

SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Using the real width of the pitch for games
- Set up with 2 teams of 4 inside players, 2 wide players and a GK
- Mark up outside channels for the wide players.



Coaching Points:

Attacker:

1. Good technical skills
2. Decision making to go to goal or play wide;
3. Decision making of wide players to go in, dribble or use support

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4v4 game where players play freely inside. Each team has two support players on the outside.
 - a. Option 1: wide players must take the defender 1 on 1 on the outside channel to play the ball inside for a goal
 - b. Option 2: wide players have the option to dribble inside to create a 5 versus 4 situation