



# INTERCHANGING POSITIONS

PRACTICE 6: SMALL SIDED GAME (5 V 5)

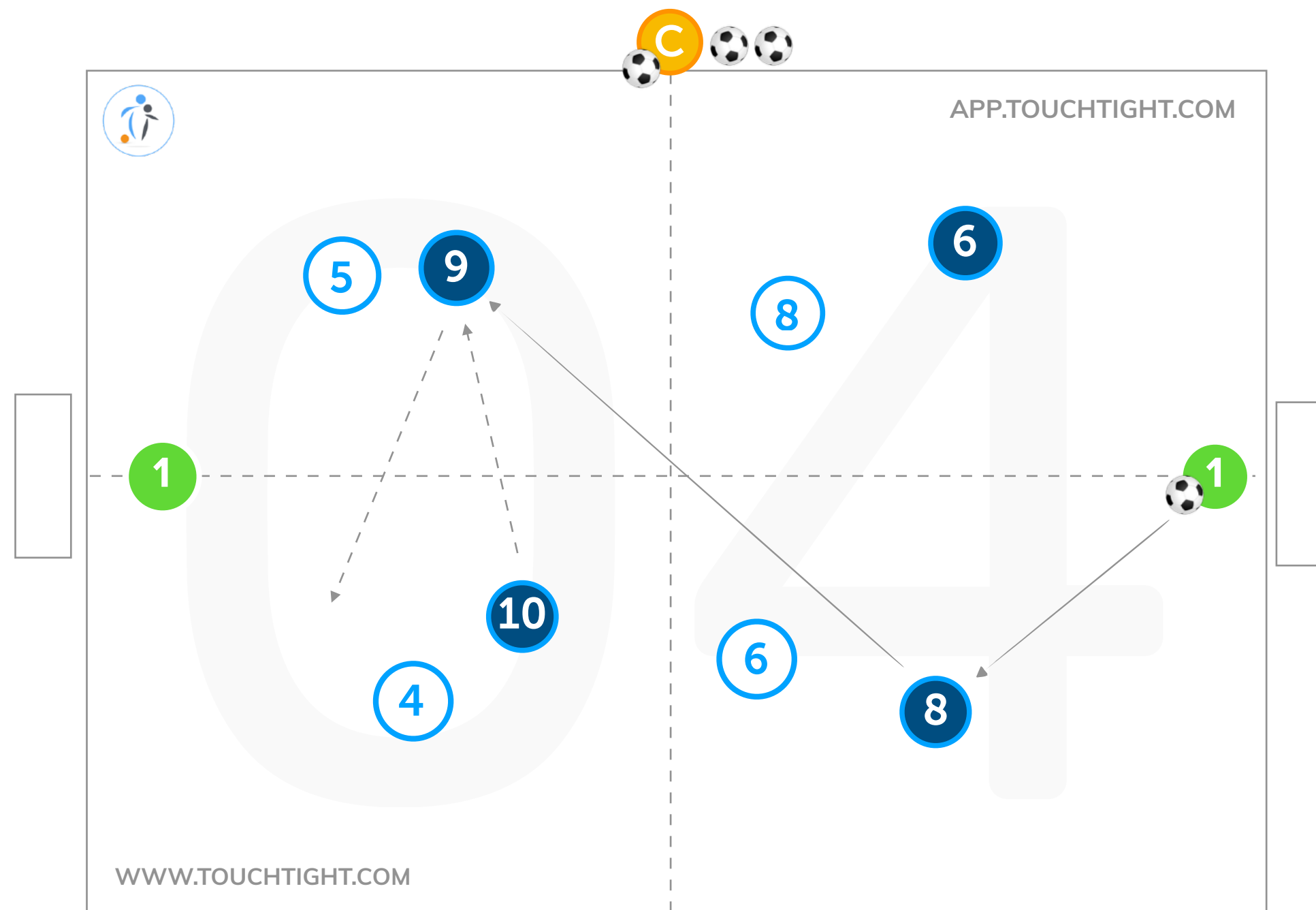
ALL AGE GROUPS

Duration: 30 Mins

Practice Area: 35 x 30 Yds

Number of Players: 10

Practice:



Organisation:

This SSG Practice shows how teams can interchange positions in a 4 v 4 environment, allowing a specific focus on paired and group communication.

To encourage rotation between players to create and exploit space left by opposition and include a focus on 3rd man runs and an ability to break defensive lines.

Key Coaching Points:

1. Recognition of space to be created
2. Communication with teammates to vacate and exploit space
3. Timing of movement and pass execution

Duration: 30 Mins

Practice Area: 35 x 30 Yds

Number of Players: 10

**Progressions:**

**Five Pass Rotation**

Players encouraged to rotate after every fifth pass, with teammates at the correct moment.

Players must identify spaces that they can exploit and create for teammates and interchange with purpose as shown above.

**3rd Man Runs**

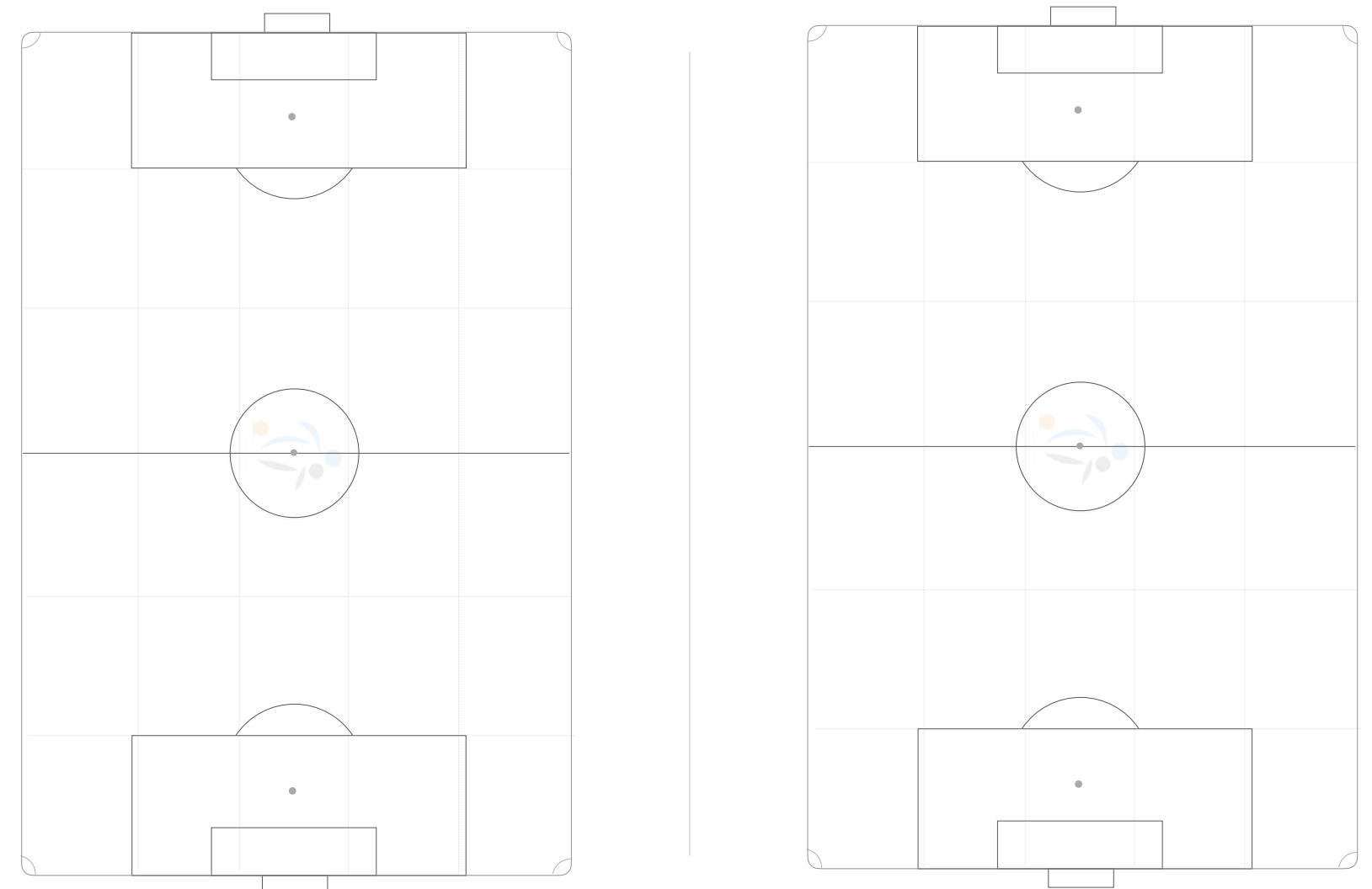
Players now provided with a constraint of not being able to score until they make a third man run. This will encourage forward runs, dragging opposition defenders out of spaces to again exploit at pace.

**Player Questions**

This Functional Practice is a 6 v 5 attacking practice and focuses specifically on our full backs relationship with our central midfielder, attacking midfielder and striker. As the coach you can initialize specific attacks for our full back, developing opposed 1 v 1, 2 v 1 and unopposed situations.

**Additional Information:**

**Coach Plans**



Session Date:

Team:

Coach:



**Session Objective/s:**

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

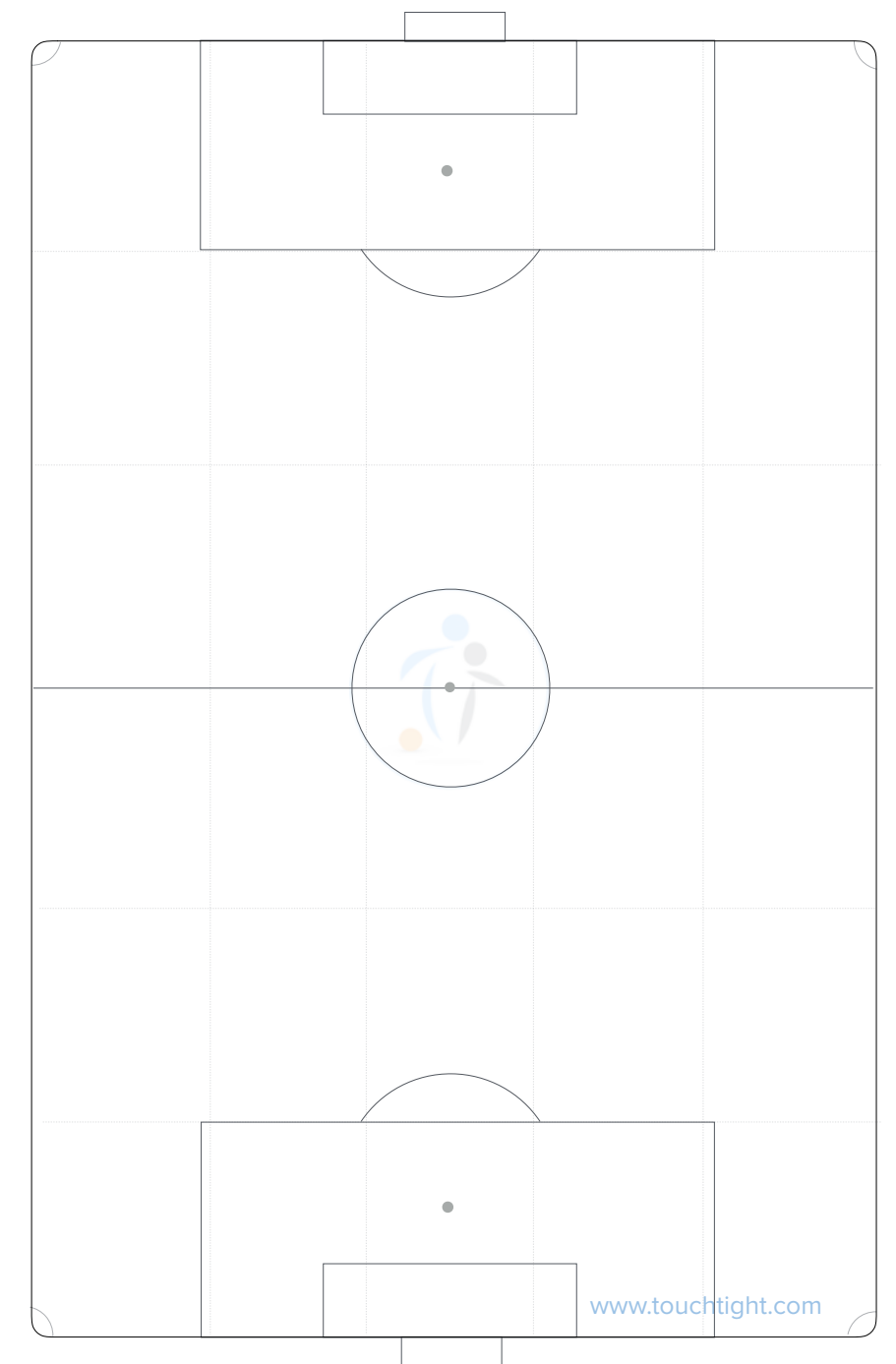
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?





Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation