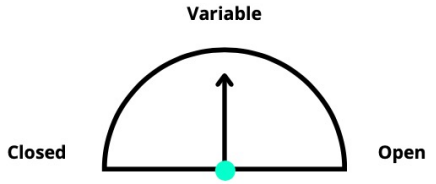
6v6+4+GK Game

Topic: SSG
Practice type: SSG
No. of Players: 18
Offsides: N/A
Timing: 20 mins
Goalkeepers: Yes
Pitch size: 36 x 20
Age group: U13+



Objective:

This practice is designed to provide players with opportunities to practice small sided game possession based scenarios that are specific to a 1-4-3-3 formation. The positioning of the players inside the pitch combined with 4 red players in front of the centre-backs are reflective of 1-4-3-3 formation. Ideally you will see controlled forward possession with players playing from their 11v11 position.

Organisation:

Set up a narrow small sided game divided into halves with two goals. Goalkeepers are critical to this practice functioning and should have a good supply of footballs in their goals to play quickly. The key constraint is that teams in possession can only pass to the 4 players on the outside positioned ahead of their of their centre-backs. Play for a set time of 2-4 minutes and rotate the outside players into the game and one team from the middle outside.

What you might see

- Players passing forward to the top 2 players but not moving forward to support.

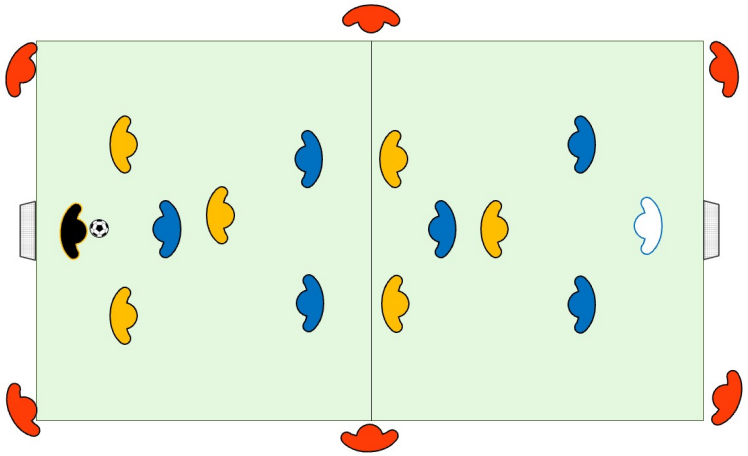
Actions you might take

- Set a time or touch limit on the outside players.

Adaptations (based on the attacking player):

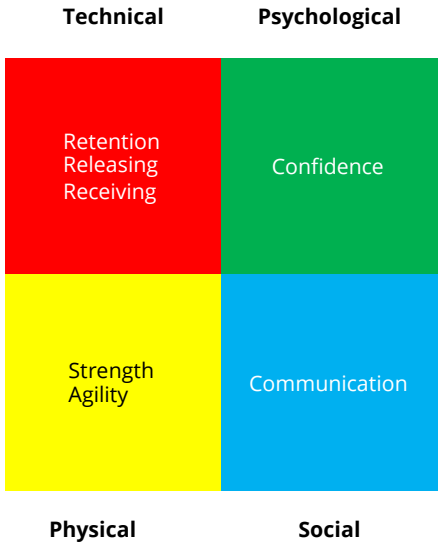
Is the session too easy?
- Decrease the size of the area
- Reorganise the teams to balance the individual match-up within the game

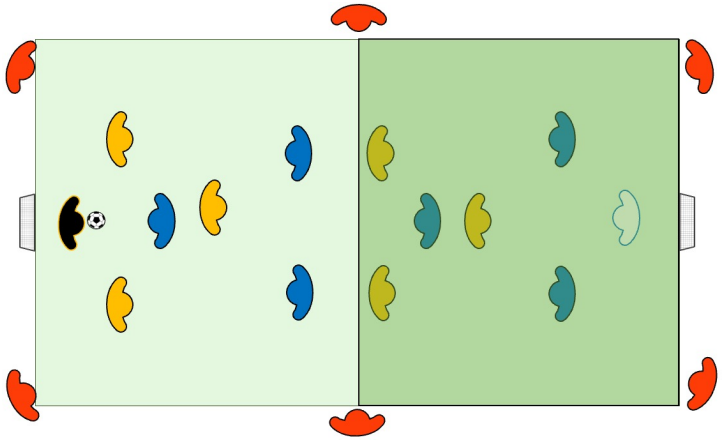
Is the session too hard?
- Increase the size of the area
- Reorganise the teams to balance the individual match-up within the game



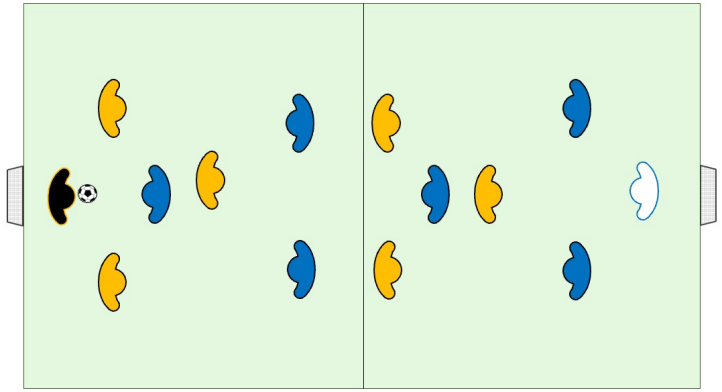
Area set up to accommodate 6v6+GKs inside, with 6 players positioned outside as shown in the figure above. Coach can choose a time limit or score limit to rotate teams into the game.

4 players. A player at each end of the box act as floaters, whilst the players in the middle of the area play 1v1. If the defender wins the ball, they immediately become the attacker and look to score by moving the ball to either player in the end zones. Coach can choose whether the players stay on their pitch or rotate through other pitches.

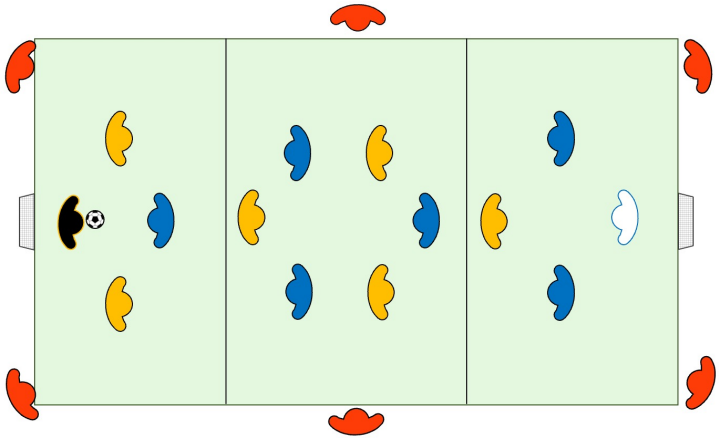




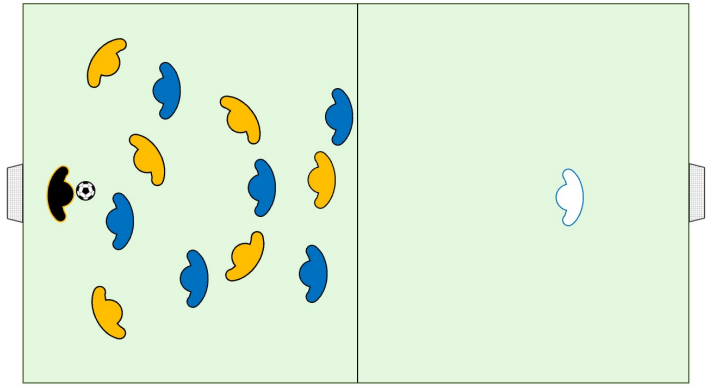
Players are locked to their half to create a 3v3+GK+floaters in each half. In possession, players can still use the floaters ahead of their GK.



In this example we have removed the outside floater players. This will likely increase the challenge point for the team in possession. However, a trade off is now the relatedness (from a positioning standpoint) to the 11v11 is now reduced.



In this example the pitch has been split into thirds. Players inside the game are locked to their respective zones. This facilitates various ‘games within the game’, and can be a nice starting point prior to advancing to halves. When in possession, players are able to pass to the floater players ahead of their GK.



In addition to removing the outside players, the game has also been adapted to include the half-way line as an offside line. This can be a nice adaptation to encourage defensive pressure when out of possession and movement into the space behind when in possession.