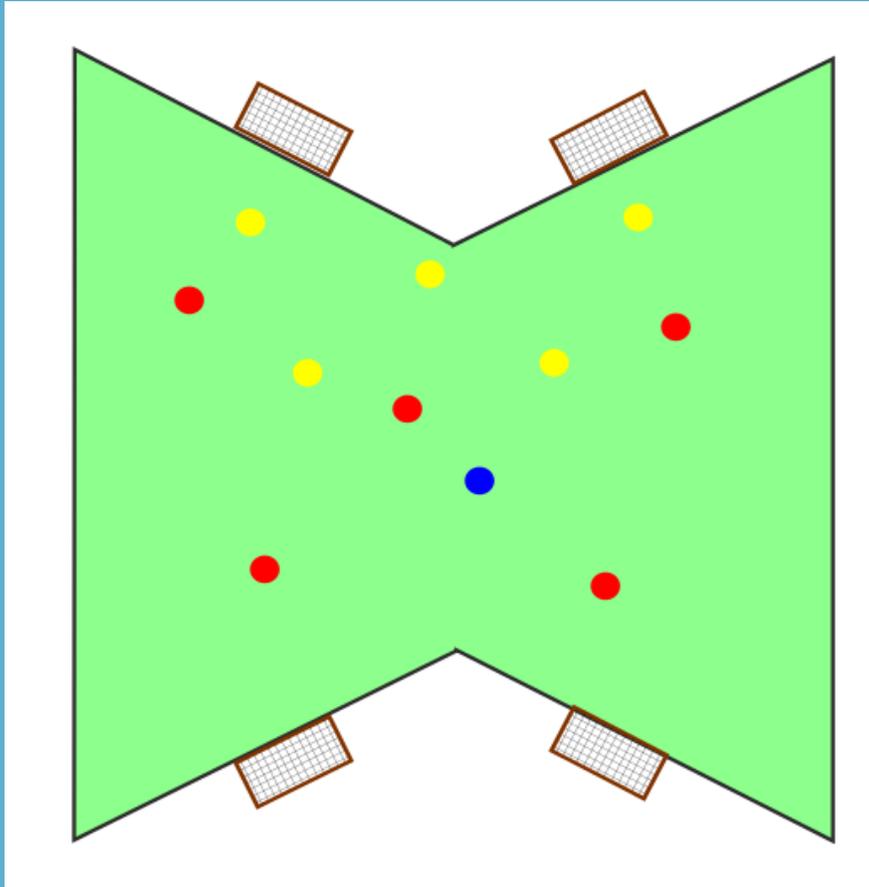


Small-sided game to practice halfspace switches



Structure: In this small-sided game 5v5+1 is played in a butterfly-shaped field with two mini-goals at each side.

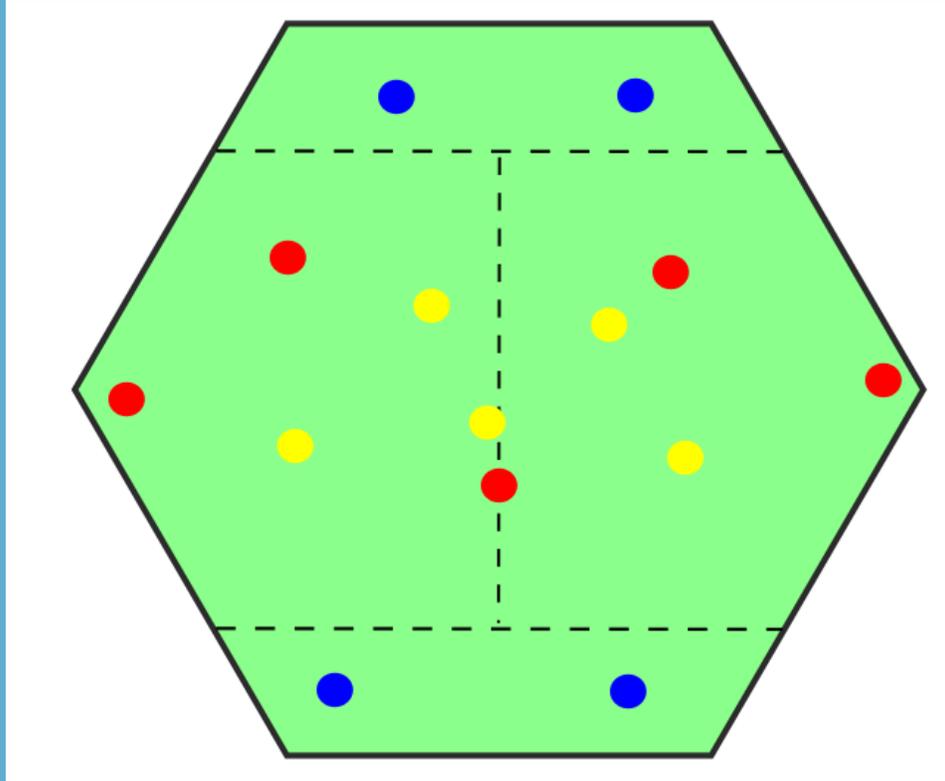
Rules: The game is played 5v5 with the neutral player supporting the team in possession. Each team defends the goals on one side while attacking on the goals on the other side. In the first step, no other restrictions are present.

Variation: In a further progression of the basic form from above, the coaches could demand high cognitive involvement through the change of a simple rule. By assigning one goal from each side to each team, the direction of play disappeared, and the players have to find solutions in order to deal with the new challenge.

Coaching points: The main principle we want to train with this small-sided game is the use of switches in order to get access to the centre diagonally. Therefore, the butterfly-shape is used alongside the mini-goals representing a pass into the ten-space. As a consequence, the main focus of this small-sided game lies on the principles of creating pressure and finding the free man facing the opponent's goal. Fulfilling the principle of creating pressure requires the usage of our sub-principles attract and switch as well as the offer of two passing options for the ball carrier.



Game-related possession game in the hexagon



Structure: The game is played in a hexagon divided into four zones. By means of the field form, vertical passes along the line are to be prevented. The field is 20 meters wide at its widest point and 35 meters long, depending on the level of skill of the players. The aim of the small-sided game is to make the ball circulate from one side to the other.

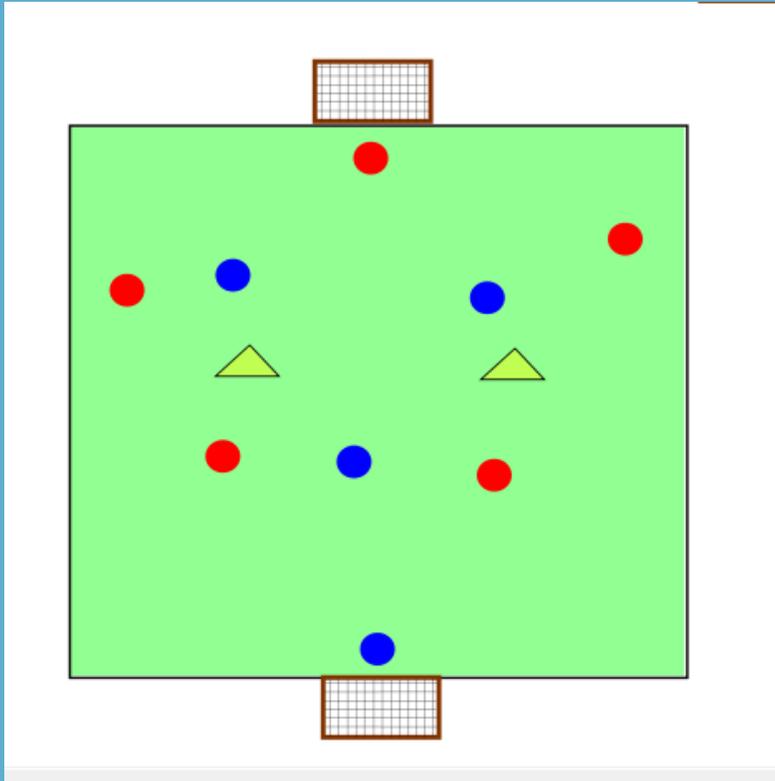
Rules: The game is played 5vs5+4, with the neutral players always being positioned in the smaller zones at the ends of the field and not being allowed to leave these zones. For the offensive team, both central zones must be occupied by at least two players.

Variation: It does not matter who occupies the end zones as long as two players from the team in possession of the ball do so. Dynamic swapping is allowed.

Coaching points: creating diagonal passing lines; occupying different horizontal and vertical lines to make quick changes of sides; creating depth – looking for the deepest positioned player.



Improving the pressing mechanisms and the use of the cover shadow



Structure: 5vs4 is played in a 25-meter-wide and 40-meter-long field. In addition to the large goals at the ends of the field, two triangular mini-goals are placed in the centre.

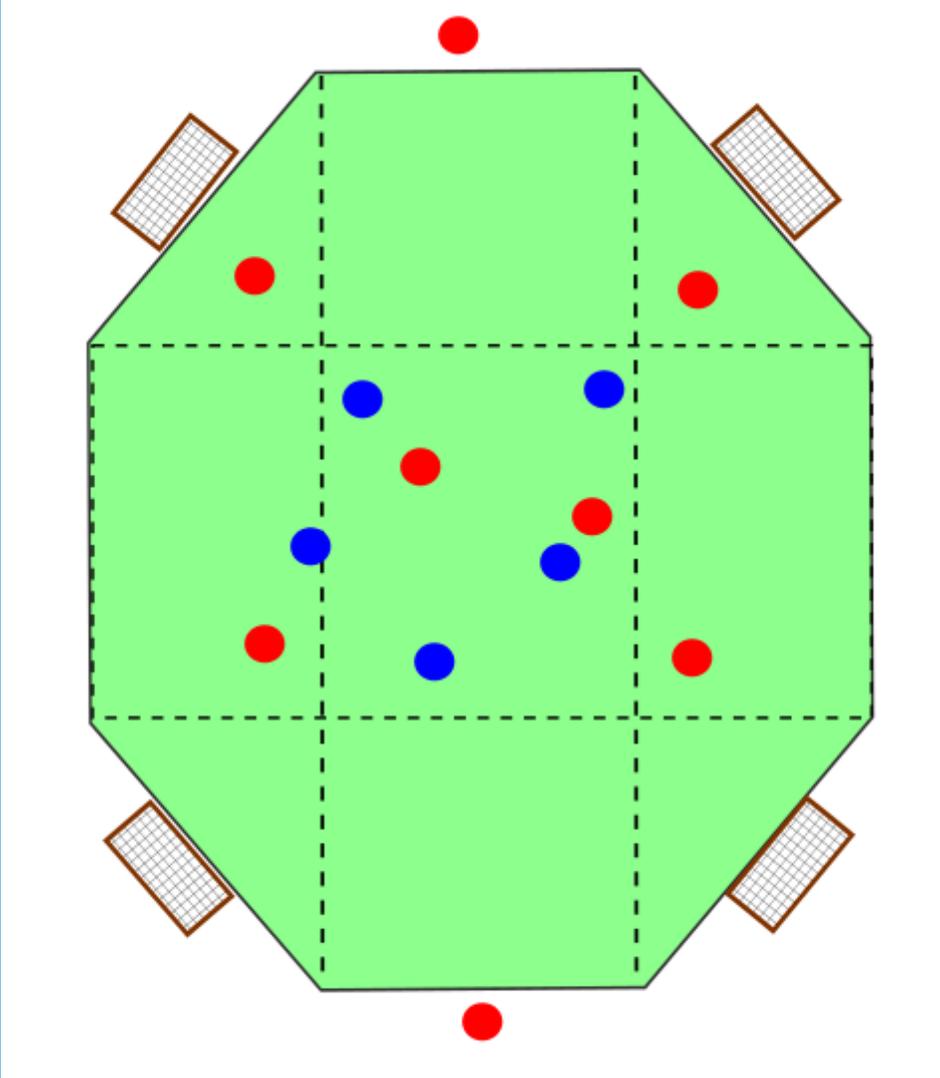
Rules: The team in possession of the ball tries to score a goal. Scoring a goal is rewarded with one point. A successful pass through the triangular mini-goals counts as an additional point. However, the triangular goal may only be played through by the direction of play. Passing back through the triangular goal is not rewarded with a point. In the first step, the red team constantly attacks, while the blue team counterattacks on the big goals - the triangular goals can't be used by them.

Variation: The game is played in both directions. Consequently, a neutral player is installed (4vs4+1) and the triangular goals become diamond-shaped goals.

Coaching points: Use of the covering shadow to keep the opponent from being out of the pressure situation, depending on the direction of pressure. If the goal is directed outwards, the diagonal pass into the centre should be prevented. If the shadow is directed inwards, the diagonal pass should be directed outwards.



Focusing on quick counterpressing



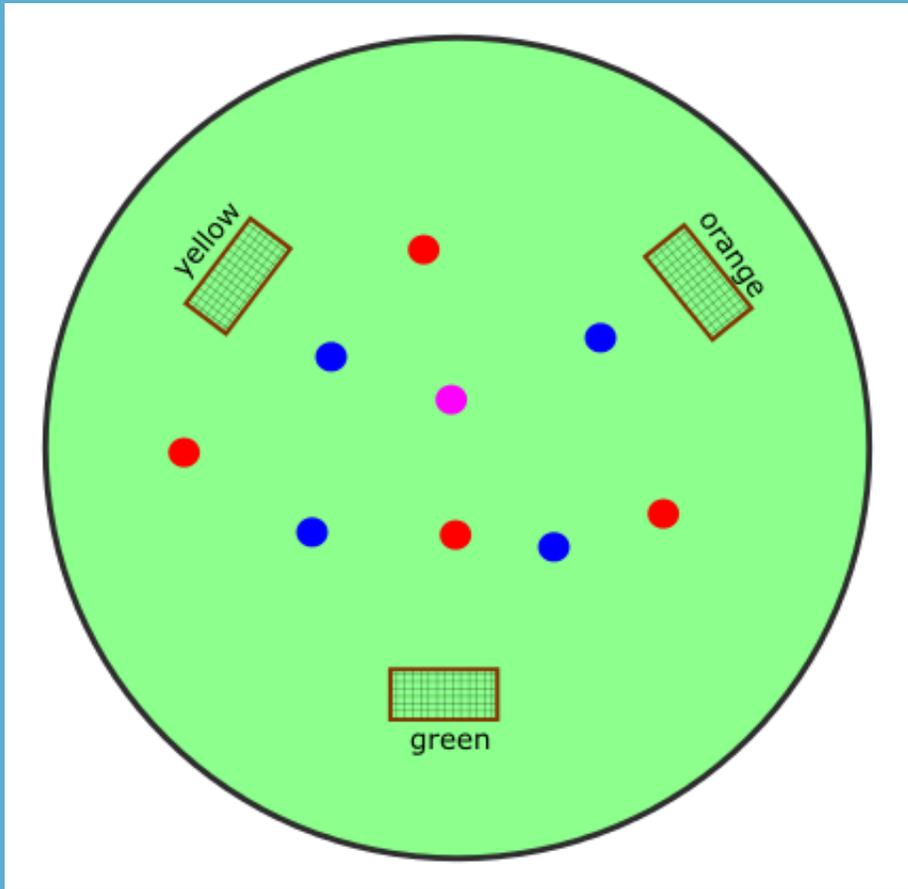
Structure: The game is divided into nine zones. The entire playing field forms an octagon. On the diagonal sides, mini-goals are placed. The game is played 8vs5.

Rules: The red team gets one point if 10 successful passes are played in a row. The blue team gets one point if, after losing the ball, they manage to counter-attack quickly on one of the 4 mini goals or to play 5 successful passes in a row.

Variation: The aim of the red team is to transfer the ball from one side to the other. Therefore, a direction of play is created for the red team.

Coaching points: Quick counter-pressing. The aim is to reduce the space near the ball. Diagonal pressing and the conscious steering of the opponent, plus working in triangles for mutual protection are different sub-principles. Furthermore, individual details such as the correct use of the covering shadow can also be trained within this small-sided game.

Improving information processing and decision-making



Structure: The shape of the small-sided game is a circle. The reason is fairly simple. By taking a circle-shaped playing field, one takes away one reference point for the players - the sideline. Consequently, they have to focus more on the other reference points instead and learn how to position according to those. Within the field, three mini-goals are placed which are all marked by a different colour.

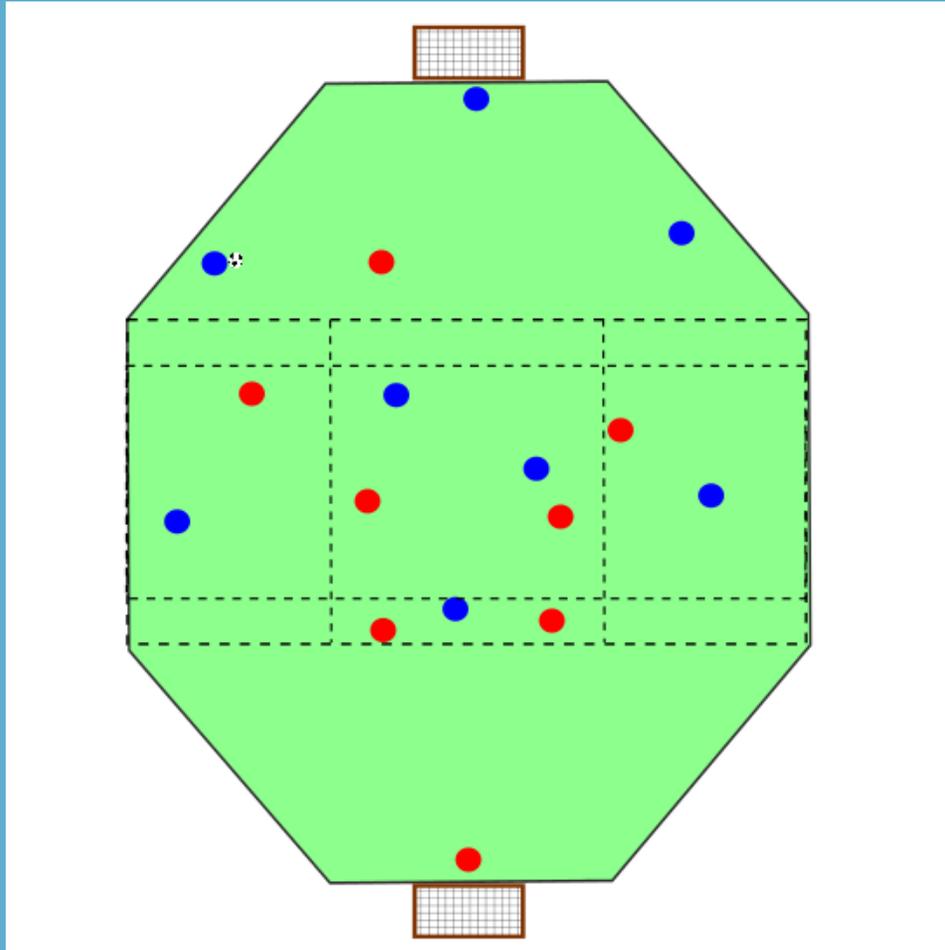
Rules: The initial game is 4vs4+1 with the aim of keeping the ball. It is the coaches' task to indicate a colour. The team that wins the ball must then counter-attack on this mini-goal and is awarded two points. 10 passes in a row for the team in possession of the ball add up to one point as well.

Variation: Instead of using cones, three neutral outfield players can be used. All wear different coloured shirts. Once the team in possession passes the ball to the neutral player with the yellow shirt, the team in possession is allowed to attack this goal.

Coaching points: Constant scanning of the environment, information gathering and processing. Quick decision making. Correct structure in possession of the ball. Staying connected to reach every player and mini-goal on the pitch is crucial. Besides, a good structure in possession allows for a quick recovery of the ball after it is lost.



Improving attacking play and the involvement of a striker



Structure: The game is played in an octagon with large goals at the ends. The field is divided into three horizontal zones of equal size. Thereby, the central zone is further divided into three zones (one very large and two small). In addition, the central zone consists of three vertical lanes.

Rules: The game is played 8vs8. The team in possession of the ball must always occupy the small horizontal central zone on the border of the attacking zone (as the blue team in the picture). Furthermore, all vertical lanes must be always occupied to secure the proper structure for quick switches. The attacking third may only be entered without the ball (ice hockey rule). However, before entering the final third, the team in possession had to pass the ball to the striker in the small zone.

Variation: The small horizontal zone may be flexibly occupied, as long as it is occupied.

Coaching points: The idea is to improve attacking plays involving the striker. Thus, trying to play the deepest possible ball as well as provide layoff passing option is crucial. Runs behind the last line to take advantage of the play over the third / fourth. Equal occupation of the space and positioning on different horizontal lines. Creating diagonal pass lines.

