

SPARTANS FC



Small Sided Street Games

- Fun
- Making Decisions
- Solving Problems
- Improvising
- Creating Quick Solutions
- Overloads & Underloads
- Finishing
- Playing with Energy



“Everything I have achieved in football is due to playing football in the streets with my friends”

Zinedine Zidane

“My position is this - street soccer is the most natural educational system that can be found”

Rinus Michels

“The fact is kids learn to make good decisions by making decisions.. Not by following directions”

Anonymous

“Play is our brain’s favourite way of learning”

Diane Acherman

“Shouting pass or shoot at your players simply turns you into a PlayStation coach. Think...who are the decision makers?”

Anonymous

“It is among the common places of education that we often first cut off the living root and then try to replace it’s natural functions by artificial means. Thus we suppress the child’s curiosity and then when he lacks a natural interest in learning he is offered special coaching for his scholastic difficulties”

Alice Duer Miller

“I trained for 3-4 hours a week at Ajax when I was little, but I played 3-4 hours every day on the streets. So where do you think I learnt football”

Johan Cruyff



Introduction

These small sided street games have been brought together as a resource for coaches and volunteers working with young players.

Through initiatives such as Positive Coaching Scotland, we have seen a marked improvement in the quality of playing and training environments in recent years. The coaches and parents of the past who shout and yell from the side of the pitch while their kids are trying to do their best are an increasing minority. Many local clubs have also embraced a 'let them play' philosophy so that young players can benefit more from a positive match experience every weekend. Well done to them.

Our next task, however, is to make every Saturday or Sunday morning even better by helping the 'Joystick Coach' or 'Joystick Parent'. These are the folks who constantly provide instruction, a bit like a remote control, before every pass, dribble, shot or tackle. This results in the players solving less problems, making fewer decisions, improvising less and having a reduced capacity to express themselves. Many of these adults are actually really good people, have the kid's interests at heart and are very well intentioned.



If we want to develop more players who have the ability to be really good decision makers, we need to back off a bit, give the kids more ownership and perhaps try some of the following:

- Allow mistakes to be made and see if players can learn from them without feedback.
- Instead of providing instructions or answers, try and guide players to solutions by using questions such as:
 - How could you get the ball to the wide area quicker?
 - When would it be better to make that pass?
 - What could you differently next time?
 - Where would be better to go to receive the ball?
 - Rotate playing positions so players have various experiences.

The games contained within this booklet all have a problem solving element. They are small sided so players are constantly involved and all the games have that 'spirit of the street' feel about them that helped produce latter day players such as Dave Mackay, Dennis Law and Kenny Dalglish, who no doubt were out organising their own street games with friends. If you are a novice coach, these games can be used as an alternative to having to design skill practices or sessions. Most importantly, all the activities, we believe, are games the kids will want to participate in as opposed to activity they feel they have to take part in.



Contents

- 3 - Introduction
- 4 - Contents
- 5 - Crossbar & Posts
- 6 - One Nil Up
- 7 - 3v3 + 2
- 8 - Football Skittles
- 9 - Bullseye
- 10 - Benfica Counter Attack
- 11 - Dutch 7 Ball
- 12 - Win it to Man Up
- 13 - Turning to Score
- 14 - North, South, East, West
- 15 - FIFA Sweaty Game
- 16 - Dutch Changer
- 17 - 4v4v4 Counter Attack
- 18 - 3-2-1 (Ted Rodgers)
- 19 - 'Bill Gates'
- 20 - 'Gareth Gates'
- 21 - 5-1 Game
- 22 - Overload & Underload
- 23 - 4v4 + GK's 6 Goal
- 24 - 6 Goal Shooting and Swith Play
- 25 - 3v3 to 1v1
- 26 - Spring the Runner



Crossbar & Posts



Description:

Teams must strike the frame of the goal to score
Coaches can decide if they must hit posts, bar or any combination.

Coaching Points:

Create overloads
Quick attacks
Patience



One Nil Up



Description:

If blues score and go 1-0 up, they then aim to keep the ball from the maroons but can't score again. The maroons aim to win the ball and score in either goal to bring back to 0-0. The team that goes 1-0 up the most wins (or first to score).

Coaching Points:

- Use GKs to help keep the ball and create 6v4
- Movement to receive
- Split defenders with passes
- Defenders to close down and force mistakes



3v3 + 2



Description:

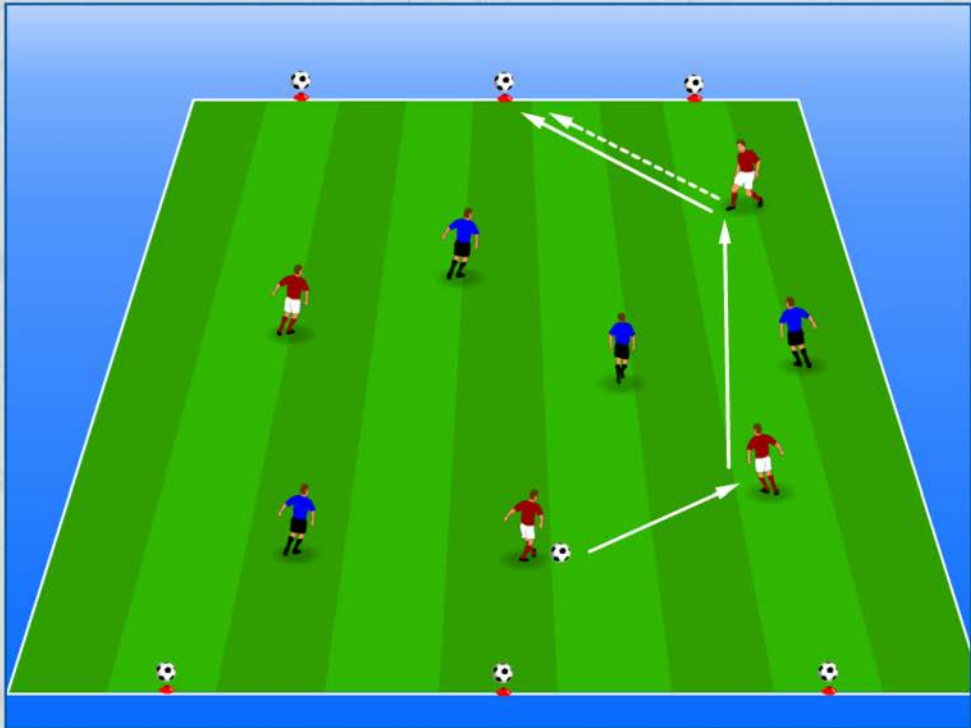
3v3 + 2 + GKs
2 outfield player overload for team in possession
Aims are to create space via 1v1s, overloads and quick play to score
First to 5 goals should aid tempo

Coaching Points:

Move ball quickly to create time & space
Decision making
Improvisation
Identify opportunities



Football Skittles



Description:

Teams score by knocking their opponents balls off the cones.

When a player scores, he/she has to replace the ball on the cone - the other team aim to collect the game ball and attack the other way while there is a chance of an overload.

Players can play in from the side or the coach can feed in them for them.

Coaching Points:

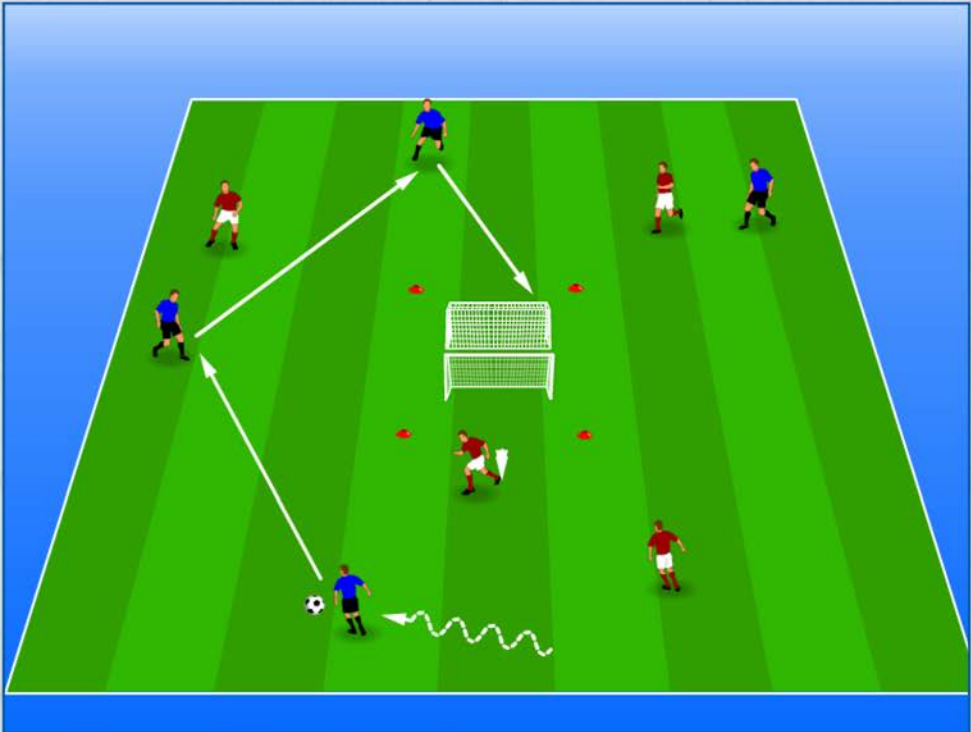
Create overloads

Quick attacks

Patience where required



Bullseye



Description:

Players aim to play around the area to score in either middle goal.

At the coach's discretion, players are not allowed to stand idle in the coned area (this leaves the goal open to more shots.)

If a team concedes a goal they restart by playing the ball to a team mate from the coned area. (Alternatively a player can take a ball from the side to restart)

Coaching Points:

Be brave in 1v1s

Decision making - move, pass, dribble, shoot etc

Switch play



Benfica Counter Attack



Description:

Play 4v4 with four goals (can be adapted to 3v3, 5v5 etc.)

As soon as maroon team scores, one of the blue players collects one of the balls at the cone at the side of the pitch and dribbles in. One of the maroon players must replace this ball with the one that was scored with resulting in a 4v3 overload. Normal football rules apply.

Coaching Points:

Awareness of space and players
Speed of play
Disguise
Breaking lines to score
Improvisation



Dutch 7 Ball Game



Description:

4v4 or 5v5 with or without GKs

- If a goal is scored or the ball goes out for a corner, the scorer collects a ball from a corner cone and attacks the opposite goal. The defending player has to retrieve the previous ball and replace it on the free cone.
- By-kick; defending team take a ball from the corner and drive in. - Throw in; dribble in from the side and other team replaces the previous ball.

Coaching Points:

- Create overloads
- Quick attacks
- Patience where required
- Recover quickly



Win It to Man Up



Objective: Score and counter at speed before defending team reorganises.

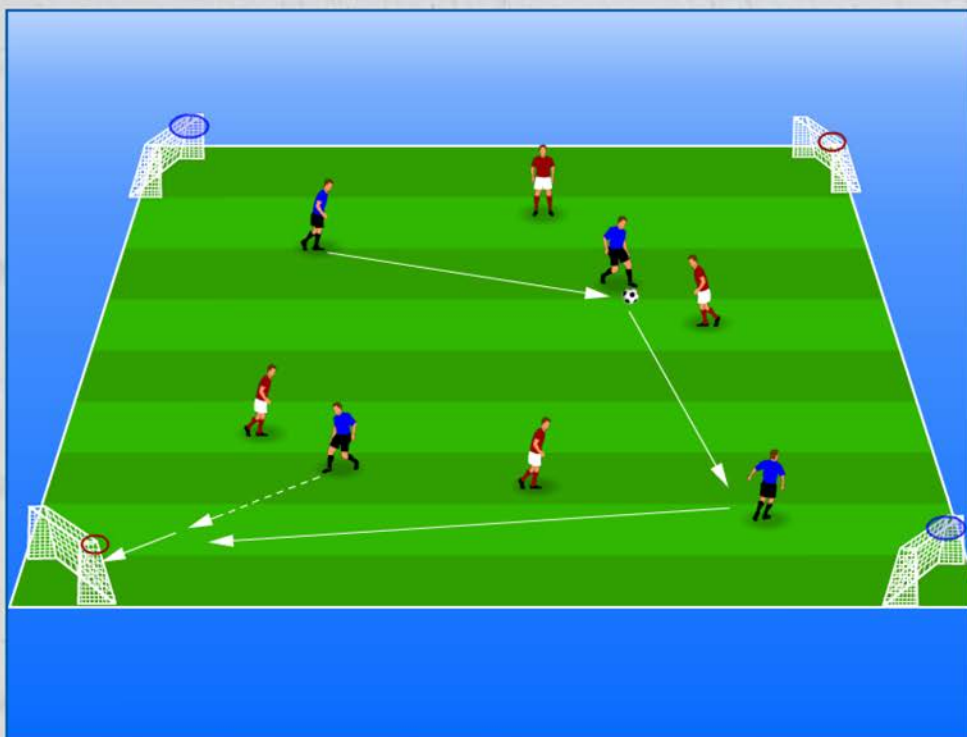
Description: Teams play 4v4. When a player loses the ball, he/she must sprint round an outside cone before rejoining the game leaving the other team with a temporary overload.
If a teams scores they can then attack in the opposite direction if required.

Coaching Points: Quick solutions to score
Create numerical superiority
Correct and quick decisions
Forward passes when possible
Break lines with dribbles and passes.

Progression: Two players leave pitch instead of one



Turning to Score



Objective: Promote good decision making and game awareness.
Quick attacks

Description: 3v3 Games
Maroons aim to score into yellow goals, Yellow into maroon goals
Coaches should place coloured cones or bibs in goals to signify colour
(Note - all goals should face in the park)

Coaching Points: Turn to create 1v1s or numerical advantage
Switch of play.
Play through lines
Decision making

Progression: X number of passes before scoring
Reduce area size
One touch finish



FIFA Sweaty Game



Objective: Find quick ways to score through quick and correct dribble or passing decisions.

Description: Small sided with both teams able to score in any of the 4 goals.
To score players have to 1. receive a pass that travels between the flat markers, 2. dribble through marker or 3. a dribble or a pass.

Coaching Points: Create 1v1s and overloads, drive at pace
Look to play ball through defenders
Turn to attack opposite direction when required
Decision making

Progression: One touch finishes for passes - stipulate back or front foot or outside of foot if required
Rabona finishes when dribbling through.



Dutch Changer



Description:

4v4 in middle (GK in big goal optional)

Maroons attack the big central goal - Blues try and win possession and score in either small goal. If blues score, they then collect a ball and attack the big goals which the maroons now have to defend. Only goals scored in the big goal add to a teams tally

Coaching Points:

- Create overloads
- Quick transitions
- Creative decision making



3-2-1 (Ted Rodgers)



Description:

3v3, 4v4, 5v5 etc. with or without GKs

Unlimited touches.

If maroons score they then have to play 3 touch while blues continue all-in

If blues score then both teams must take 3 touches.

If blues score again they move to two touch etc, etc. The team that scores first at 1-touch wins.

Coaching Points:

Secure ball where required

Pin defenders when required

Improvisation

Identify opportunities



'Bill Gates'



Description:

Teams can score in either goal.
Players must first dribble through one of the the red gates before they can score.
Goalkeepers can be used to help build attacks and create a 6v4

Coaching Points:

Patience
Switch play wide or long where required
Create overloads
Decision making
Be brave in 1v1s



'Gareth Gates'



Description:

Teams can score in either goal.

Players must first dribble or play a completed pass to a team mate through one of the three gates.

Goalkeepers can be used to help build attacks. Goals can be awarded for moving the ball through the gates as well as for scoring in the goals.

Coaching Points:

Patience

Switch play wide or long where required

Create overloads



5-1 Game



Description:

SCENARIO: One team play as Hearts and the other as A N Other Team.
Hearts lead 5-1 with 8 minutes left. The other team need to score 4 goals to draw the game and 5 to win.
Everytime Hearts score, take 30 seconds off the clock.
Adjust times to suit players.

Coaching Points:

Create overloads
Quick transitions
Playing through lines to players and goals



Overload & Underload



Description:

Blue team play with goalkeeper towards the 3 small goals. Maroons play with 4 players towards the one big goal.

Blues aim to attack effectively and pass/dribble out to goals as soon as possible.

Maroons aim to use overload to achieve a quick solution.

Coaching Points:

Create overloads

Quick transitions

Creative decision making



4v4 + GK's 6 Goal Game



Objective: Quick attacking solutions
Switching point of attacking & finishing

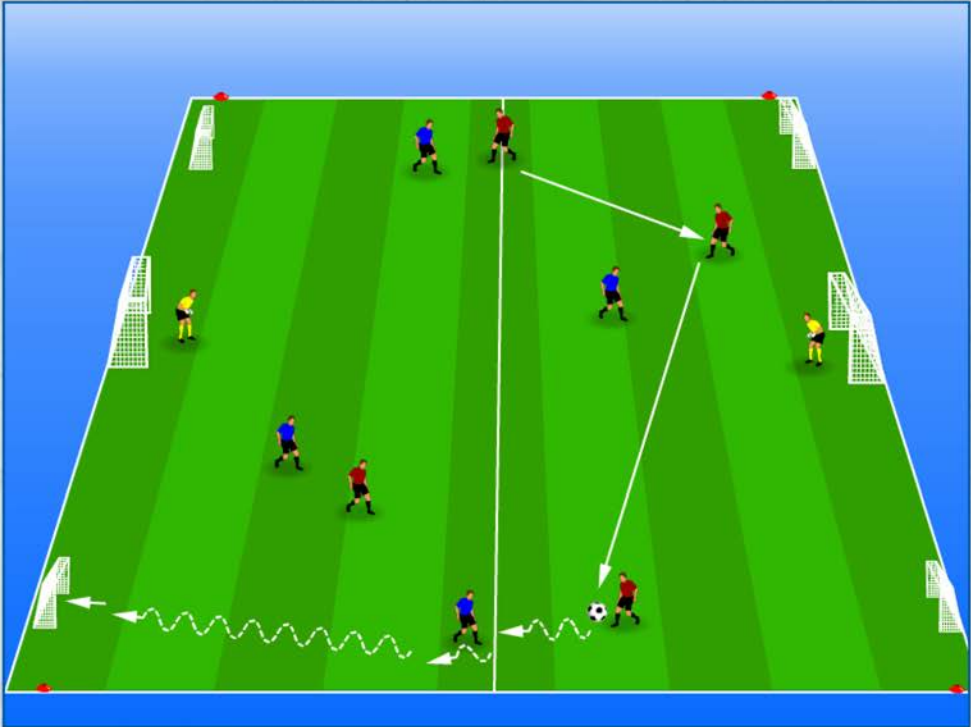
Description: Goals scored in big goals count as 2, goals scored in small goals count as 1.
For every 3 goals scored in small goals, the team is allowed a penalty kick into the big goal

Coaching Points: Identify space quickly
Quick and effective decision making
Passing or power finishing.
Playing through lines

Progression: One or two touch finishes
Play with or without GKs



6 Goal Shooting and Switch Play Game



Description:

4v4 (with or without GKs) played on a wide pitch.

Players can score in big goals from their own half only. Small goal can be scored in from inside the opponents half only.

Coaching Points:

Identify space quickly

Quick and effective decision making

Passing or power finishing



3v3 to 1v1



Objective: Developing good decisions to attack or keep ball
1v1s/ 2v1s

Description: 3v3 game + DCMs in end zones who defend and also help build attacks.
To score the 3 in the middle must combine to either/or dribble or receive a pass into the end zone (ball must be in before the player in either case.)
If a goal is scored the DCM plays a pass out unopposed. Can be adapted to more numbers

Coaching Points: Quick solutions to score
Correct and quick decisions
Switch play via DCM when required quickly
disguised passes to play into end zone.

Progression: 4 second to score in end zone
2v1 allowed in end zone
DCM allowed to drive out and other player can rotate in



Spring the Runner



Description:

4v4 game

To score the attacking team must combine to dribble or receive a pass into the end zone (ball must be in before the player in either case.)

If a goal is scored, that team keeps the ball and attacks the opposite goal.

Coaching Points:

Quick solutions to score

Forward first touches

Switch play via DCM when required quickly

disguised passes to play into end zone.

Use GKs to help build attacks





