

# Irregular Zonal Small Sided Games

Possession - Triangle Play - Supporting Movements



# Preamble

This ebook has been compiled by the leading coach experts of Pro-soccerdrills.com, who have visited hundreds of training sessions of professional teams all over Europe in order to collect the best ideas and coaching methods. Based on their experiences, they have also created several new methods and soccer drills.

They have launched Pro-soccerdrills.com and compiled several e-books to share their experiences with other coaches and help them develop their players by using the most effective exercises and brand new methods. They have a unique collection of the best soccer drills ever that have already been tested, applied and put into practice.

These tasks can be applied with both younger and adult age groups, and can also be adopted into your training sessions partly or fully. What is more, they will help you find the suitable assessment keys to check whether your team has reached its potential, and give you further ideas and inspiration in order to create your own exercises.

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# Hexagonal 6v3

Age: U10 - Senior

Keeper: 0

Players: 12

## **Goal**

This small sided soccer game focuses on possession and performing deep passes. The emphasis is also laid on soccer specific endurance, cooperation and speed of play.

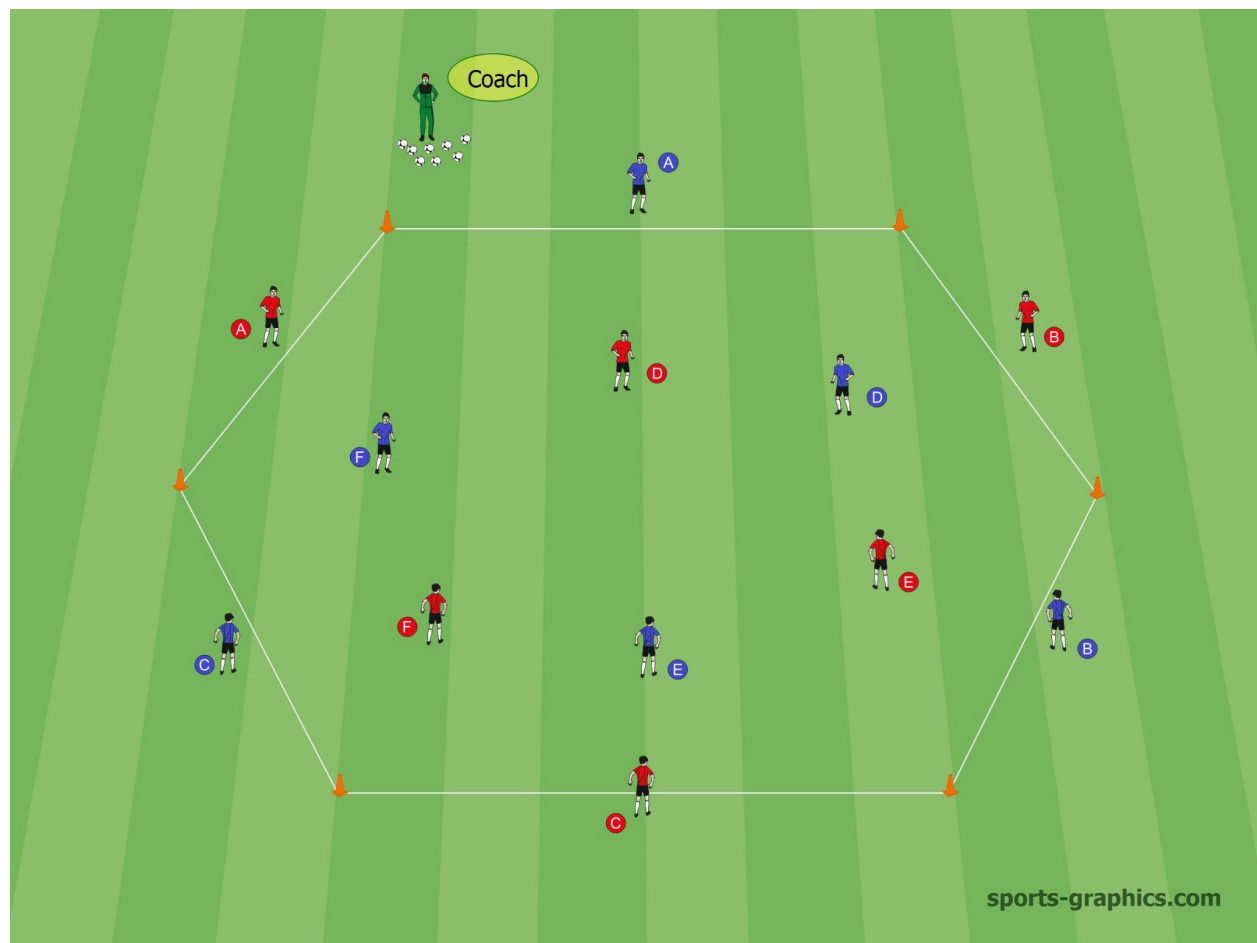
## **Organisation**

Cones are used to mark an approximately 6-8 meters hexagonal shape.

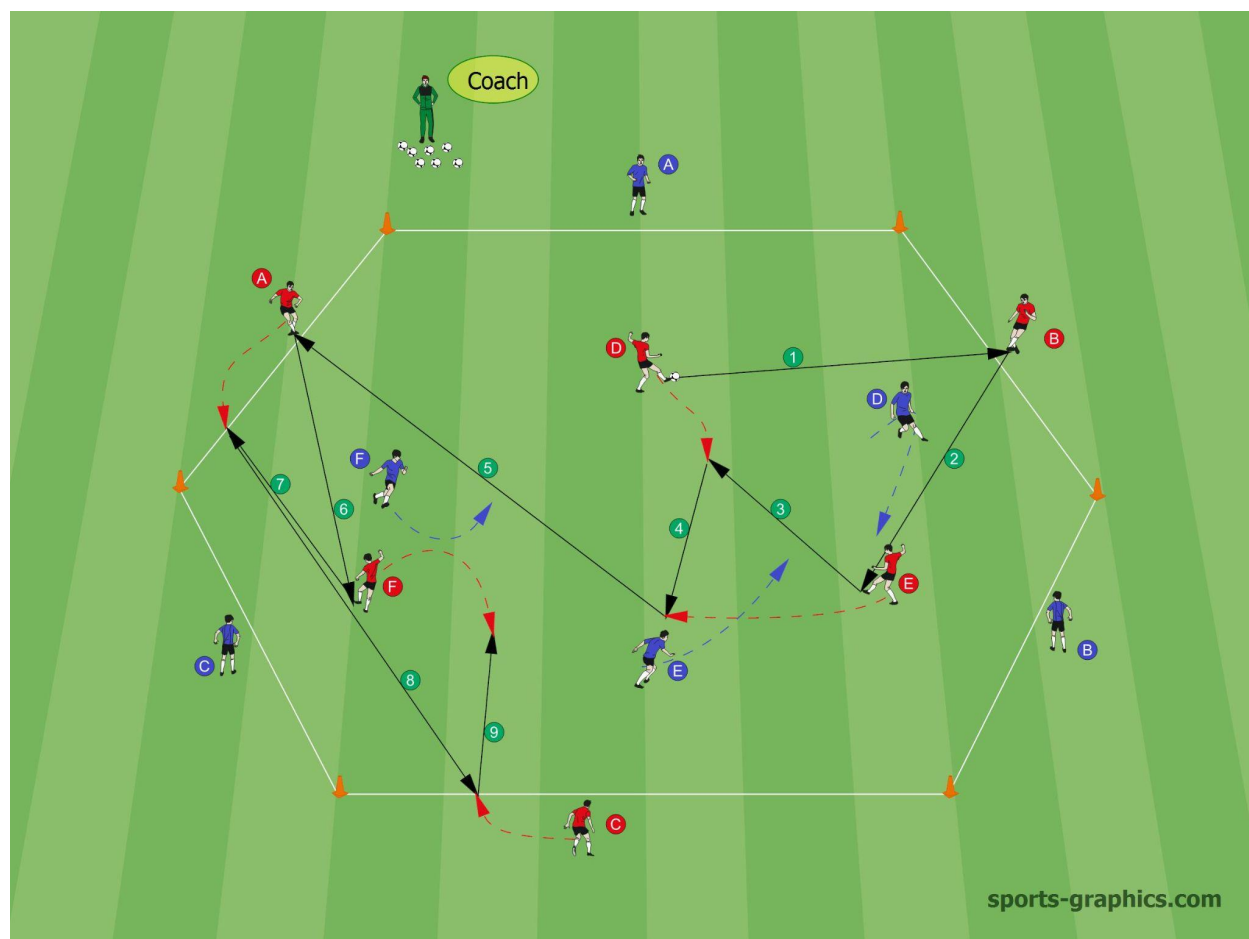
Players are split into two teams of six and identified with different colors.

## **Description and Graphics**

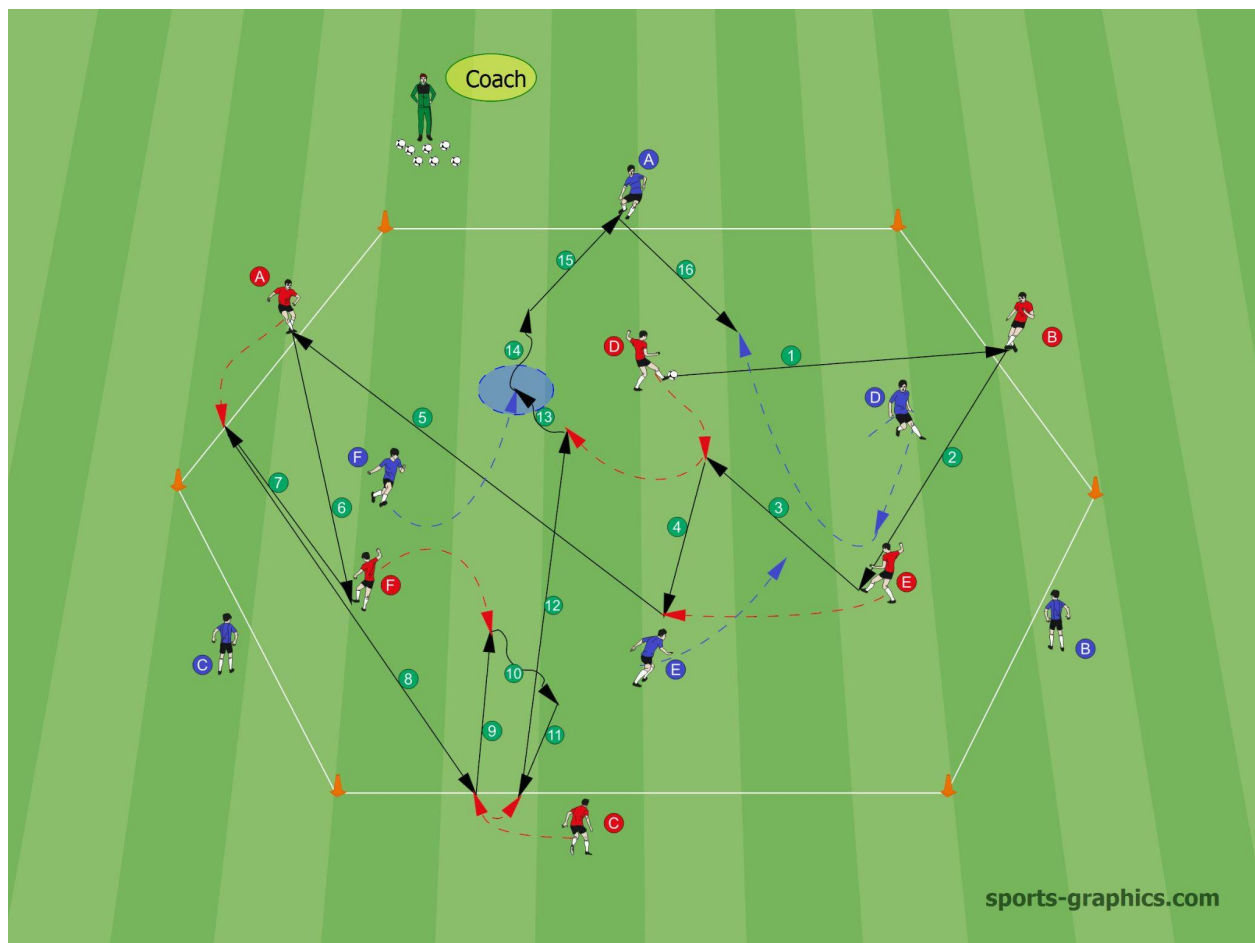
Three players from both teams are positioned in the playing area, the others are placed outside as shown. Players change positions and roles after every repetition.



Set Up: Three players of both teams are positioned on the lines of the hexagonal shape as wall players. Three players are in the middle from both teams. Wall players are placed in turn.



Teams try to keep possession in a 6v3 situation with the help of the wall players, who can move and act only on the lines of the area. Wall players can also play with each other.



When the defending team wins the ball they become attackers and try to keep the possession.

### **Coaching Points**

To be able to do this small sided soccer drill successfully games should be played on an adequate area for different age groups. We always have to consider the players' technical skills and their cognitive abilities. Besides this the quality of the pitch is also very important. If it's necessary we can change the size of the area during the game.

- Speed of play
- Movement without ball
- Good timing, pace and angle of passes
- Use both feet and different surface to pass the ball
- Creating deep passing opportunities
- Raise the intensity gradually - Technique comes first
- Keep the possession
- Restart the exercise quickly when the ball is out
- Put pressure on the ball while defending
- Take care of extra ball

### **Set Up**

- Number of players: 12
- Repetitions: 2 - 4
- Series: 3 - 6
- Time: 10 - 15

### **Equipment:**

- Small Cones: 6

# Passing Competition In Triangle

Age: 16 - Senior

Keeper: 0

Players: 7 - 10

## **Goal**

This competitive small sided activity helps develop the players' passing skills, movements on and off the ball, defending anticipation and vision.

## **Organisation**

Cones are used to create a bigger and a smaller triangle in it. The size of the bigger one is 10-12 m.

7 players are involved in this soccer drill. They are split into a team of 4 and a team of 3.

The over-numbered team is in possession, while the team of 3 is defending.

The roles and the positions of the players are changed periodically.

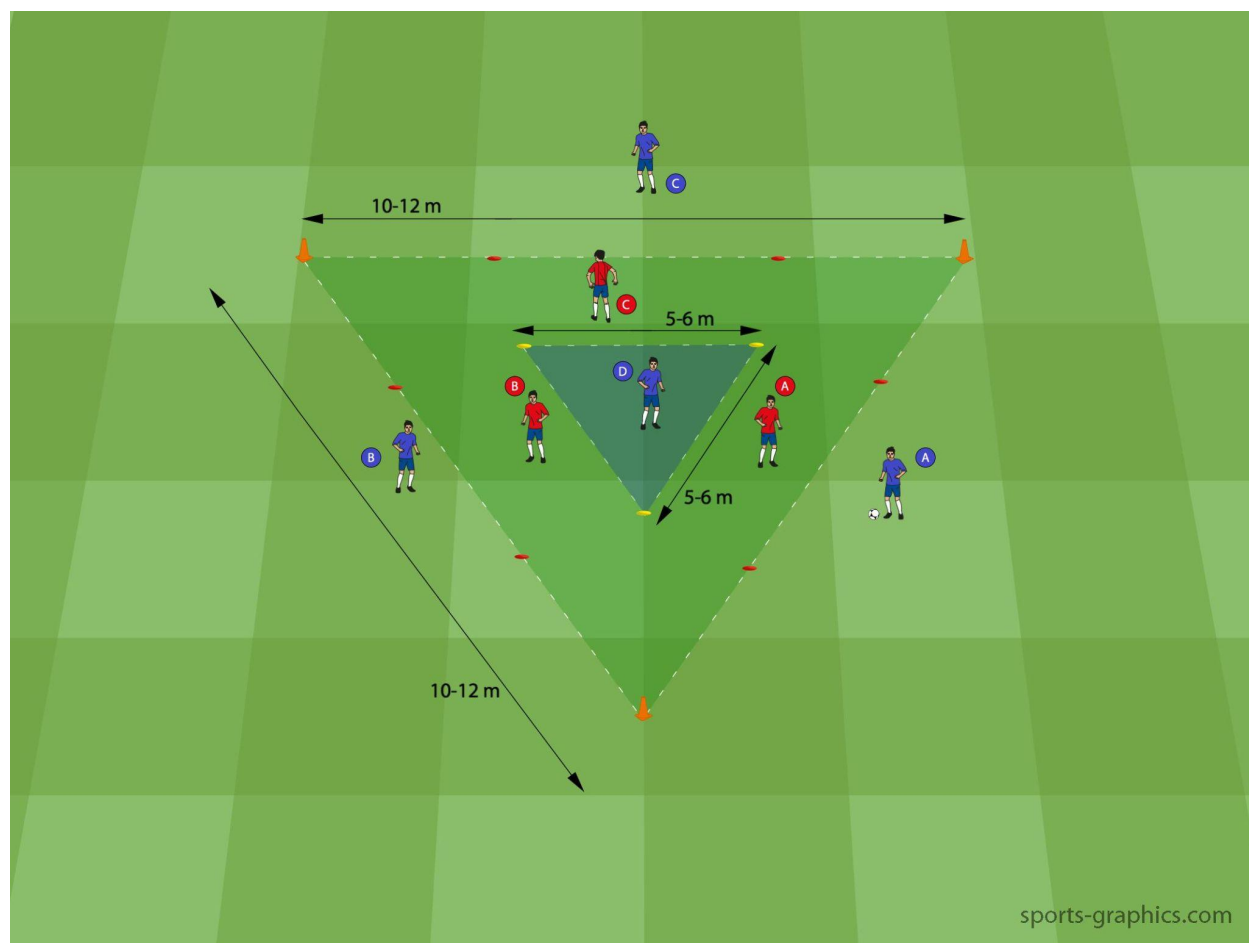
## **Description and Graphics**

The small sided game is played with one ball. When the ball is out, the coach restarts the game by passing a new ball immediately.

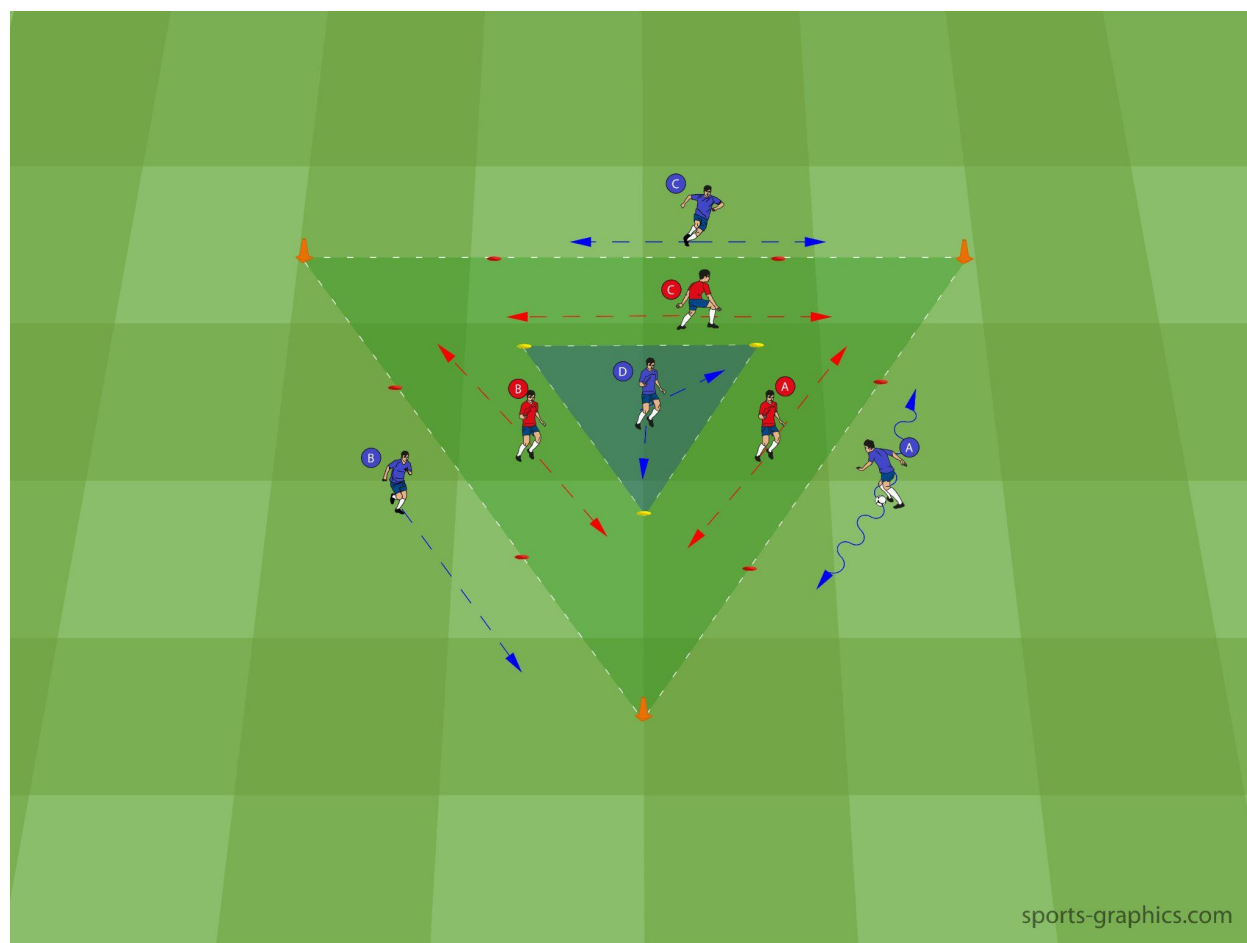
The goal of the players in possession is to pass the ball through the bigger triangle, or play a one-two pass with their teammate inside. Players in possession get two points for one-two pass and one point for a pass through the bigger triangle.

Defenders must tackle or touch the balls. They get a point for a touch on the ball or an intercepted pass.





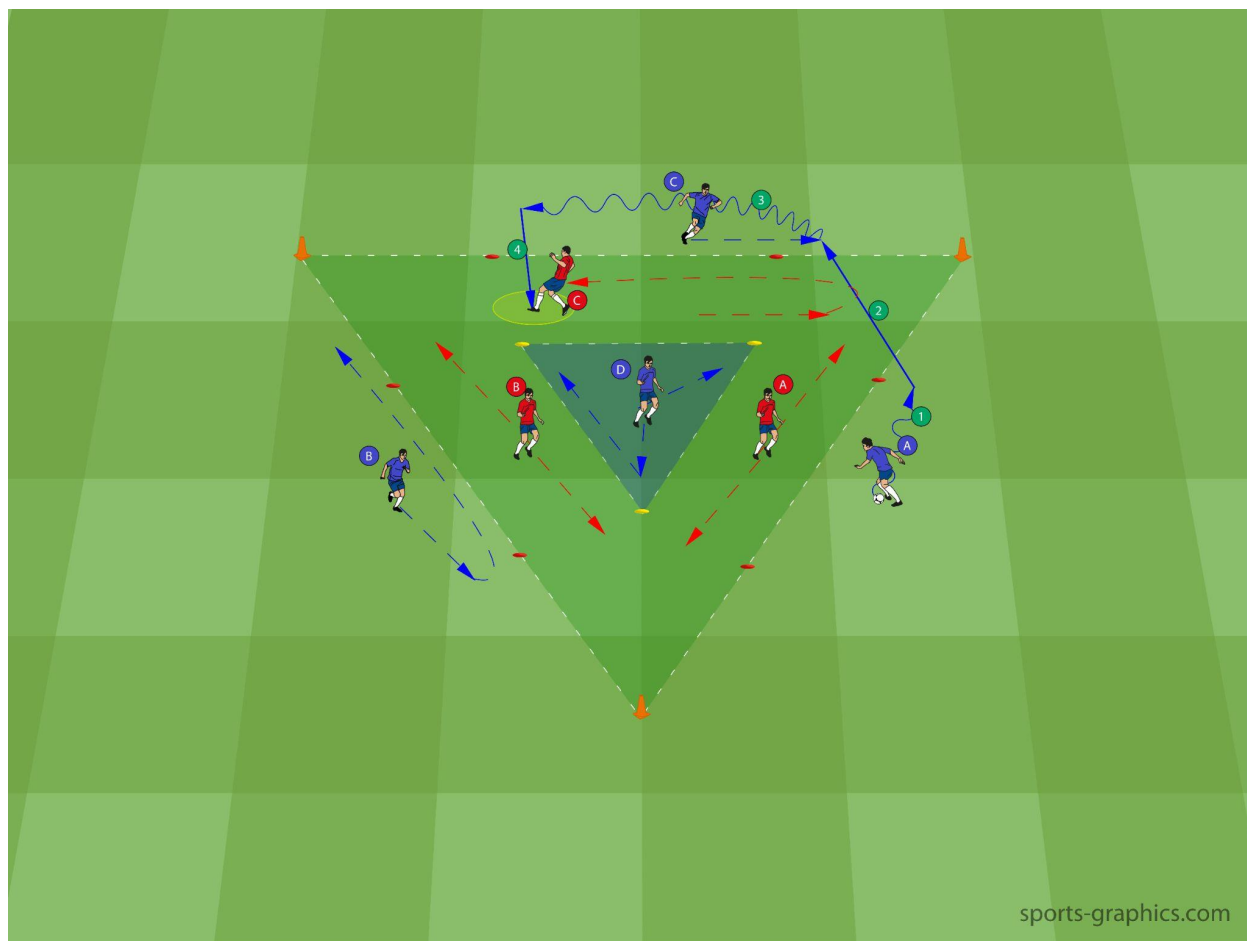
Passing Competition In Triangle Set Up



The exercise starts from one of the outside players. The team in possession (blue) tries to find passing channels by movements on and off the ball. Defenders try to cover the passing opportunities. Defenders have to stay in the path between the two triangles. Players in possession cannot enter the bigger triangle and the inside player can act only in the smaller triangle in the middle.



Players in possession score with the pass through the bigger triangle (2). They also score and get 2 points for the one-two pass (4-5).



Defenders score when they can touch or intercept the ball (4).

### **Coaching Points**

To be able to do this small sided soccer drill successfully games should be played on an adequate area for different age groups. We always have to consider the players' technical skills and their cognitive abilities. Besides this the quality of the pitch is also very important. If it's necessary we can change the size of the area during the game.

- Take the soccer drill competitive
- Keep the ball on the ground
- Use both feet
- Do not stop the ball
- Keep moving off the ball
- Deceptive movements
- Communication
- Heads up from the ball

### **Set Up**

- Number of players: 7 - 10
- Repetitions: 4 - 8
- Series: 1 - 2
- Time: 10 - 15

### **Equipment:**

- Bibs: 3 - 9
- Balls: 1 - 5
- Small Cones: 6 - 9
- Big Cones: 3

# Building Up Possession; Improving the Cooperation in 9v3 Game

Age: 12 – Senior

Keeper: 0

Players: 12

## **Goal**

This small sided soccer game focuses on developing the possession and improving the cooperation between the players.

The over numbered game also helps to practice the triangle play and the continuous supporting movements.

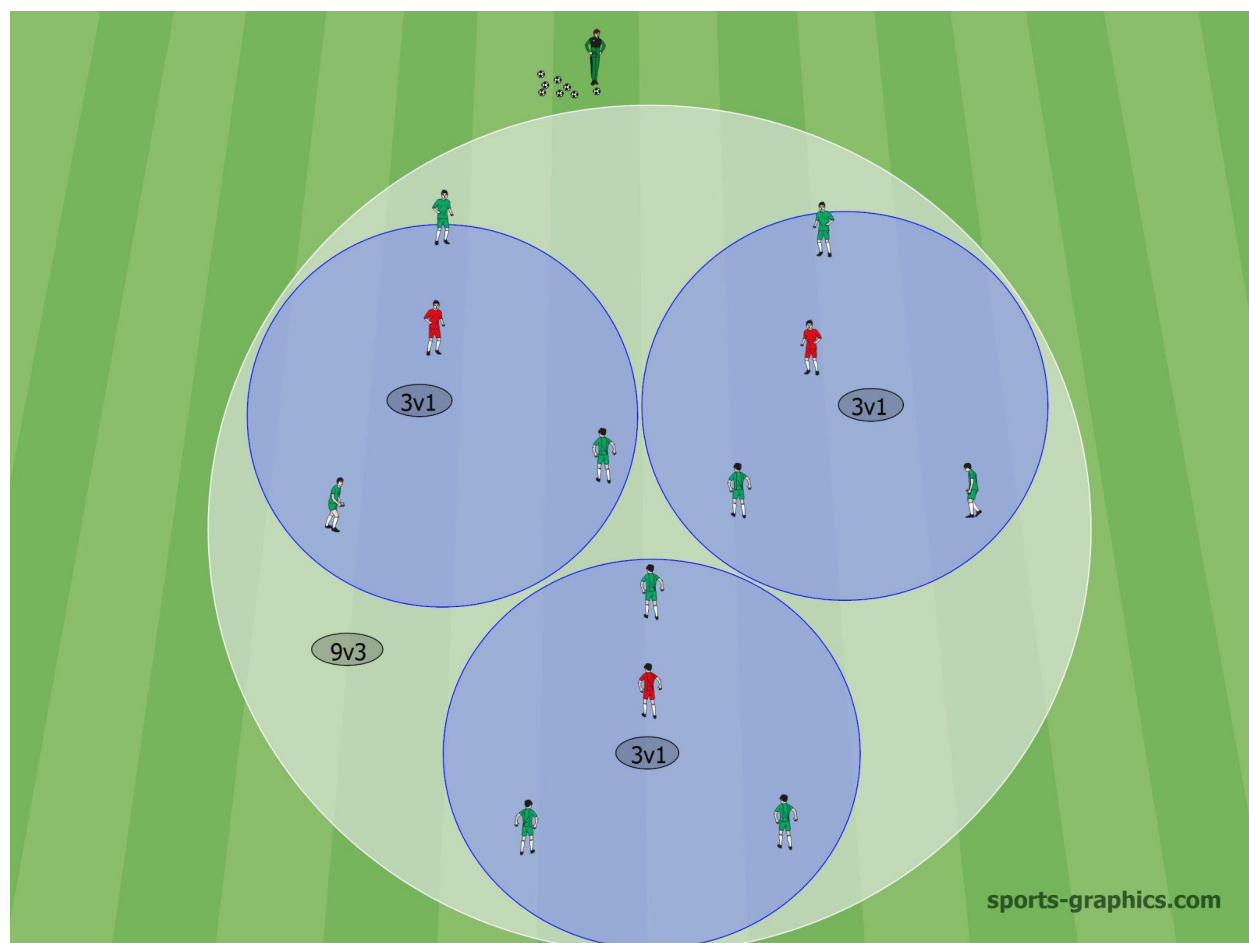
## **Organisation**

Cones are used to create a circle, whose diameter is approximately 18-20 meters (the center circle is perfect).

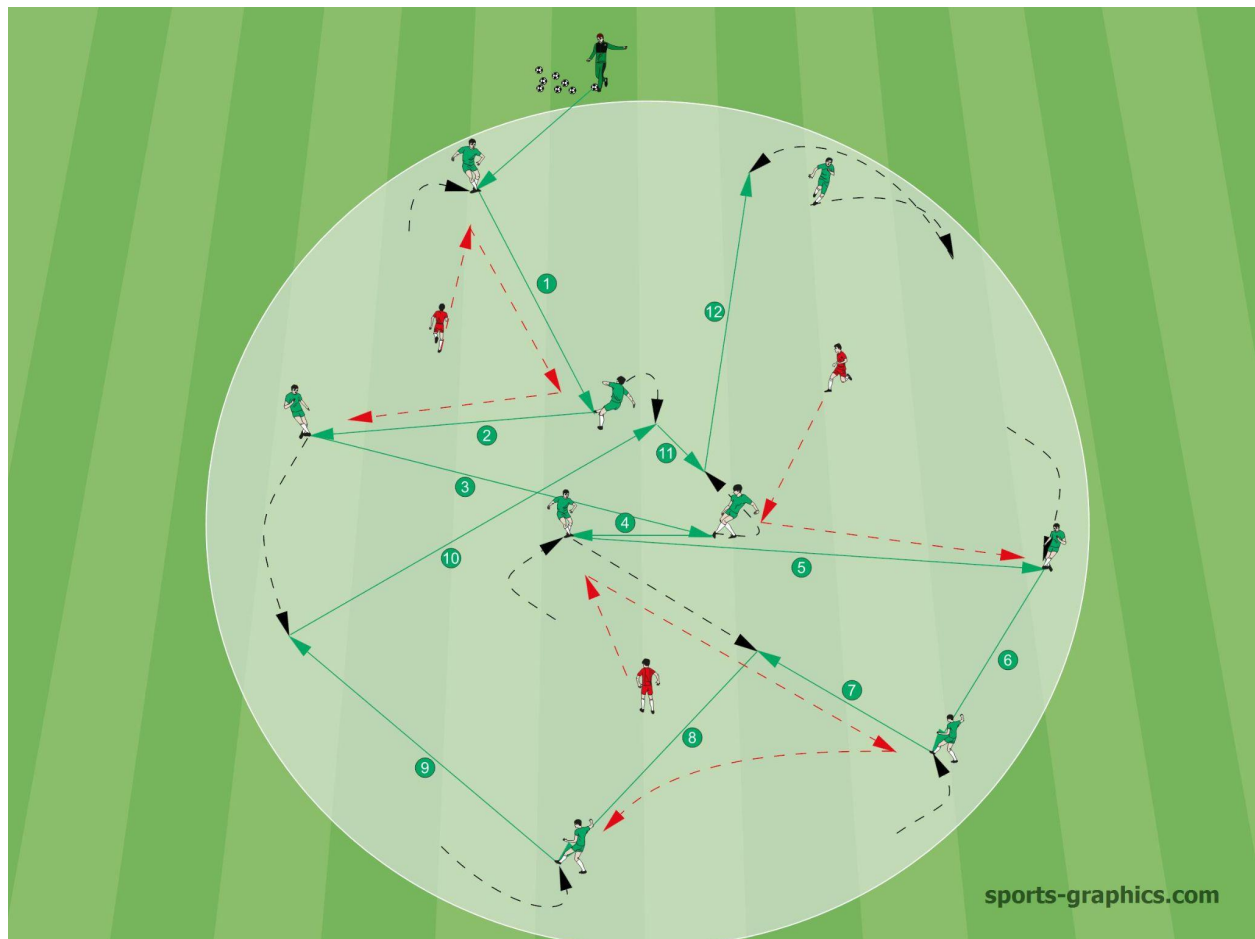
12 players take part in the small sided soccer game, who are divided into 3 groups of 4.

Players are arranged in a determined way as shown. There is one defender in each group.

The possessor and defender roles are changed periodically.



Building Up Possession; Improving the Cooperation in 9v3 Game Set Up



9 players possess the ball against 3 defenders with 1-2 touches. Players in possession stay in position, so they perform the supporting movements in the determined area. Defenders only attack the ball possessors in their own group, so 3v1 game situations evolve. In case one of the defenders intercepts the ball, he gives it back and the ball possession continues.



### **Coaching Points**

To be able to do this small sided soccer drill successfully games should be played on an adequate area for different age groups. We always have to consider the players' technical skills and their cognitive abilities. Besides this the quality of the pitch is also very important. If it's necessary we can change the size of the area during the game.

- Accuracy, weight and angles of passes are vital
- Cooperation
- Fast, accurate combination play
- Continuous supporting movements without the ball in the area
- Creating triangles
- Try to play in the correct rhythm
- Encourage the players to play directly with one touch
- Change the roles in the groups periodically
- Stop the exercise when needed and correct mistakes
- Take care of enough resting periods

### **Set Up**

- Number of players: 12
- Intensity: 80 - 100%
- Time: 10 - 20

### **Equipment:**

- Bibs: 3
- Balls: 1