

# HEART OF MIDLOTHIAN FC



## Small Sided Street Games

**EAST LOTHIAN COACHES  
IN-SERVICE**

**AUBIGNY CENTRE,  
HADDINGTON**

**MONDAY 3 OCTOBER 2016**



- Fun
- Making Decisions
- Solving Problems
- Improvising

- Creating Quick Solutions
- Overloads & Underloads
- Finishing
- Playing with Energy



/heartscoaching



@heartscoaching

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 just 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.

*“Kids learn to make good decisions by making decisions.....not by following directions”*

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.

Set it up. Stand back. Let them play. ☺

Chalky White  
@ch4lkster

Why Small Sided Games?

Small Sided games are essential for developing players. They help kids become more engaged which increases activity, confidence, interaction, fitness and contact with the ball. Even when comparing our player pathway formats, Football 4s and Soccer 7s there are quantifiable benefits to keeping it small.

4v4 vs 7v7



135%  
260%  
500%  
225%  
280%

More Passes  
More Scoring Attempts  
More Goals Scored  
More 1v1s  
More Dribbles





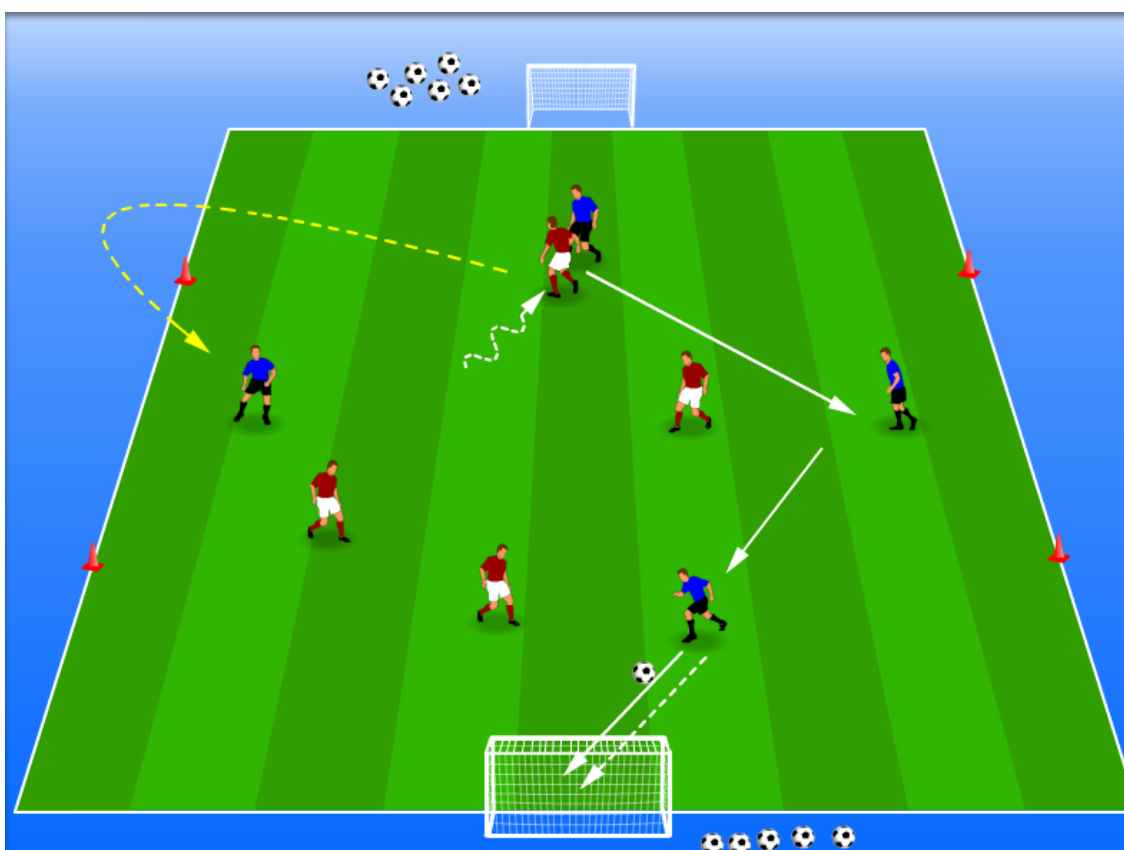
## Tactics Manager

**Session** Problem Solving and Improvisation

**Age/Level:** U5 - 18+

**Objective:**

## Win It to Man Up Game



Score and counter at speed before defending team reorganises.

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.

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

Two players leave pitch instead of one



# Tactics Manager

**Date:** 8/Aug/2016

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**Time:** N/A

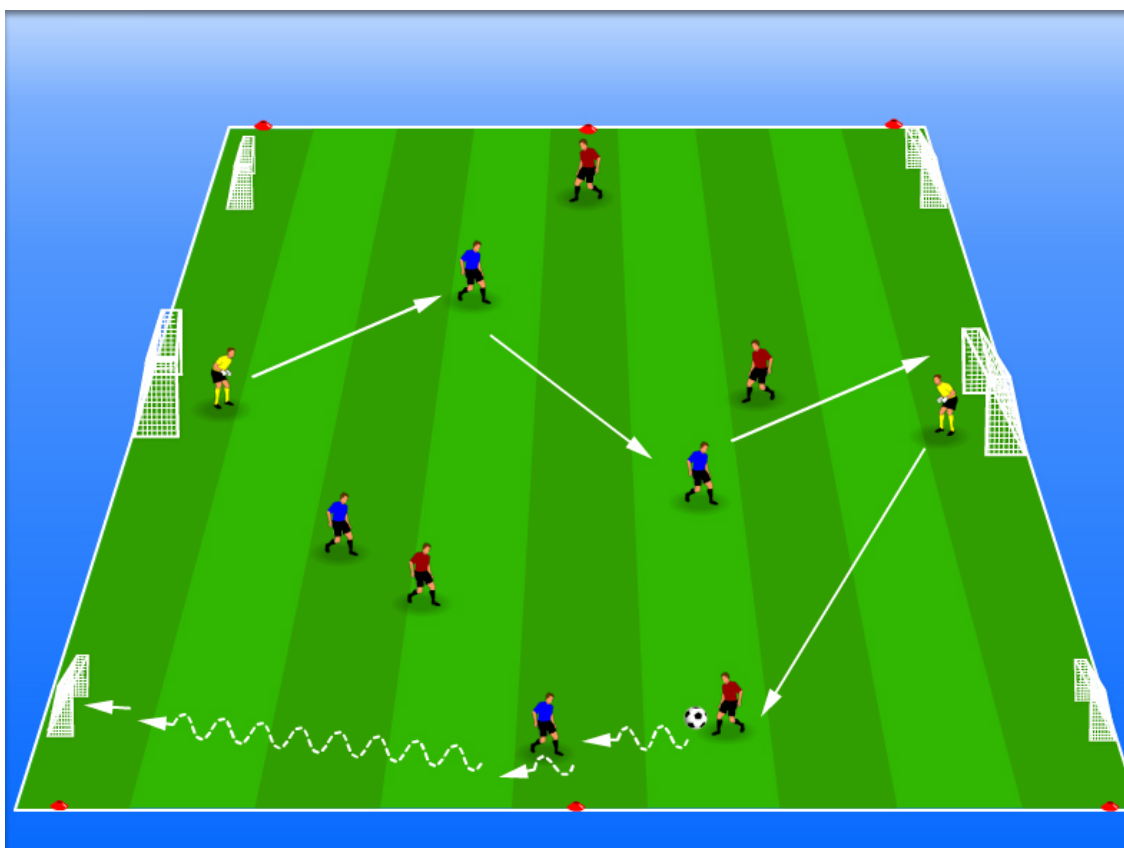
**Age/Level:** U5 - 18+

**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 1

### 4v4 + GKs 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



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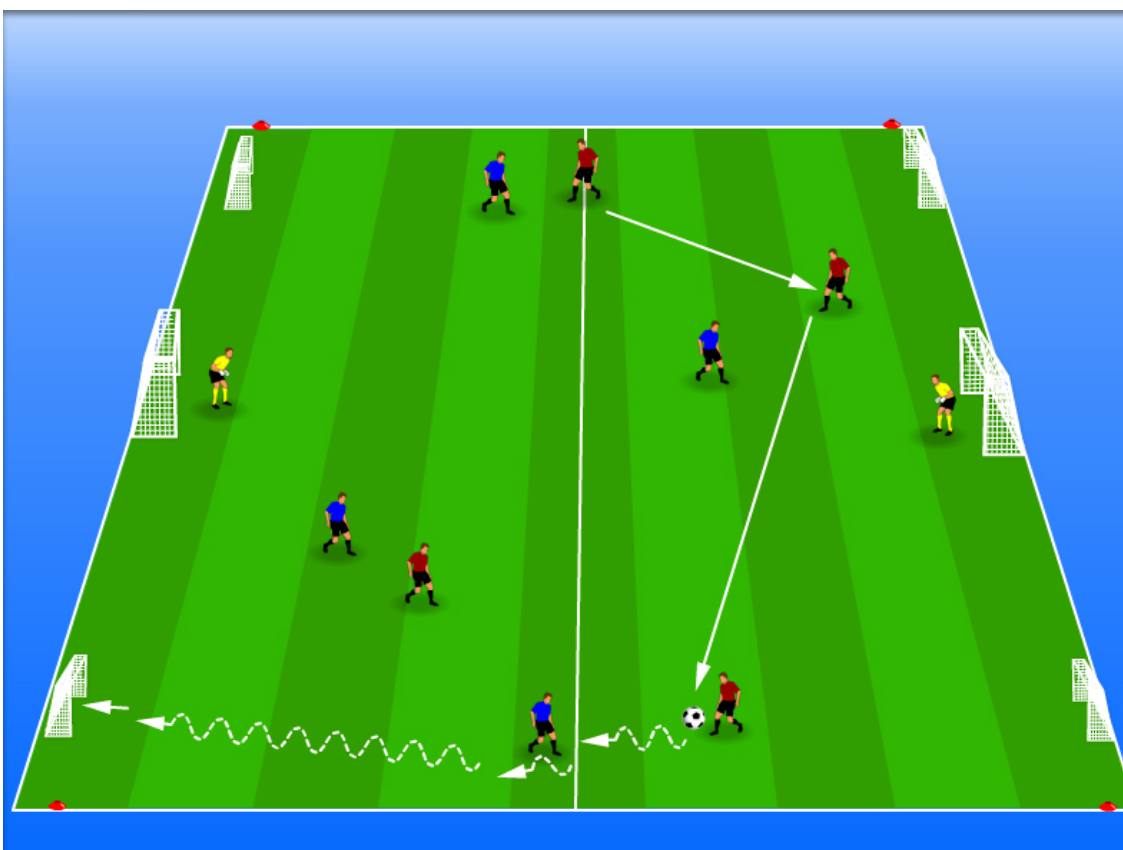
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**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 1

### 6 Goal Shooting and Switch Play Game



**Objective:** Scoring from distance  
Switching point of attack and attacking wide areas.

**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

**Progression:** One or two touch finishes  
Switch rules so players can only score in small goals in own half etc.  
First to x number of goals wins





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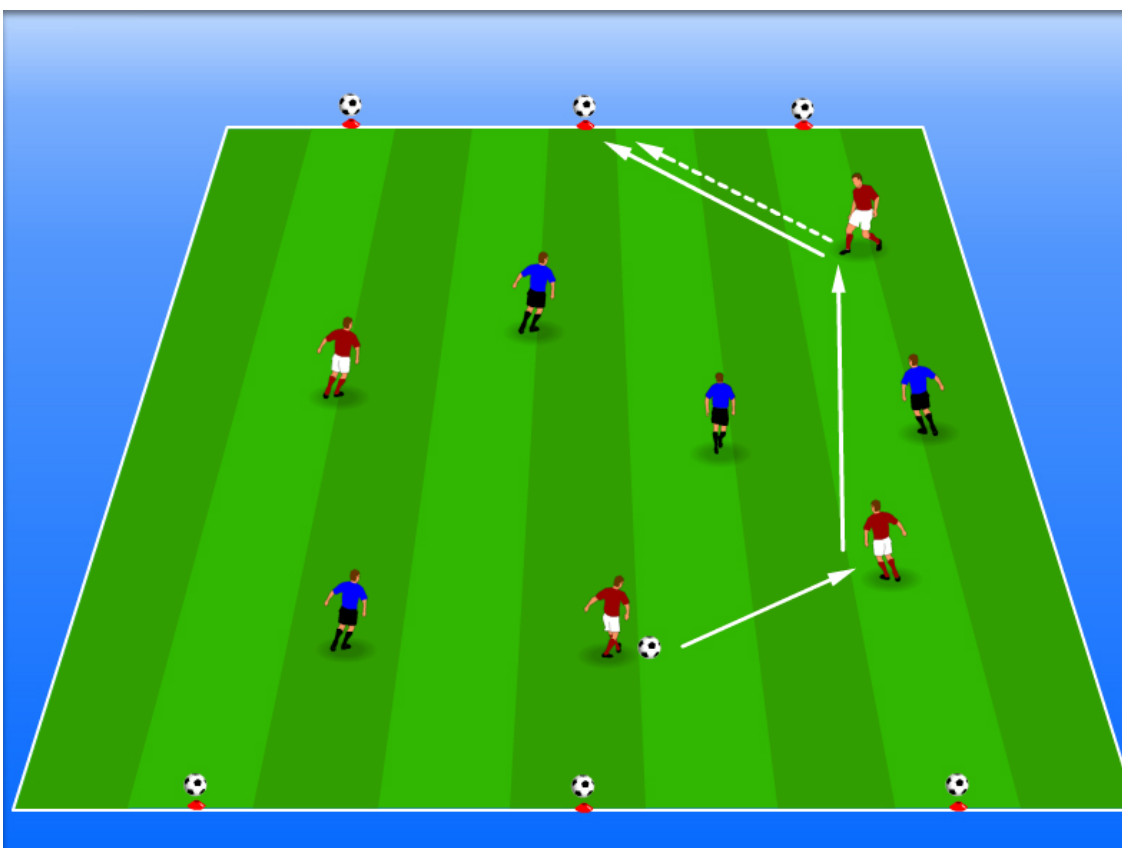
**Age/Level:** U5 - 18+

**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 1

### Football Skittles Game



**Objective:** Creating chances to score

**Description:** Teams score by knocking their opponents balls of 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 where 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

**Progression:** One or two floaters can also be added to provide overload.  
One touch finishes  
Line can be added in front of goals so players have to score from a distance



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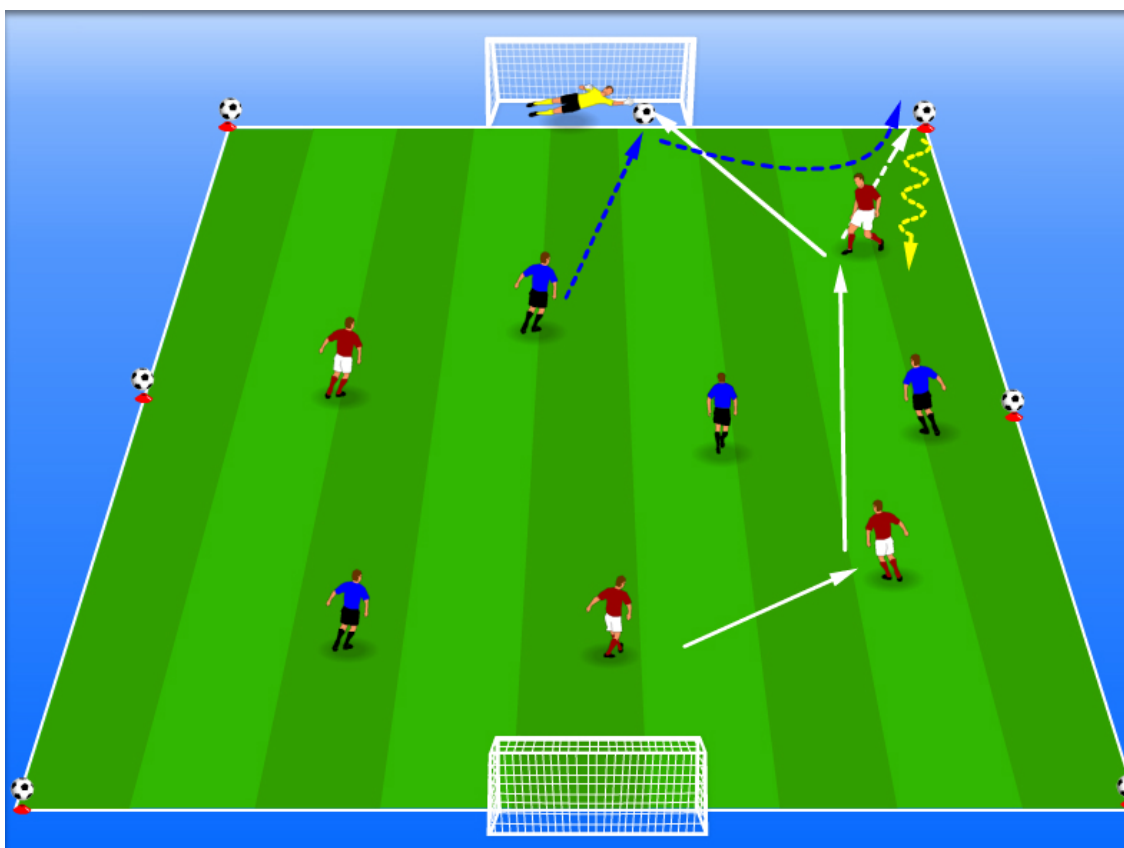
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**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 1

### Dutch 7 Ball Game



**Objective:** Quick attacking, good decision making, being effective with numerical advantage

**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
- Reover quickly

**Progression:**

- One or two floaters can also be added to provide overload.
- One touch finishes.



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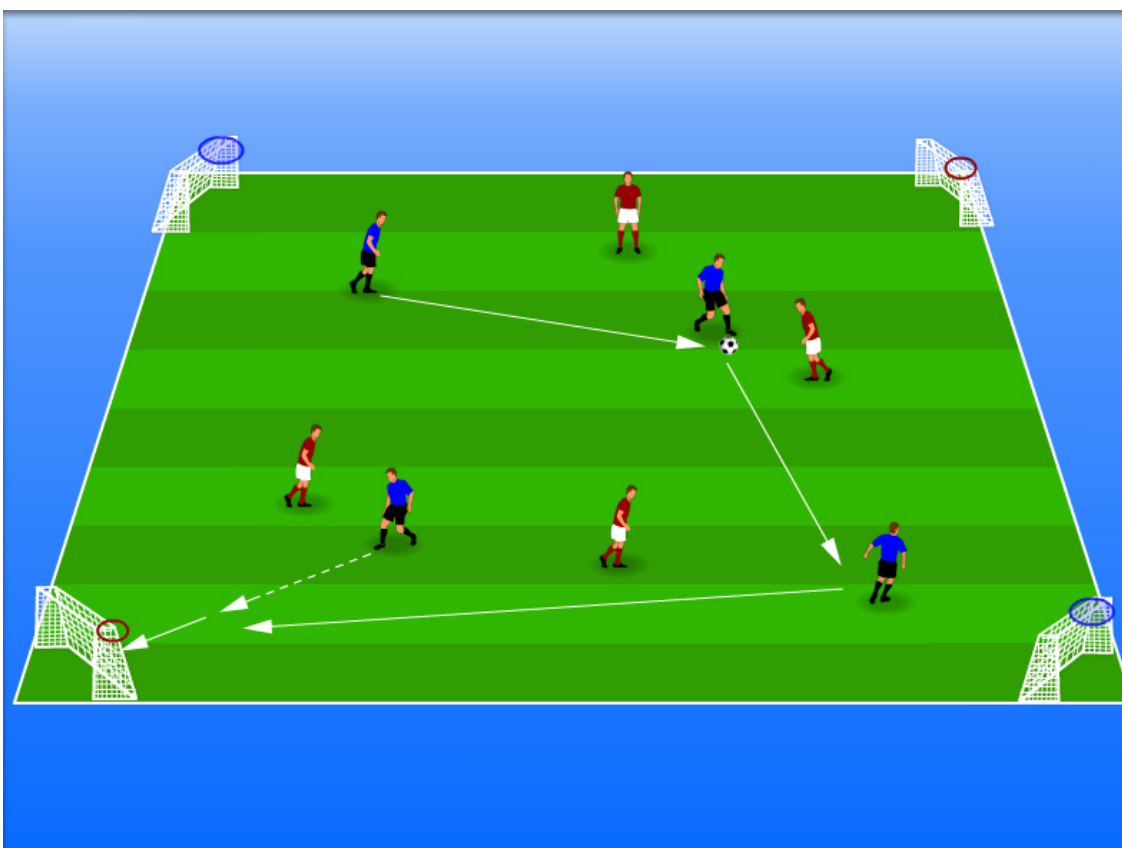
**Age/Level:** U5 - 18+

**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 1

### Turning to Score Game



**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





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**Objective:**

## Small Sided Street Games Part 1

### Breaking Lines 4 Goal Game



**Objective:** Find quick ways to score through quick and correct decisions.

**Description:** Blue team aim to score into the two goals where the blue wall players are situated. Maroon team do the same for the other two goals.

As soon as a goal is scored, the player standing next to the goal drives in and enter play on the attack. The player who scored retrieves his ball and takes the place of the wall player.

If the ball goes out of play the coach feeds a new ball in from the side.

**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:** Aim to score in the other two goals so the teams have to cope with scoring then transition to defend.  
Use bigger goals and include goalkeepers. Wall players can also be used to bounce passes.



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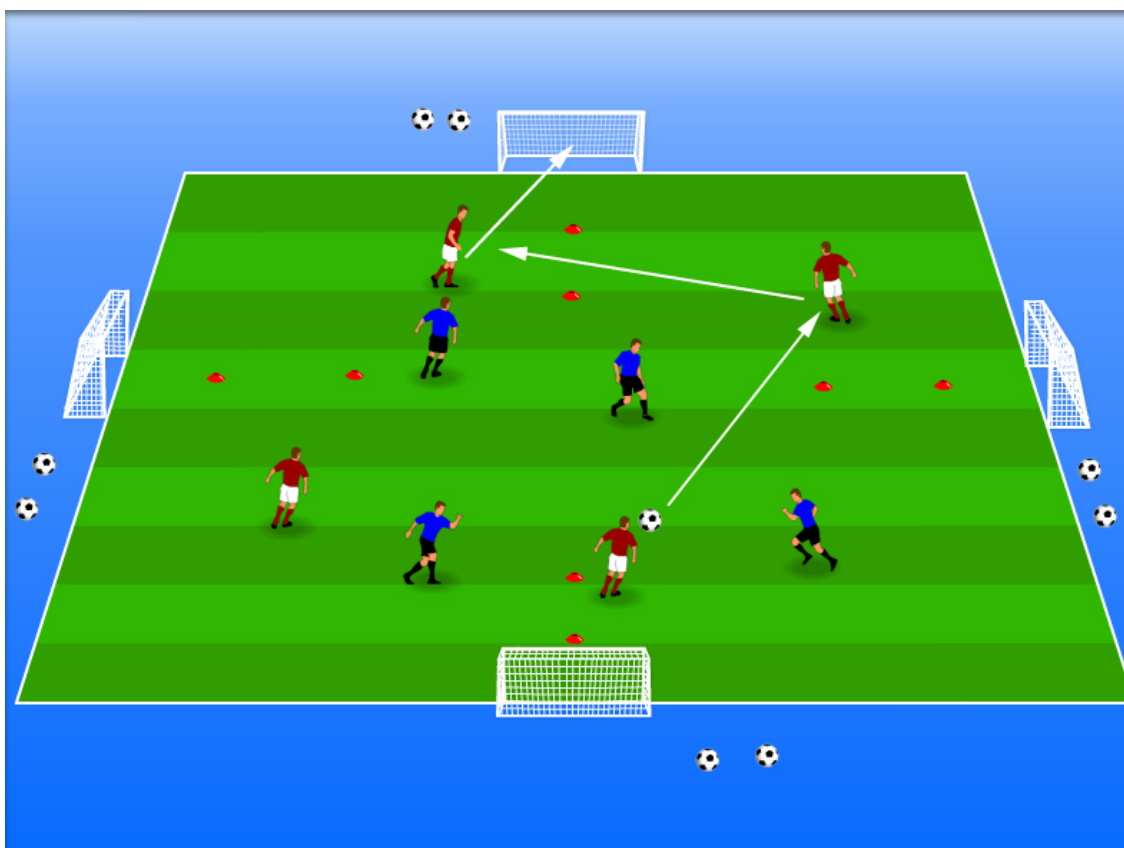
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**Objective:**

## Small Sided Street Games Part 1

### 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.



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**Objective:**

## Small Sided Street Games Part 1

### 4v4v4 Counter Attack Game



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

**Description:** Teams play 4v4 without goalkeepers. 4 additional players start 'off' on corners. Once the blues score in bottom goal, they collect a ball at pace from and begin a quick attack in opposite direction. The conceding maroon team exit quickly to corners and red team react and do their best to defend the blues attack.

**Coaching Points:**

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

**Progression:**

- Ball can be played into play by coach if required.
- Add goalkeepers
- Play a 4 goal variation to increase goals and quick switches of play.



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**Objective:**

## Small Sided Street Games Part 2

### Crossbar and Posts Game



**Objective:** Develop striking and passing accuracy  
Creating space to shoot

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

**Coaching Points:** Create overloads  
Quick attacks  
Patience

**Progression:** One or two floaters can be added to provide overload  
Line can be added in front of goal so players have to score from distance



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**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 2

### 3v3 + 2 Game



**Objective:** Creating overloads and opportunities to score

**Description:** 3v3 + 2 + GKs  
2 outfield player overload for team in possession  
Aims is 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

**Progression:** One or two touch finishes  
Placed or driven shots only  
Limited touches for floaters



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**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 2

### 3v3 to 1v1 Game



**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





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**Session** Problem Solving and Improvisation

**Objective:**

## Small Sided Street Games Part 2

### Playing In Behind - 3 Zone



#### 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

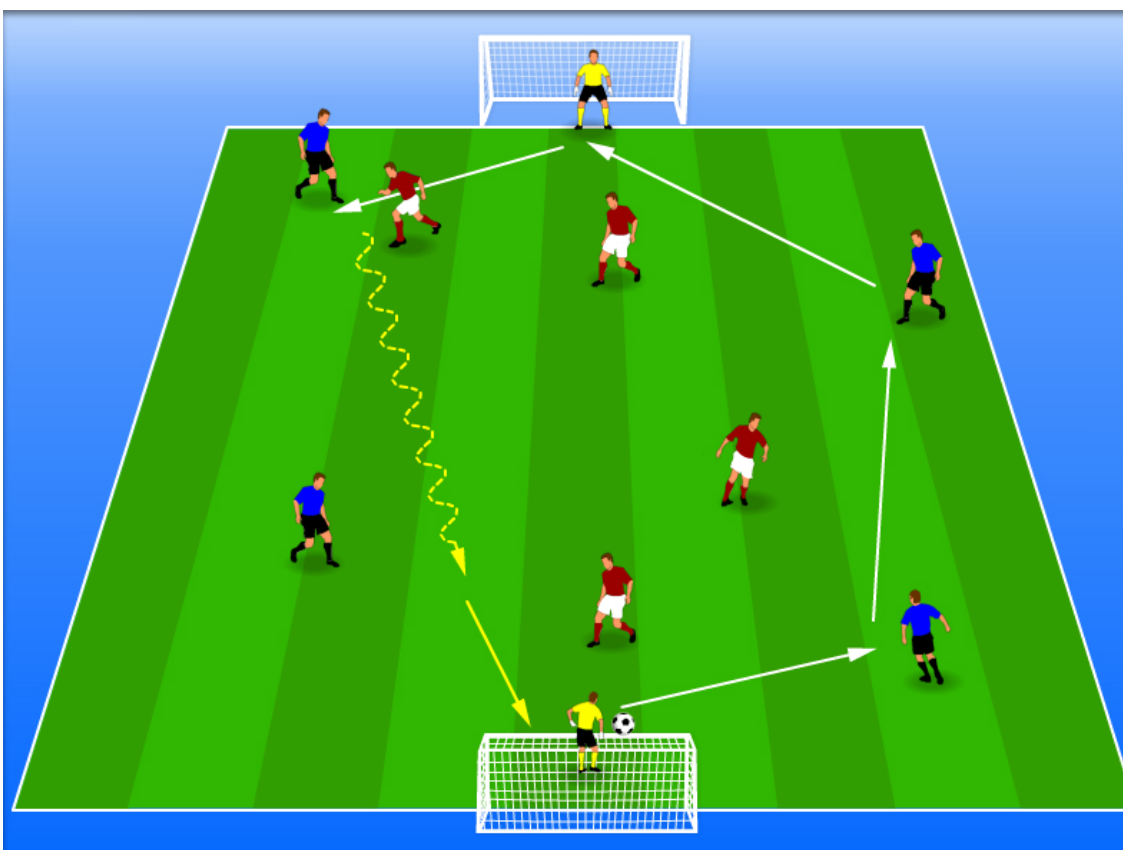


# Tactics Manager

**Date:** 8/Aug/2016**Duration:** N/A**Time:** N/A**Age/Level:** U5 - 18+**Session** Problem Solving and Improvisation**Objective:**

## Small Sided Street Games Part 2

### One Nil Up Game

**Description:**

If blues score and go 1-0 up, they then aim to keep the ball from the maroons but cant 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



# Tactics Manager

**Date:** 8/Aug/2016**Duration:** N/A**Time:** N/A**Age/Level:** U5 - 18+**Session** Problem Solving and Improvisation**Objective:**

## Small Sided Street Games Part 2

### Dutch Changer - 3 Goal

**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

### Small Sided Street Games Part 3

Date : 24/Sep/2016

Duration : N/A

Time : N/A

**Age/Level :** U5 - 18+

**Session** Problem Solving and Improvisation  
**Objective:**

### Benfica Counter Attack Game



**Objective:**

Transition to attack & counter attack.  
Quick decision making / execution.

**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

**Progression:**

Time limit on counter attacks i.e. once maroons score, blues only have 8 seconds to get a ball and score.  
Players can dribble in from side instead of a throw in / kick in.

## Small Sided Street Games Part 3

**Date :** 24/Sep/2016  
**Time :** N/A

**Duration :** N/A  
**Age/Level :** U5 - 18+

**Session Objective:** Problem Solving and Improvisation

### 'Gareth Gates'



**Objective:**

Break lines with passes and dribbles.  
 Develop space awareness to increase scoring opportunities

**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

**Progression:**

Game can be used 3v3, 4v4 without GKs for younger players. One or two floaters can also be added to provide overloads

## Small Sided Street Games Part 3

Date : 24/Sep/2016

Duration : N/A

Session

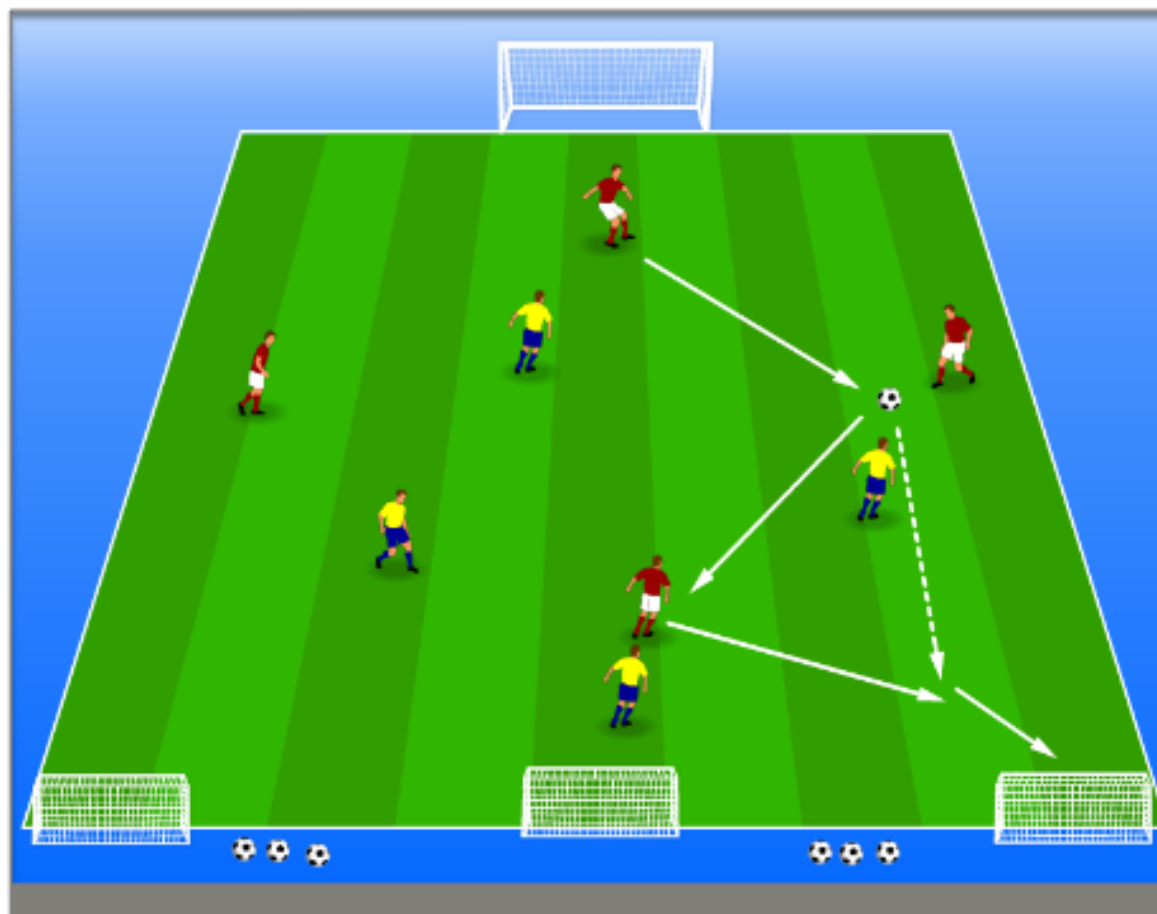
Problem Solving and Improvisation

Time : N/A

Age/Level : U5 - 18+

Objective:

### Hearts v Barca


**Objective:**

Hard work and tempo to attack and defend

Decision to press or drop

**Description:**

SCENARIO: One team play as Hearts and the other as Barca. (change teams as required!)

Barca lead 4-0 with 8 minutes left. Hearts need to score 4 goals to draw the game and 5 to win.

If Barca 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

**Progression:**

More or less goals

One touch finishes or GK in big goals



## Small Sided Street Games Part 3

Date : 24/Sep/2016

Duration : N/A

Session

Problem Solving and Improvisation

Time : N/A

Age/Level : U5 - 18+

Objective:

### Overload & Underload


**Objective:**

Quick problem solving

**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

**Progression:**

If a team scores a goal, they retain possession and start with a ball from their goalkeeper/goal line