Small-Sided Conditioned Games Demonstration – Game 1

End Ball
Aim: Score by handballing to target player
Focus: Frontal pressure when defending
Tactical Problem: Defending against offensive overload

Task Constraints
Handball only
‘Push pressure’
Handball to target player, then end players come into game;
scoring team has two players drop back to become target players for
the offensive team – creates 8v6 offensive overload
Players must stay in the field of play

Player Constraints
Two teams of 8 players

Environment Constraints
Play in 40mx20m grid

Small-Sided Conditioned Games Demonstration – Game 2

Scrimmage
Aim: Score by kicking the ball to a target player
Focus: Frontal pressure when defending
Tactical Problem: Quick pattern recognition

Task Constraints
Normal football rules except ‘push pressure’
Coach feeds the ball into a 4v4 scrimmage
Kick to target player, then reset positions

Player Constraints
Two teams of 8 players – one target player ahead of the contest, four inside players, 3 outside players

Environment Constraints
Play in 90mx50m grid

Small-Sided Conditioned Games Demonstration – Game 3

Clear the ball
Aim: Team kicking out to get the ball to target player
Focus: Creating 2v1 situations
Tactical Problem: Clearing the defensive end and transitioning through the midfield using quick ball movement by effective use of free offensive player

Task Constraints
Normal football rules except ‘push pressure’
Kick in from the goals
Offensive team/team kicking in - Kick to target player to score.
Defensive team score by creating a turnover leading to shot at goal.

Player Constraints
Three teams: Two teams play, one team off doing technical work.
In the game, defending team has two players sitting off creating ‘in-balance’ that provides offensive team/team kicking in with offensive overload

Environment Constraints
Play in the centre corridor