

### **Progression:**

They have the ball and pass it back towards their own goal for example, or we have it and are moving it forward either with a pass or a player running with it.

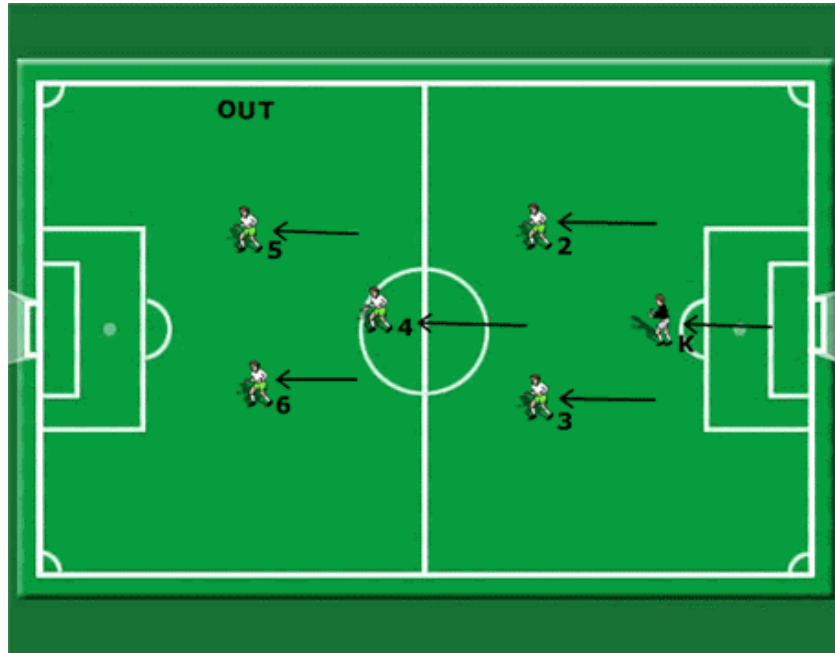


## UP

Here in the game the players move up the field only up to maybe five yards in distance, edging out, waiting to see if we win the ball then they can apply the OUT call. It can also be when we have the ball and have passed it forward or run forward with it and kept possession, we naturally move up as a team to support the player who has the ball especially if it is a very forward player it has been passed to or one who has run forward with it.

### Game Situation:

We have the ball and have played it forward into the attacking third for example and kept possession. It can be a big movement forward of the team or maybe the keeper has kicked it long and we need to push out quickly.

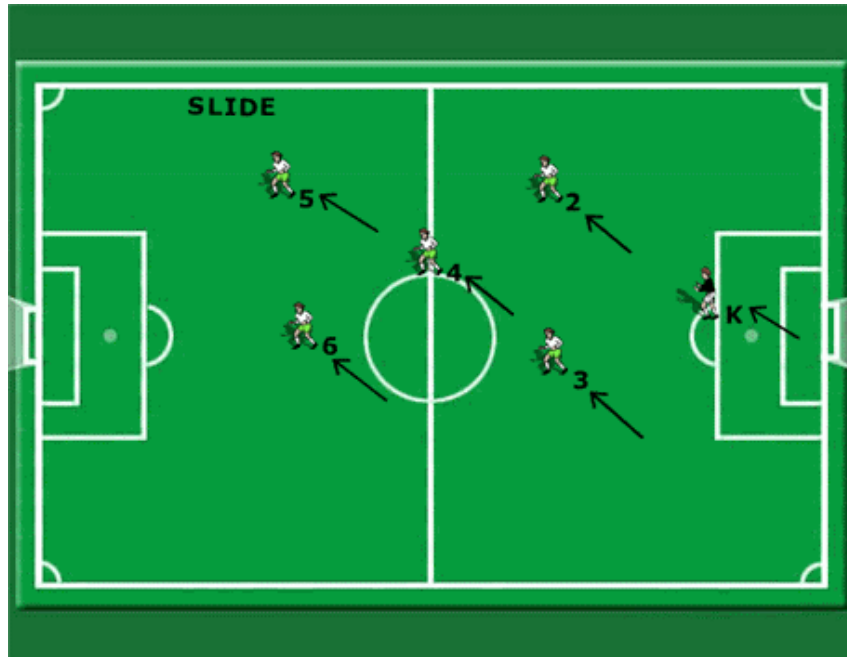


## OUT

The team sprint out together on the OUT word until you say sit or stop, they then stop moving and sit down and you assess their spacing between players and between the three units. As they get good at this, speed up the commands until they are moving around the field quickly and efficiently with correct spacing. Eventually you can say the different words and all they do is stand still not sit on the stop command so you can move them around the field at a faster pace working the transitions.

### Game Situation:

Here the opposition have passed the ball into a very wide area and we all move across the field.



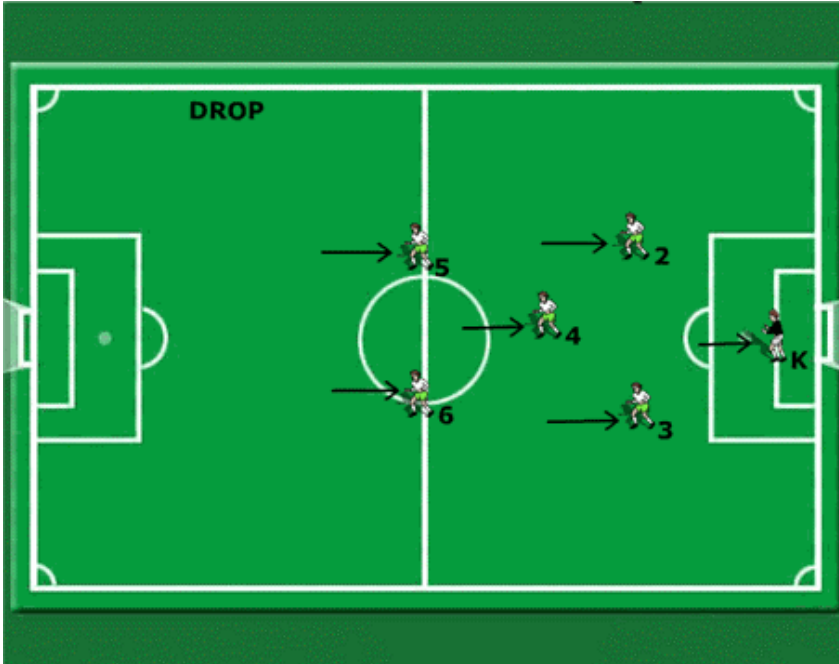
## SLIDE

Moving across the field, don't take it literally at 90 degrees it could be diagonally in a game but for our practice you could have them moving across the field like this just to get the idea across. In the game the ball may have been passed wide in the opponent's possession and we move across the field as a team to close down all the spaces around the ball to try to win it back.

### Game Situation:

They have the ball and are moving forward with it, maybe in a wide area.

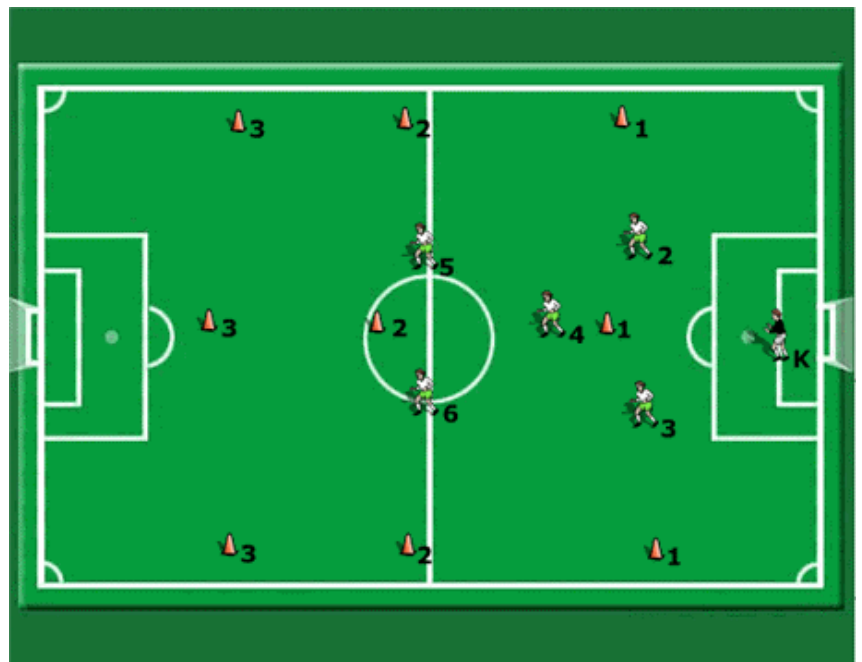
## DROP



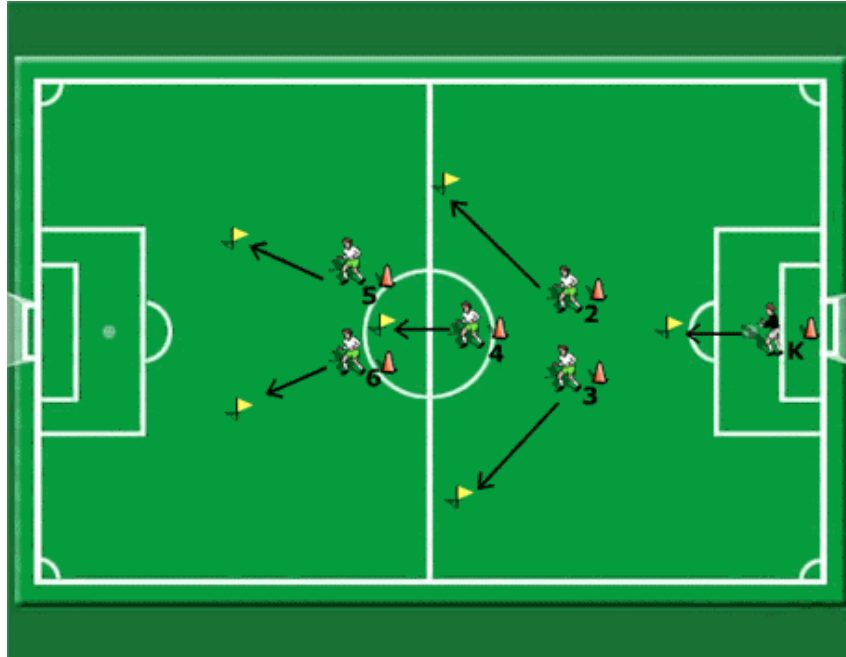
Here the team drops back together recovering back to the goal. Again it isn't all black and white here as to when this happens but a situation could be when they have the ball and are moving forward and there is no pressure on the ball so the player on it can pass it forward and maybe in behind our back players. To avoid this we drop back as a team behind the ball. Also we may drop deeper at the back to create space for ourselves to receive a pass back from a team mate when we have possession.

Coach calls the cone the team have to move towards, the cone represents a player in the opposition team with the ball, so the closest player to the cone has to be the 1st pressure player. The rest of the team work off this first player's position.

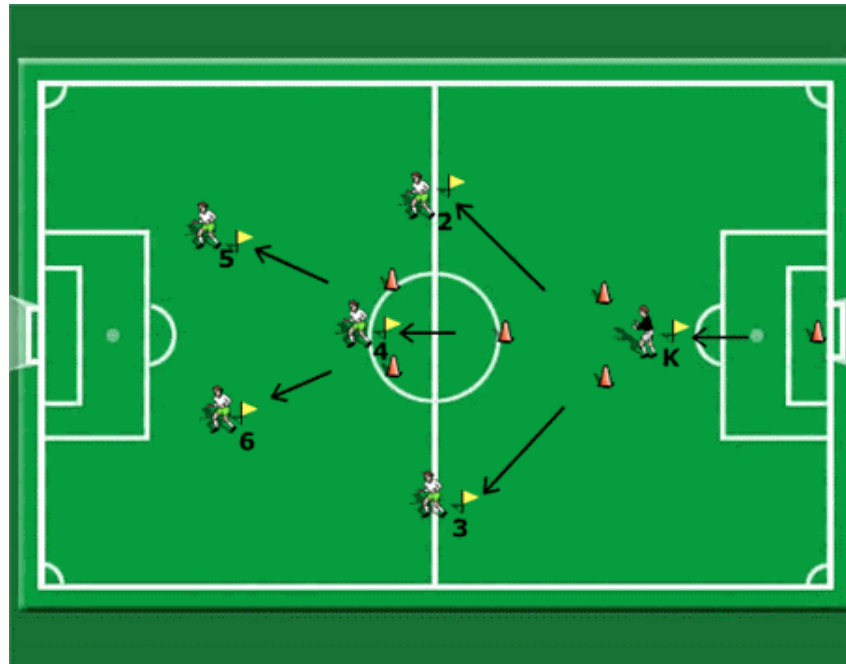
Same principles as the one word commands and here they have a target to work towards.



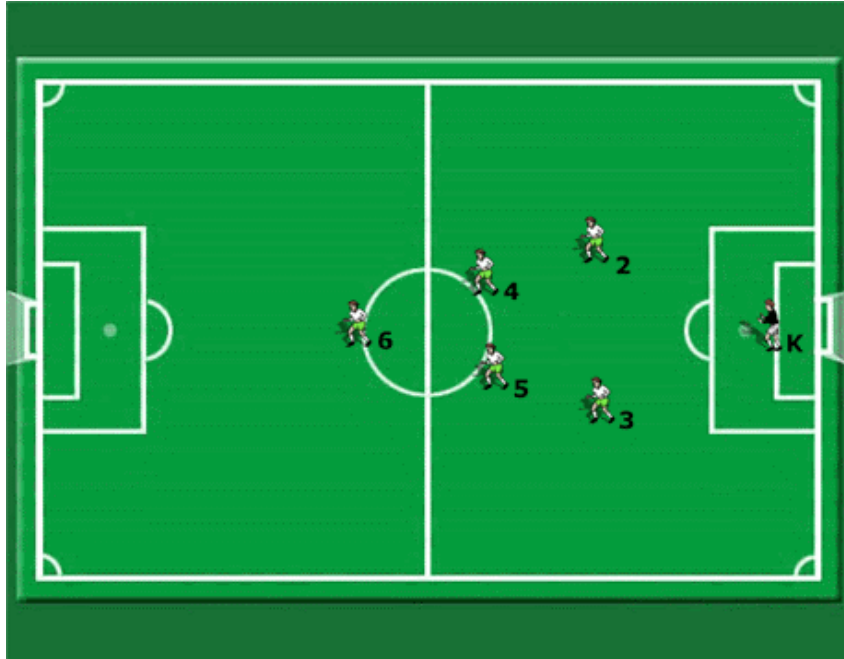
## Game 43: Developing 6 v 6 Team Shape Using Shadow Play



Defending formation - Basic set up, team moves as the ball moves.  
Attacking formation – Basic set up, team moves as the ball moves.



## 2-2-1

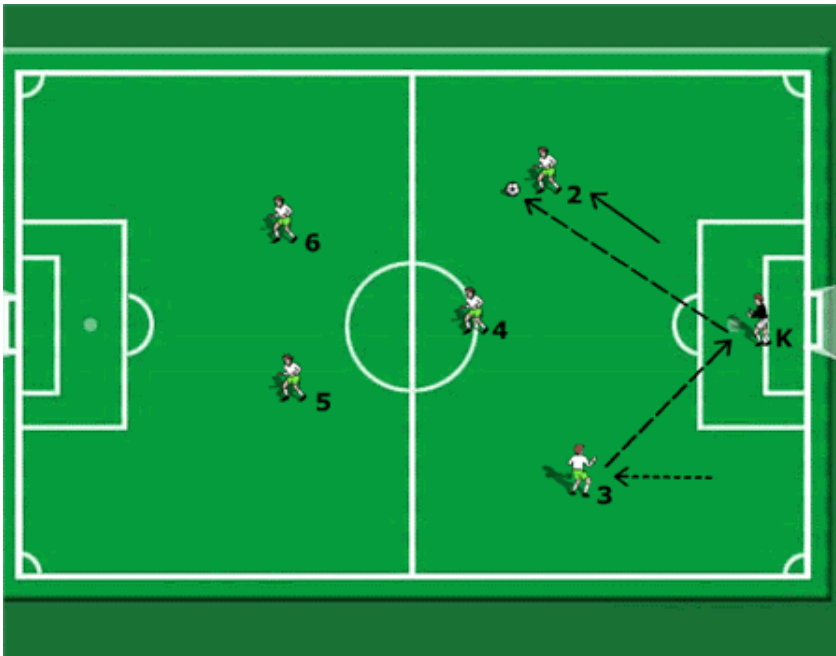


Slightly more defensive way to play but more solid in midfield. More defensive formation, for example we are a goal up and the opponents are pressing us well and we are under pressure.

Drop into a 2-2-1 formation to shore up the midfield and rely more on quick breaks when we get possession. Leave your quickest player in the attack as the lone striker or a player who can hold the ball up well (or if he or she can do both even better!).

Once we get back into the game and the opponents good spell is over we can revert back to a 2-1-2 depending on how the game is going. At some stage in every game each team will have a “hot” offensive spell; it may be during this hot spell of the opponents that you decide to revert to this set up to take the sting out of their attack.

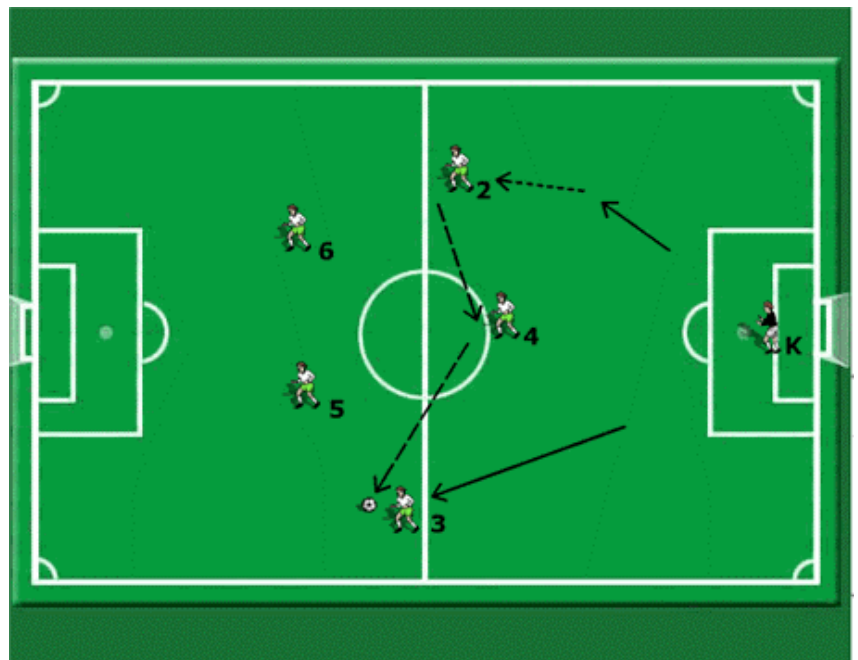


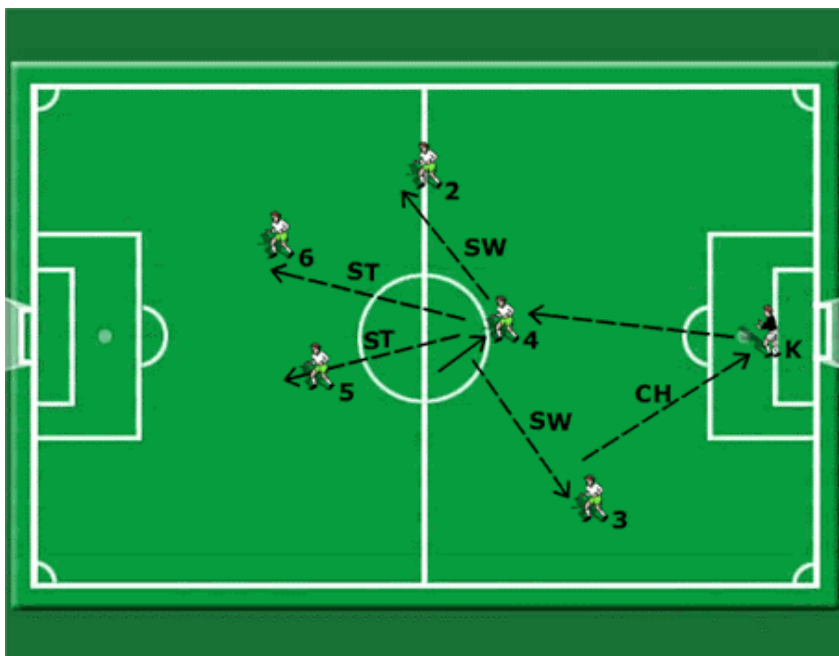


(3) Runs forward with the ball. Call can now be “Check” where the player on the ball makes the change in the direction of the play is through the keeper (or it could be straight from (3) to (2), but is across the defensive line)  
 (2) Breaks as wide as possible to receive the pass from (K) to then attack the space in front.. Keepers need to learn NOW that they are expected to be the sweeper also, so their foot skills need to be good. Perhaps the player on the ball in a game situation has no pass into the strikers or midfield on, so we work on changing the point of attack again.

Here the call is “Switch” and the ball is passed through the midfield (4) to the overlapping player on the other side. This encourages the rotation of defenders becoming attackers.

(3) may get into a crossing position from this run. (4) Will fill in for (3). “Check” for changing direction through the back line, “switch” for changing direction through the midfield line. Here (4) stays at the back to act as cover.



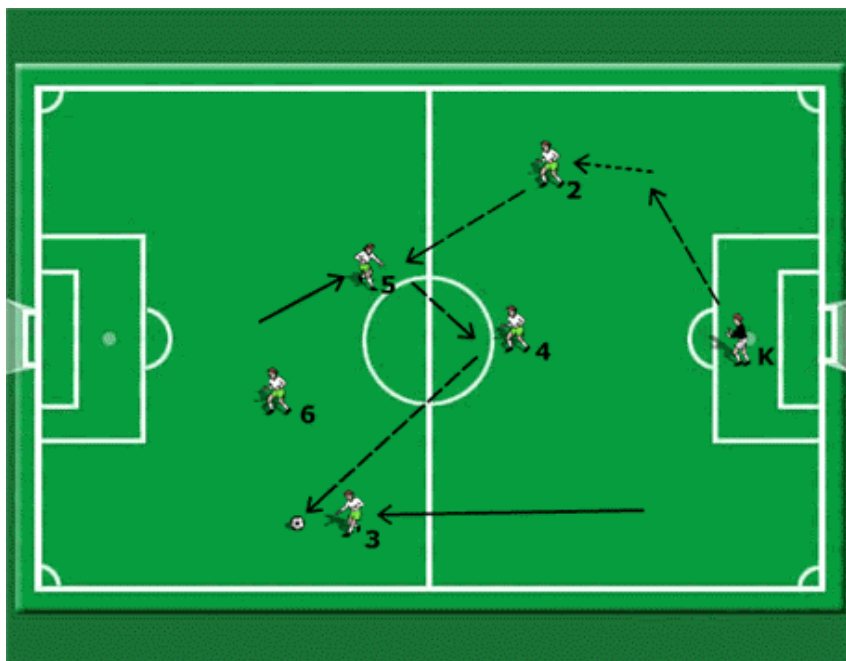


Playing into the midfield now to begin the move, and develops the play from there. A midfielder may drop off their marker in a game to receive to feet so simulate that here. Midfielder receives the ball side on so they can go forward, back or sideways off their first touch.

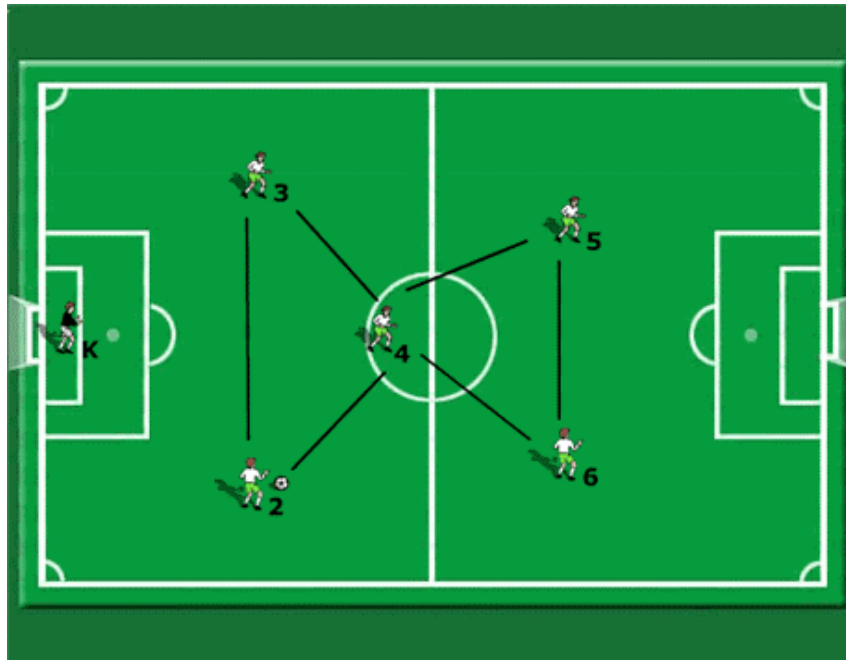
You can now use the switch or check call, or striker, as described in the next slide or just let them react.

Now we are looking to link up with the strikers into feet, the call is "striker". It can be to the 1st striker to feet or the 2nd striker. Have them play the way they are facing then this can result in passing back into midfield where support is behind, then movement ahead of the ball to play the pass forward again.

It could be here back to (4) and forward to (6), or a forward run from behind to in front of the ball by (3) to receive. Introduce 3 opponents. It is a 6 v 4 overload but the defending team are asked to just jockey the ball not win it but do pressure the player on the ball. The only way they can win it is if there is an interception of a pass, so they are not allowed to tackle.



## Game 44: Developing Team Play And Individual “Themes” Through 6 v 6 Small Sided Games (Part One)



The basic shape is a double triangle, again a positional theme where players are encouraged to interchange then return to a basic shape when the time is right. You could use a 2 – 2 – 1 formation also to allow a 2 v 1 overload at the defensive end.

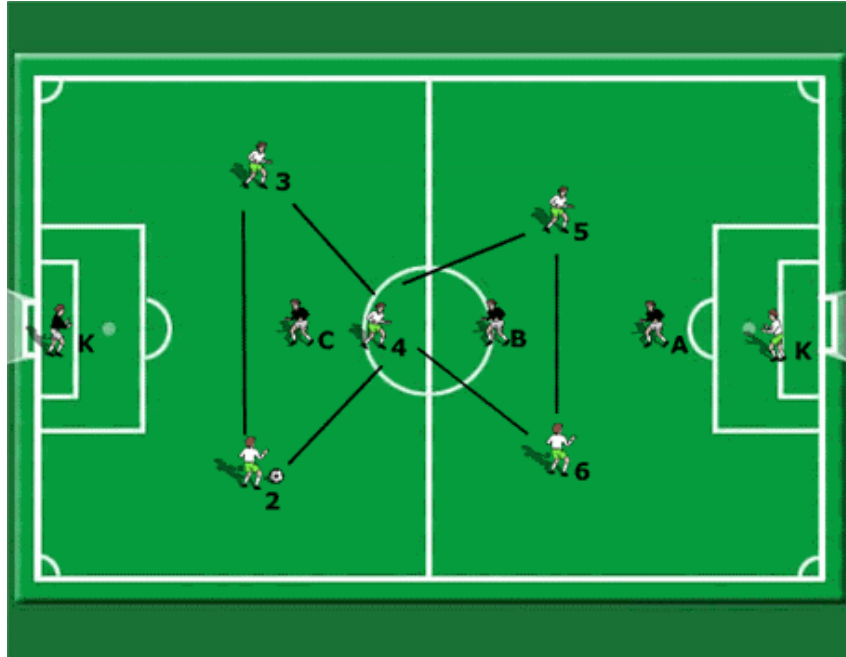
As in the previous Small Sided Games the coach needs to focus on the principles established with the Awareness program and get the players to apply them in the S.S.G. concept.

The Forward passing theme has the following:

### Coaching Points:

1. Create Space - players spread out to be in position to receive the ball.
2. Decision – when, where and how to pass.
3. Technique – Quality of the pass (Accuracy, weight and angle).
4. Support Positions – of teammates (angle, distance, and communication).
5. End Product – shots on goal. Rebounds.
6. The themes you can concentrate on one at a time include, Creating Space as a team, Forward passes to Feet and Space, Switching Play as a team, Running with the Ball, One and Two Touch Play, Passing and Support Play, Diagonal Runs without the Ball (diagonal runs, Overlaps, blindside runs, under laps), Forward diagonal Runs to Receive, Receiving and Turning, When and Where to Dribble.

## A 6 v 4 Game Overload Situation



Overload situation now with a 6 v 4 in favor of the numbers team. Ask the defending lettered team to play passively to begin to get the session going easily.

Then as we progress the defenders can't tackle but can intercept passes.

Next ask the defenders to defend correctly and at 100% but the team in possession should still be able to make it work with the overload in their favor. More game real now. If the defending team wins it they can attack.