

Street Football

50 Games for Foundation Phase Coaching



Running the SSG's

Bib the teams up for each game.

Adapt the size of the pitch for age & number of players.

When a team scores, they restart the game as a reward.

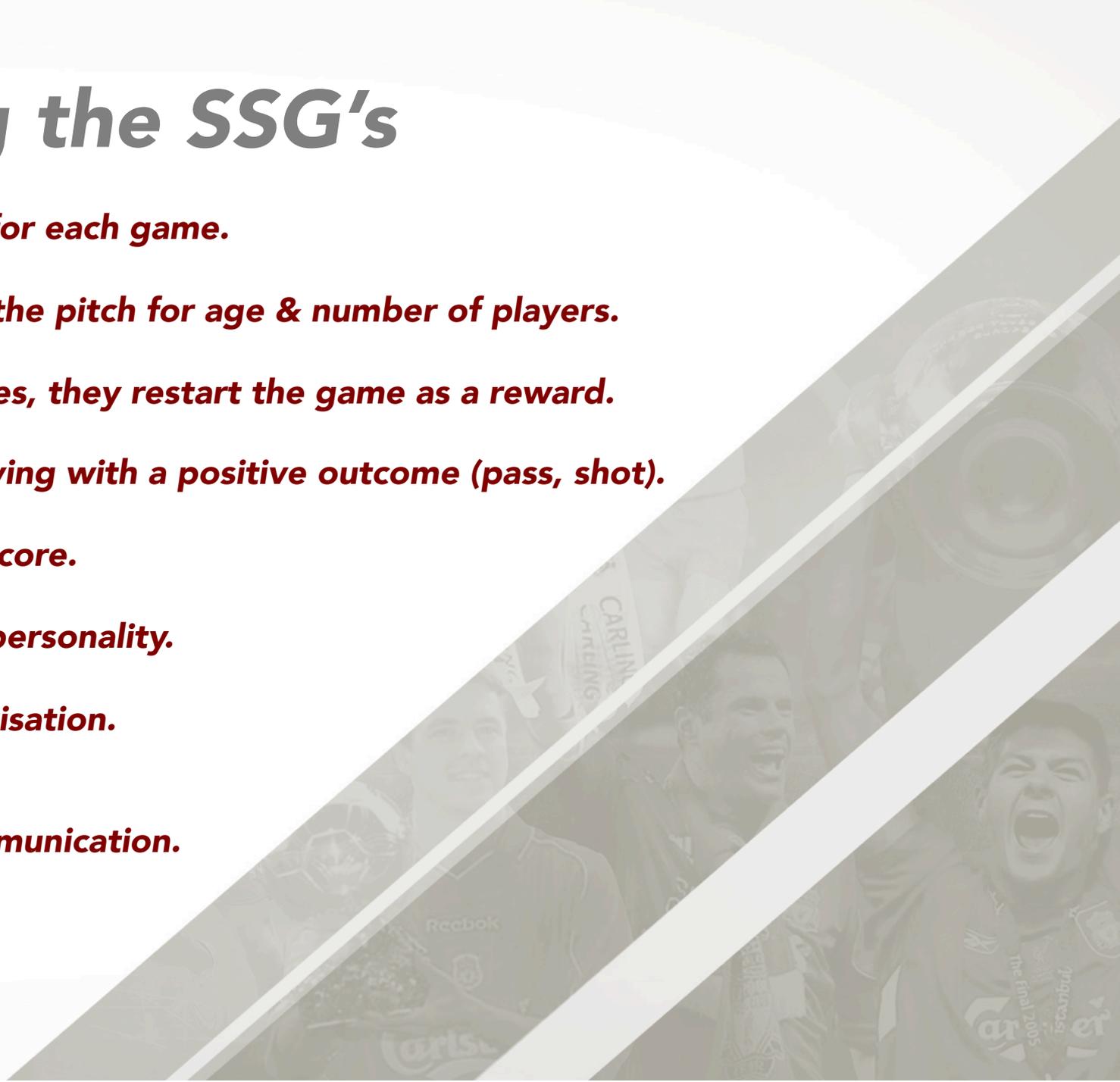
Encourage outplaying with a positive outcome (pass, shot).

Always keep the score.

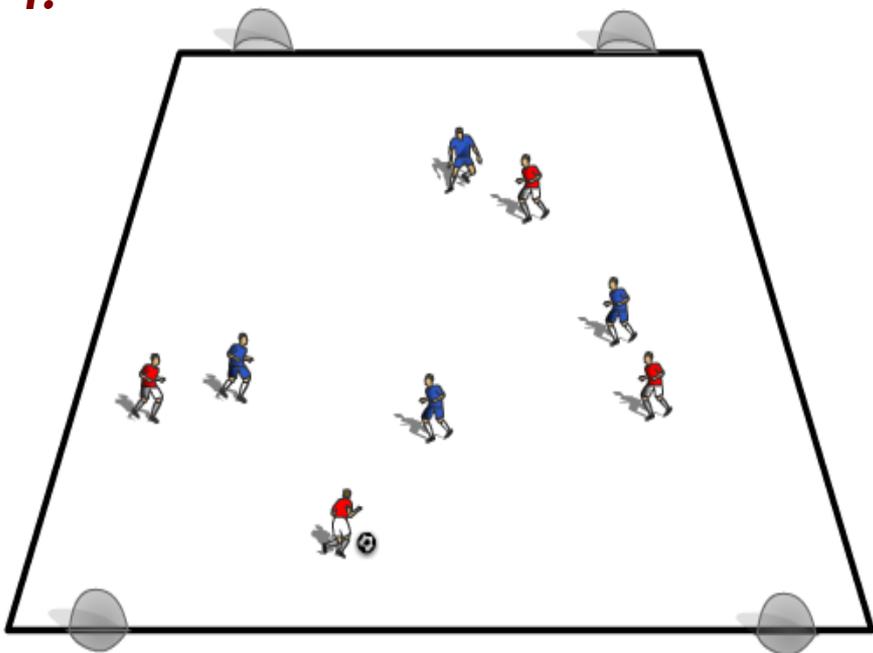
Inspire with your personality.

*Manage the organisation.
(organised chaos)*

Only positive communication.



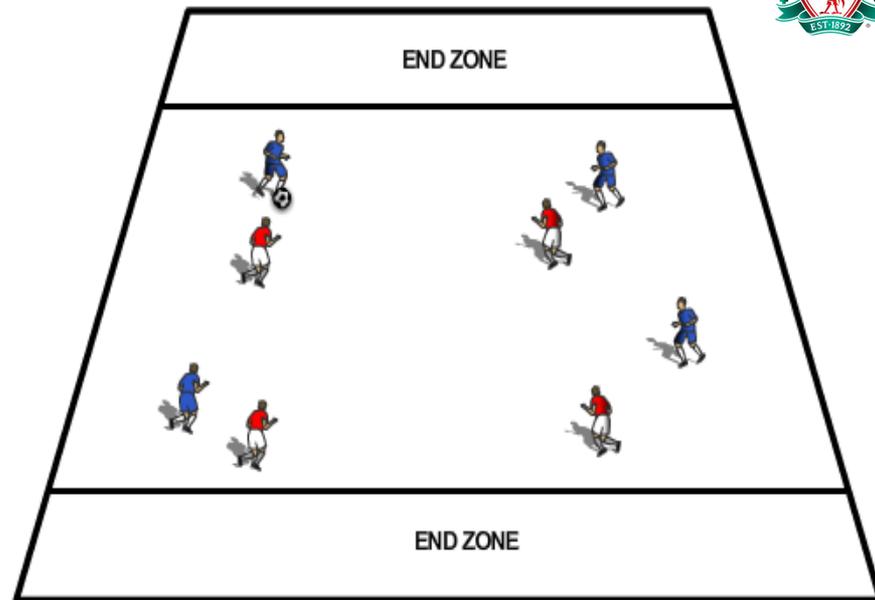
1.



4 Goal Game

- 2 teams
- Anything from 3v3 to 6v6
- Defend two goals
- Attack two goals
- Encourage use of width in possession

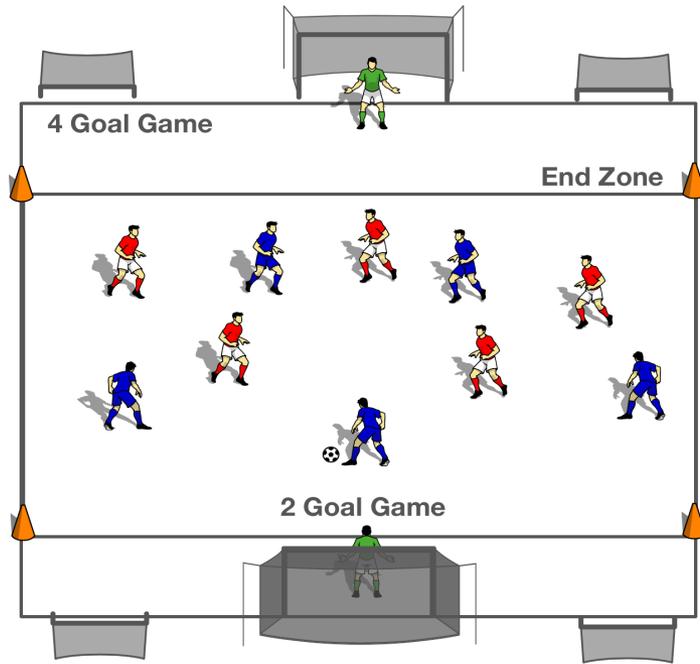
2.



End Zone Game

- 2 teams
- Anything from 3v3 to 6v6
- Defend and attack the end zones
- Can score by dribbling into the end zone
- Can score by passing to a team mate running into the end zone

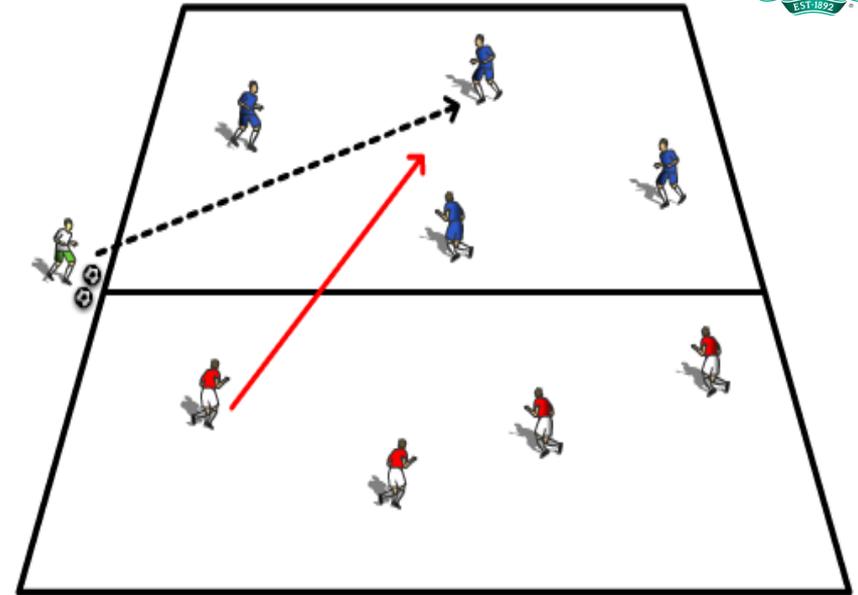
3



Ultimate 4v4 game

- **Two teams**
- **4v4, 5v4, 6v6, with goalkeepers**
- **Three games within the same pitch**
- **Game 1 – End zone game**
- **Game 2 – Four goal game**
- **Game 3 – Normal game**
- **The coach can rotate games as they see fit**

4.

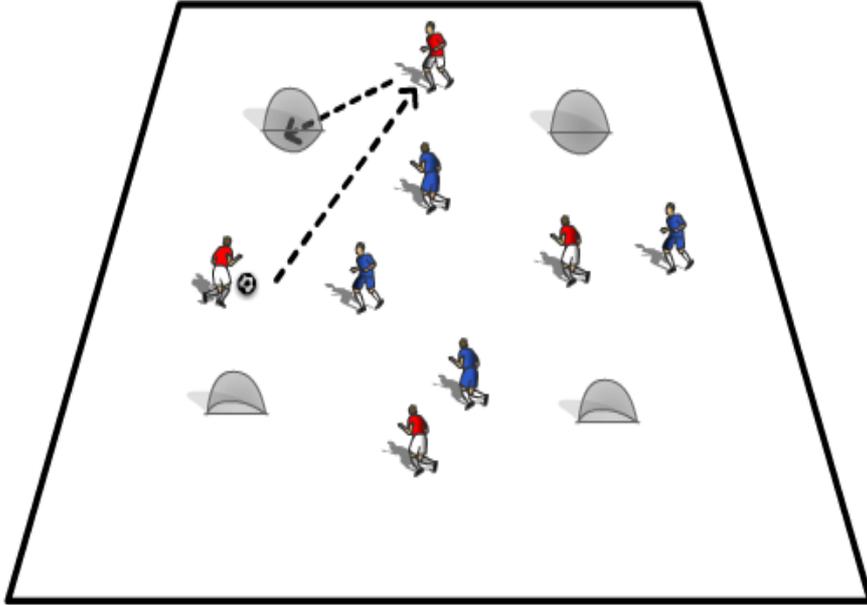


Half Field Possession

- **Two teams of four players. To start, the coach passes into one half of the pitch and calls the name of a defender to go and defend 4v1.**
- **if the team continue to keep possession of the ball (3/4 passes) then the coach calls the name of a 2nd player and then a 3rd player.**
- **When the team has three defenders in the area, they are able to break into the opponents ½ to score by dribbling over the end line.**



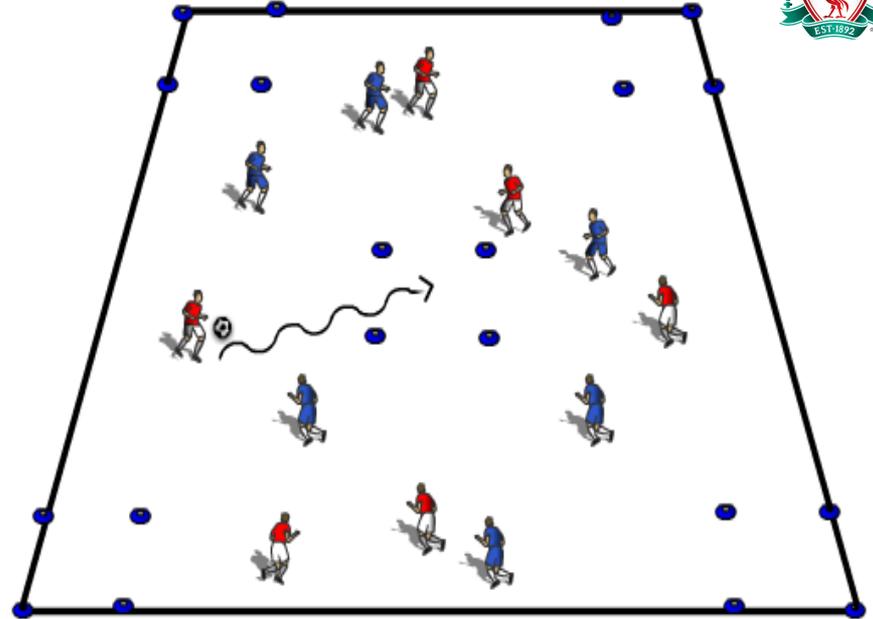
5.



Reverse Goal Game

- **Two teams**
- **Anything from 4v4, 5v5, 6v6**
- **Each team attack and defend two goals**
- **The goals are placed within the pitch and are facing outside and towards the end lines**
- **This game encourages passing and running forwards**

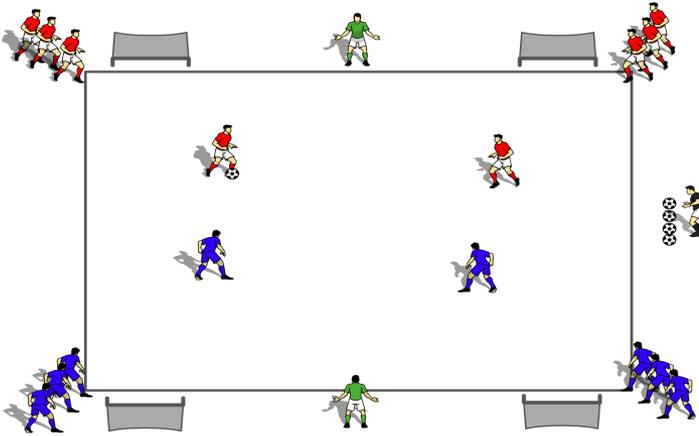
6.



Safe Zone Game

- **Two teams**
- **Anything from 4v4, 5v5, 6v6**
- **To score, the teams must dribble into the safe zones or pass to a team mate that is running into the safe zones.**
- **When a goal is scored, the game is restarted by a pass from the player that is inside the safe zone (goalscorer)**

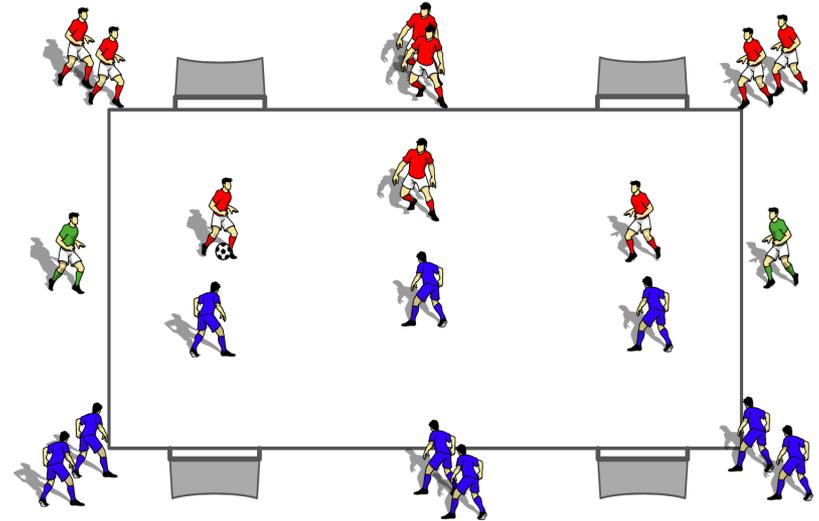
7.



2v2 (+2) Box

- *Two teams (+2 neutral players)*
- *Each team work in groups of two*
- *The aim is to attack and defend two mini goals*
- *The team in possession can use the neutral players to create a 4v2 situation*
- *Encourage the players to outplay with dribbling, combination play or by passing and running forwards off the ball*

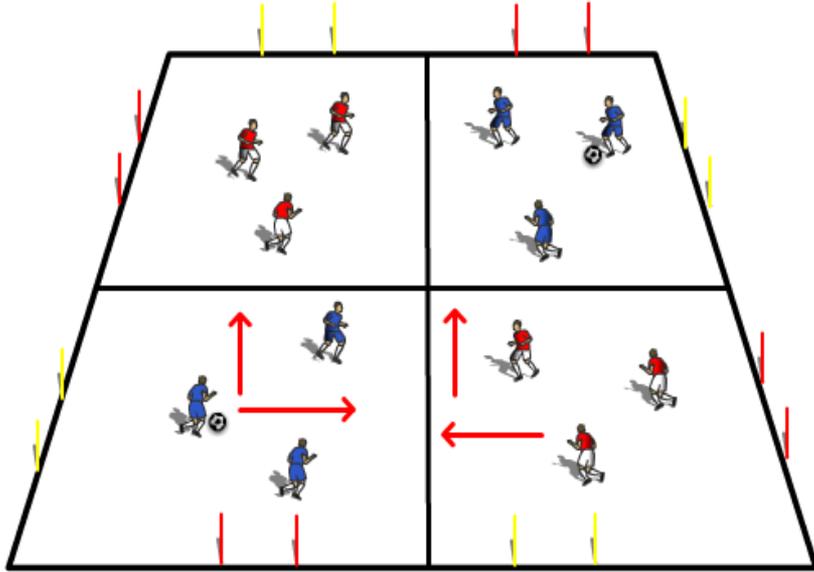
8.



3v3 (+2) Box

- *Two teams (+2 neutral players)*
- *Each team work in groups of three*
- *The aim is to attack and defend two mini goals*
- *The team in possession can use the neutral players to create a 5v3 situation*
- *Encourage the players to outplay with dribbling, combination play or by passing and running forwards off the ball*

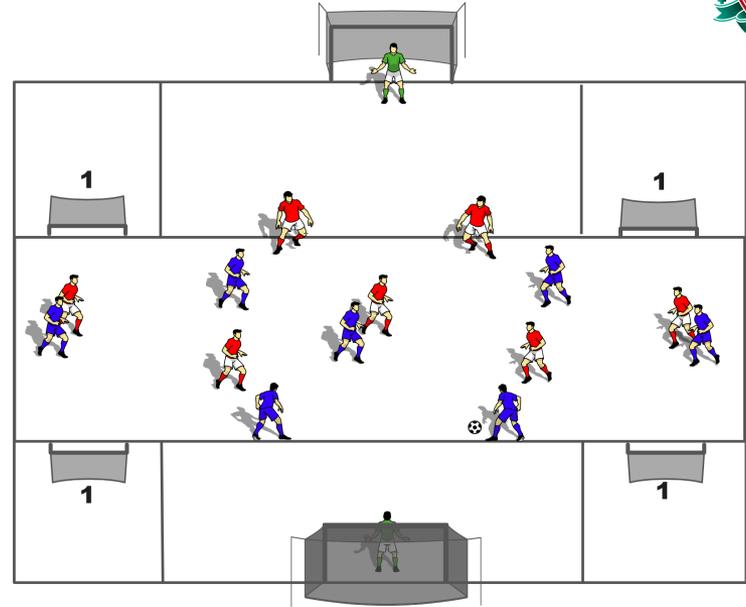
9.



“Switch” Tournament

- **Two teams**
- **The red team is split into two teams of 3 or 4 players**
- **The blue team is split into two teams of 3 or 4 players**
- **To start the teams play a game of 3v3/4v4 vertically. The two games continue until the coaches whistle**
- **On the coaches whistle, the teams switch and play a game horizontally against the other opposing team.**
- **The games should therefore, always be reds v blues**

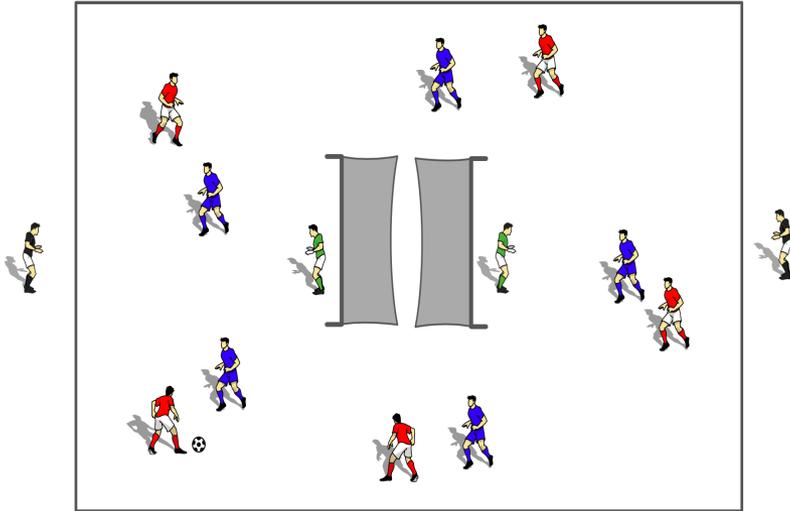
10.



Wide or Central Attack

- **Two teams**
- **Anything from 4v4, 5v5, 6v6,7v7 and two goalkeepers**
- **The game takes place in the central zone**
- **The teams can score in two ways**
- **Passing into the wide goals = 1 goal**
- **Dribbling through the central area and scoring past the goalkeeper = 2 goals**

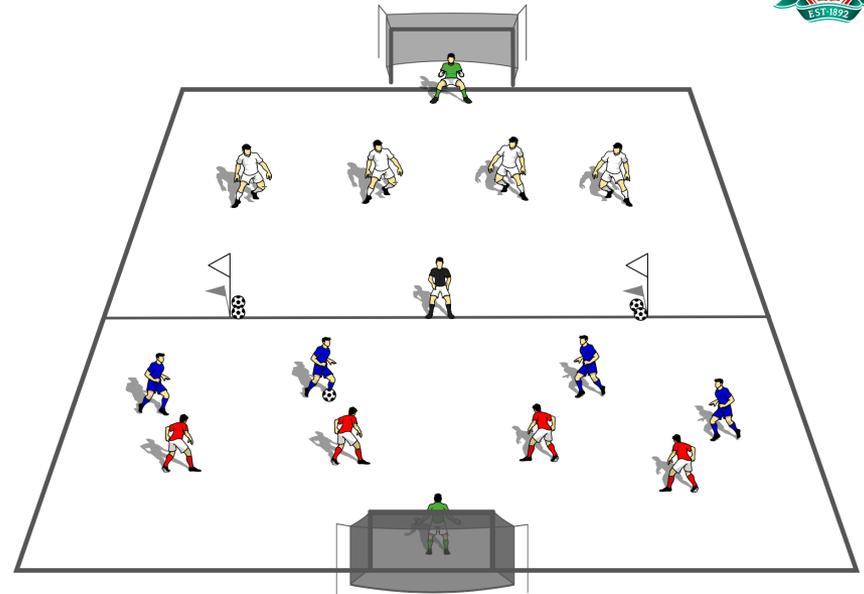
11.



Back to Back

- *Two teams and two neutral goalkeepers*
- *Anything from 4v4, 5v5, 6v6*
- *The attacking team can score in either of the goals. If successful, the team receive a new ball from the coaches to attack again.*
- *The defending team must regain the ball and pass out to the coaches. If the defending team are successful in doing so, then the roles are reversed and now they are the new attacking team.*

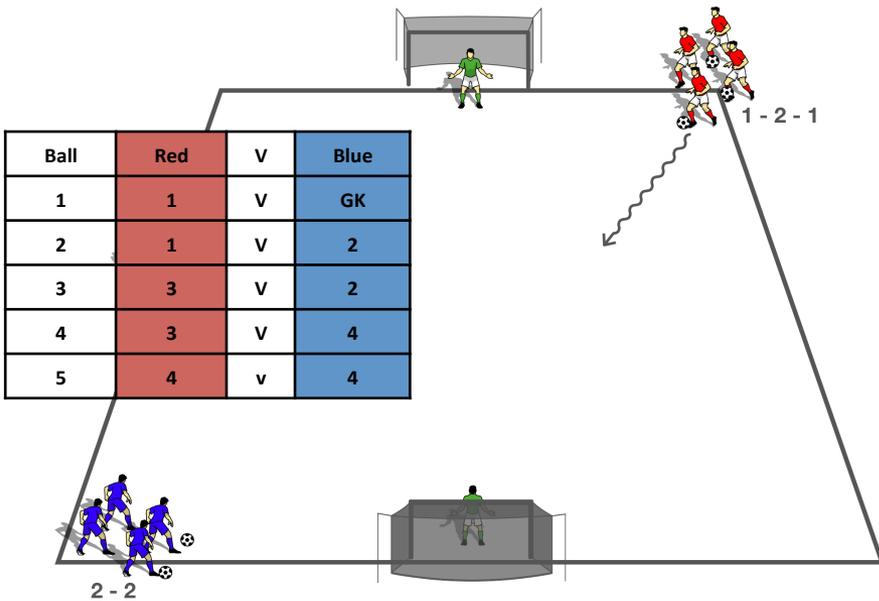
12.



Wave Game

- *Three teams and two neutral goalkeepers*
- *Each team has 2, 3, 4, or 5 players.*
- *To start, the blue team attack the red teams goal. if they score a goal, the blue team turn and attack the white teams goal.*
- *However, if the red team regain the ball, they must pass forward to the coach or dribble through the wide gates in order to attack the white teams goal.*

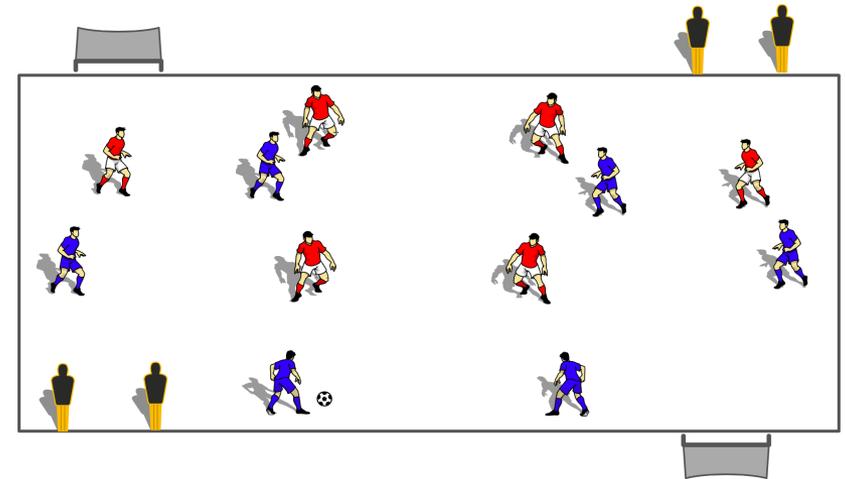
13.



Overloads Game

- Two teams of four players and two goalkeepers
- The teams take turns to attack with an overload situation.
- When all players are in the pitch, a 5 minute game continues.
- The teams set up as follows in order to enter the pitch.
Red Team 1-2-1, Blue 2-2
- When a player enters the pitch, they remain in the pitch

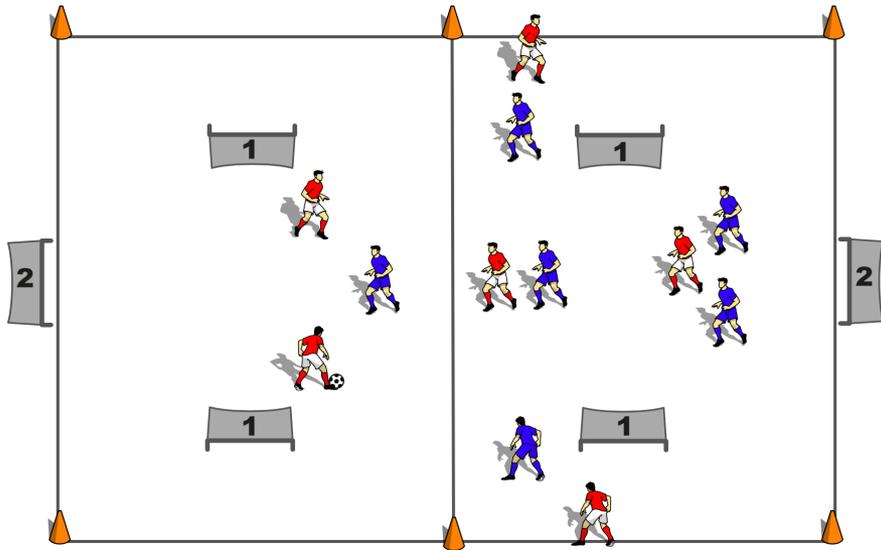
14.



Dribble or Pass to Score

- Two teams
- Anything from 4v4, 5v5, 6v6
- Each team attack and defend their end line and goals
- The aim is to score with a pass into the mini goal or by dribbling into the wide gate

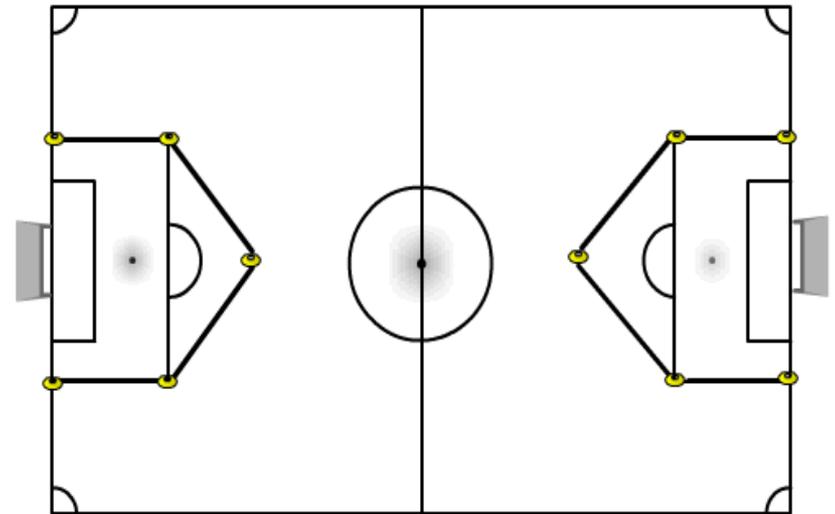
15.



6 Goal Game

- **Two teams**
- **Anything from 5v5 or 6v6**
- **Each team attacks and defends three mini goals**
- **To score, you must pass into the wide goals (=1) or central goal (=2)**
- **This game helps to organise the players on the field in order to have players in attacking positions on both sides of the pitch.**

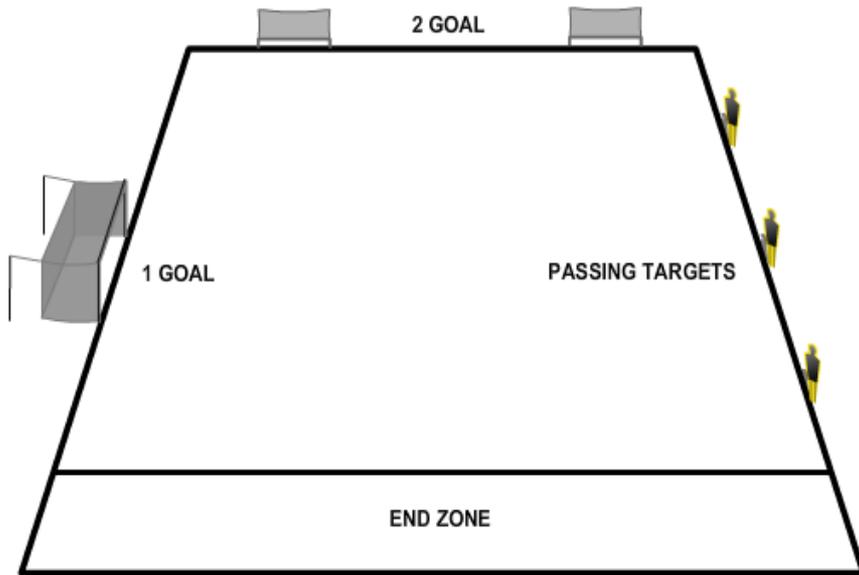
16.



Defend Your House

- **Two teams (4v4, 5v5, 6v6, 7v7) with goalkeepers**
- **Using cones, mark a house around the teams goal**
- **The aim is to stop the opponents passing or dribble into the house and "stealing" a goal.**
- **The teams receive 1 goal from passing or dribbling into the house and 2 goals for scoring past the goalkeeper**
- **This game helps develop the first step of defending**

17.



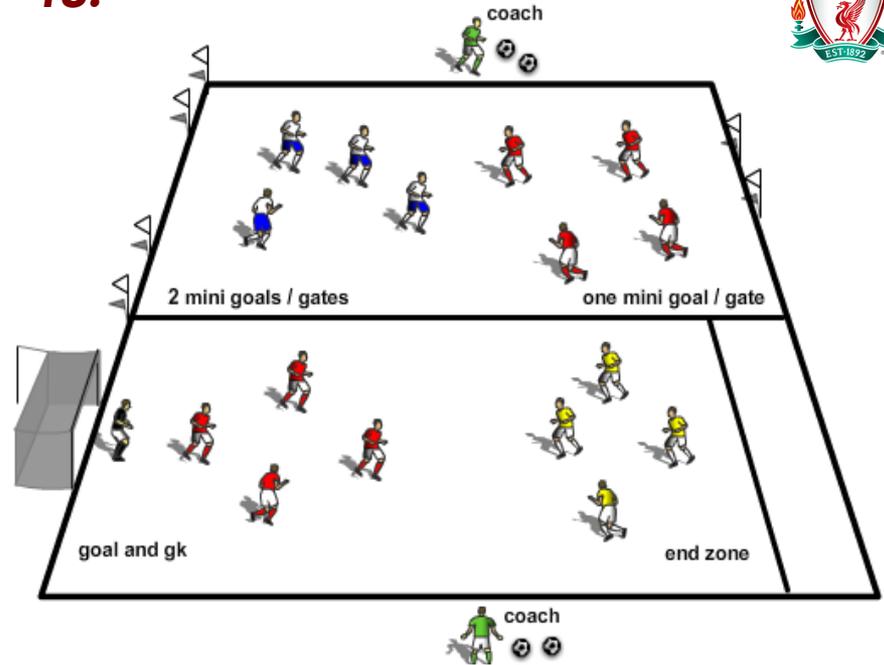
5v5 multi pitch

- Two teams (4v4, 5v5) and one goalkeeper
- The game is played for 4 x 4 minutes in the following format (games vertical and horizontal each 4 minutes)

Game	Red	V	Blue
1	Attack big goal	V	Pass to hit mannequins
2	Attack two goals	V	Attack end zone
3	Pass to hit mannequins	V	Attack big goal
4	Attack end zone	V	Attack two goals

- The goalkeeper is used as a neutral when not required to defend the big goal

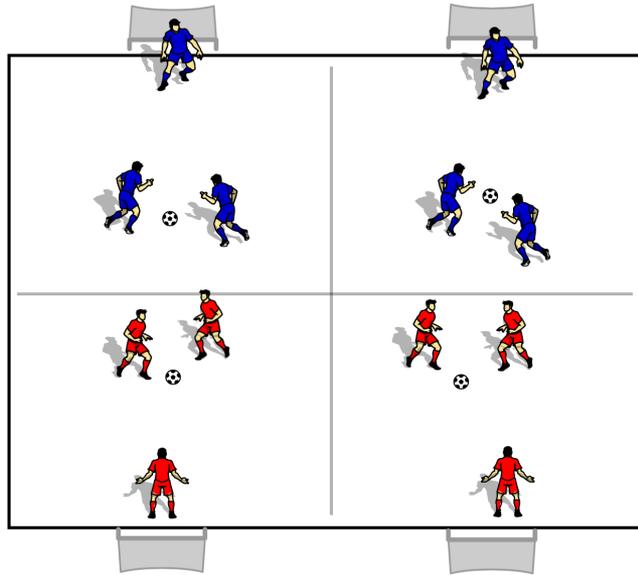
18.



4 team tournament

- Four teams of 3, 4, 5 players and 1 neutral goalkeeper
- The teams play a mini tournament of 4 games
- The team who score the total most goals after four games is declared the winners
- Pitch 1 – Two mini goals vs One mini goal
- Pitch 2 – Big goal vs End zone
- The teams rotate and have to have a turn defending each type of goal (on a conveyor-belt)

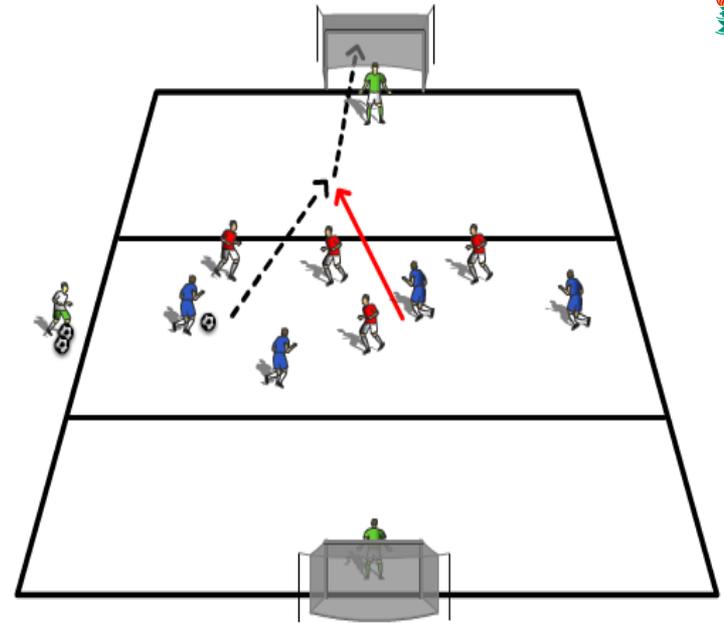
19.



World Cup 1v1, 2v2, 4v4

- Four mini goals
- The pitch is split into 4 mini pitches, each with 3 players
- Game 1 – (4 pitches) A 1v1 world cup game with the 3rd player as the goalkeeper. The first player to score 2 goals wins. "winner stays on"
- Game 2 – (2 pitches) 3v3 game with two goals. Reds v blues
- Game 3 – (1 pitch) 4v4 game with four goals & keepers

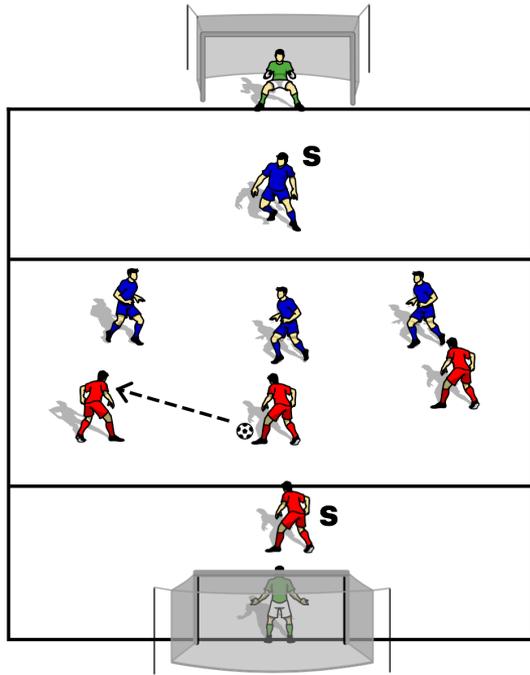
20.



Breakout Game

- Two teams
- Anything from 3v3, 4v4, 5v5
- The game takes place in the central zone
- The aim is to dribble into the opponents end zone to go 1v1 against the goalkeeper – or – to pass to a team mate that is running into the zone for a 1v1 against the goalkeeper

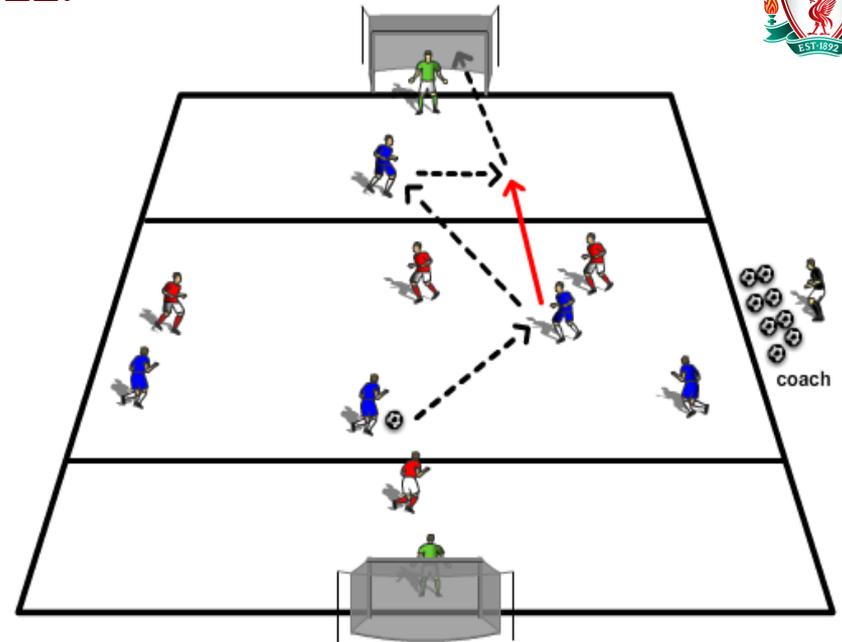
21.



Sweeper Game

- **Two teams**
- **Anything from 3v3, 4v4, 5v5**
- **The game takes place in the central zone.**
- **The aim is to dribble into the opponents end zone to go 1v1 against the defender and score in the goal.**
- **Each team must place a sweeper into the end zone to defend 1v1 situations**

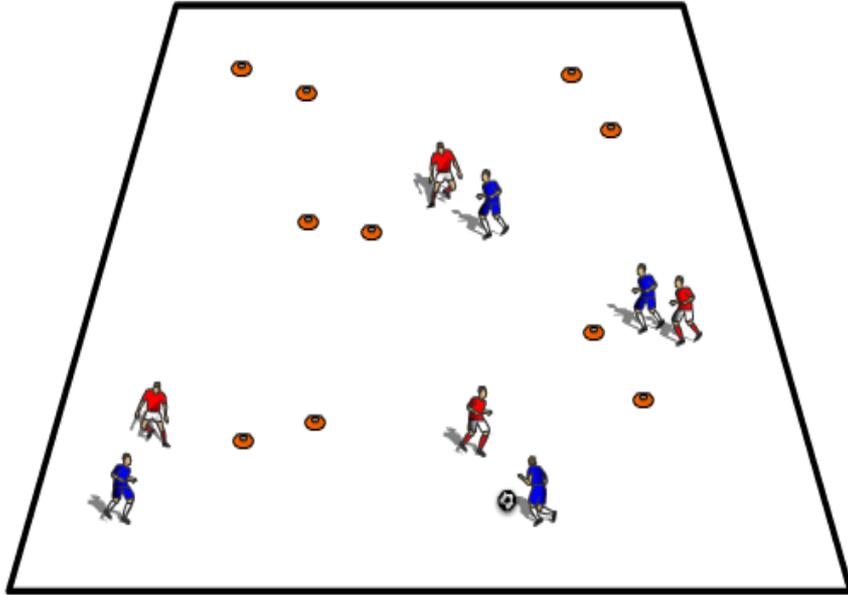
22.



Target Game

- **Two teams**
- **Anything from 3v3, 4v4, 5v5**
- **The game takes place in the central zone.**
- **Each team must place a target player inside the opponents end zone.**
- **The aim is to pass to the target player and then run forward to receive a return pass for a 1st time shot at goal**

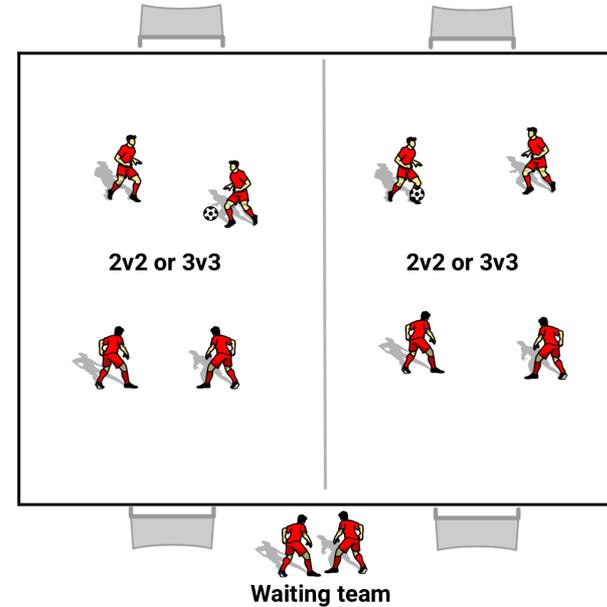
23.



Dribblers Game

- **Two teams**
- **Anything from 3v3, 4v4, 5v5**
- **The aim is to dribble through a gate with the ball to score a goal**
- **Encourage the players to play with their heads up to see the "open" gates and to also pass to a team mate that is free to score**

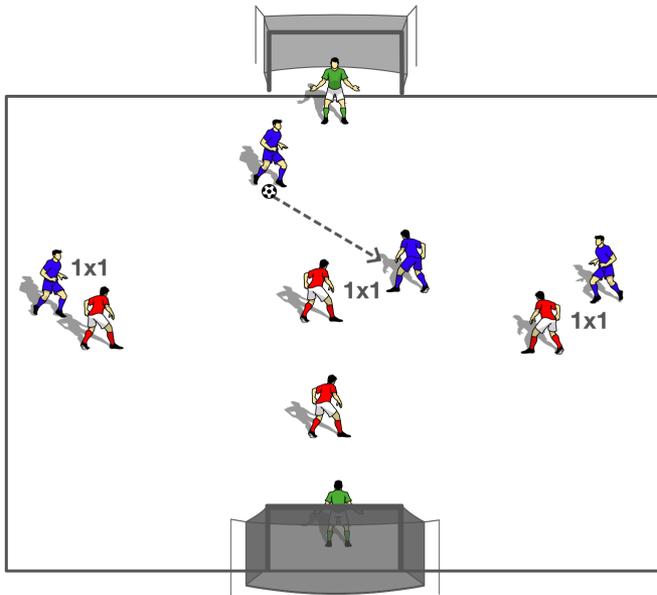
24.



5 team – Goal & Out

- **Five teams**
- **Anything from 1v1, 2v2, 3v3, 4v4, 5v5**
- **Two games are taking place at the same time**
- **Each time a goal is scored, the losing team are ejected from the game and replaced by the waiting team**

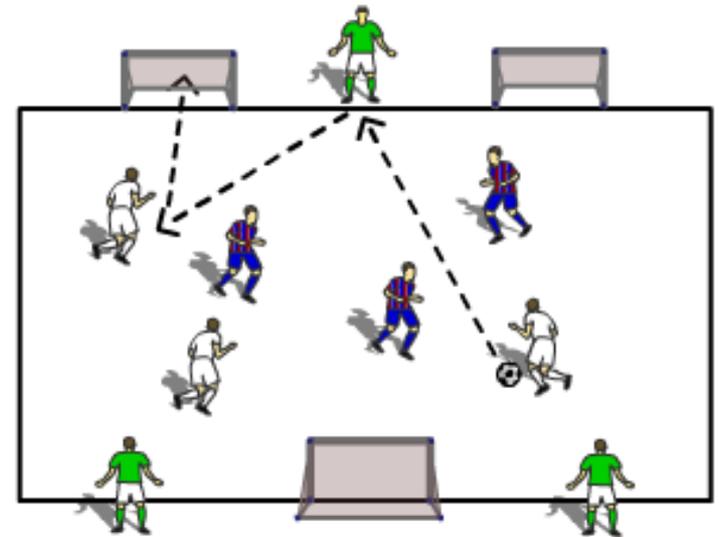
25.



“Man to Man” game

- ***Two teams***
- ***Anything from 3v3, 4v4, 5v5***
- ***Each team nominate one player to be the sweeper. The sweeper is free to tackle any player, but, is not allowed to score***
- ***The remaining players must play 1v1 (man to man) in the game and can only tackle their direct opponents.***

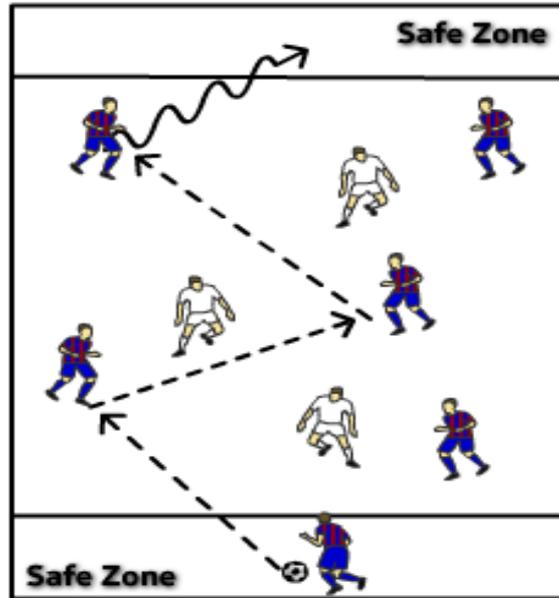
26.



Three player combination

- ***Three teams of three players***
- ***Two teams play the game***
- ***The neutral team are on the outside of the pitch as shown in the diagram***
- ***The white team are attacking two mini goals and can use the neutral player in the middle of the goals***
- ***The blue team are attacking one mini goal and can use the two neutrals either side of the goal***

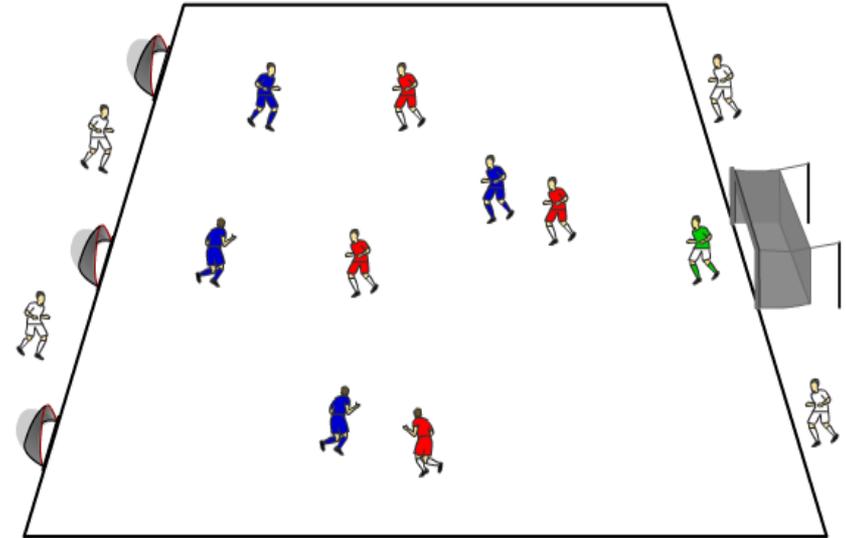
27.



Safe Zone Keep-away

- Three teams of 3 players
- Two teams join together to make a 6v3 situation
- To score a goal, the teams must combine to work the ball from one "safe" zone to the other
- Rotate the three defenders after 2 minutes.
- The aim of this game is to develop combination play and zig zagging through the pitch

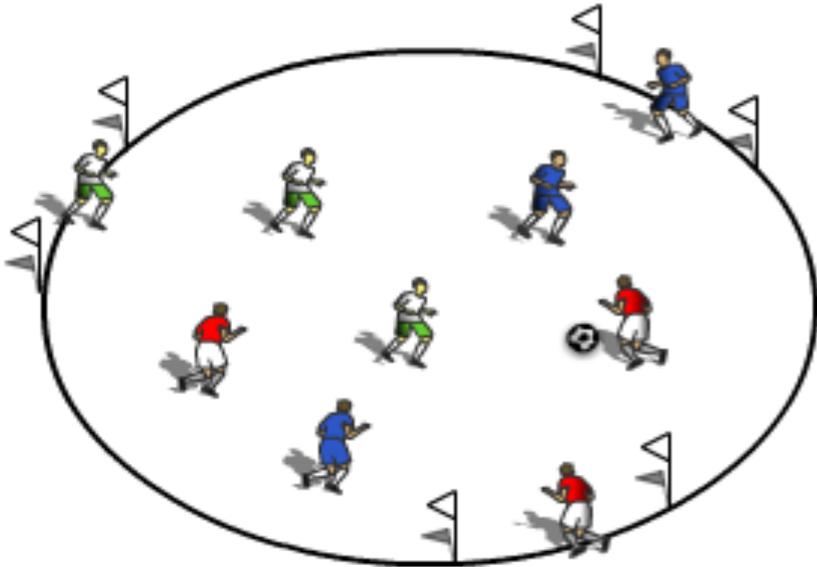
28.



1 Big – 3 Small

- Three teams of 4 players and one goalkeeper
- Each game is played for 4 minutes
- As shown in the diagram, the blue team is attacking the big goal and the red team is attacking the three mini goals
- The white team are on the outside of the pitch and can be used as "neutral" players in order to pass and run forward to create chances to score

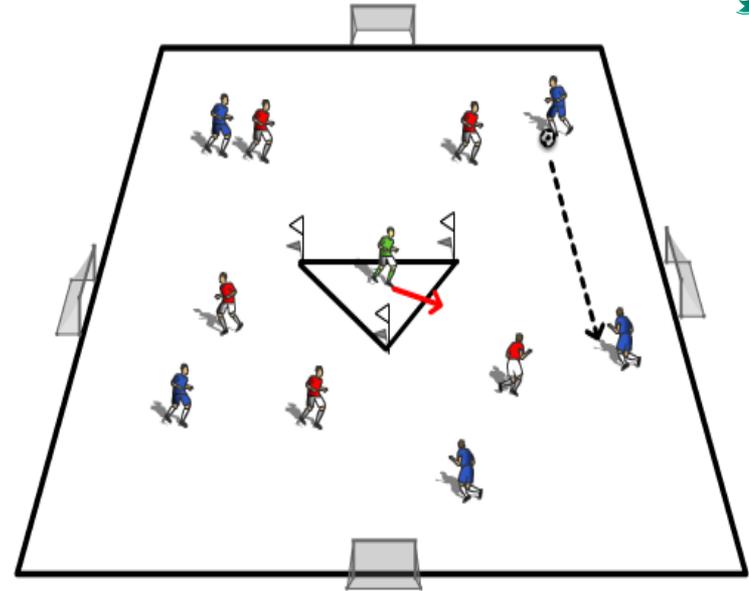
29.



3v3v3 Circle Game

- **Three teams. Each team has three players**
- **To start, each team nominate a goalkeeper for their team.**
- **The teams can score in either of the opponents goals**
- **When a goal is scored, the team conceding a goal must rotate their goalkeeper.**
- **The team conceding the goal now restart the game**

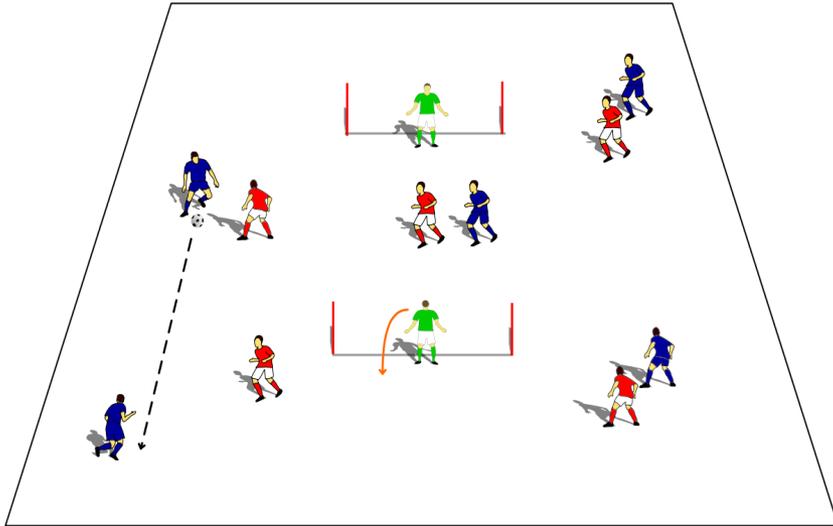
30.



Triangle Goal

- **Two teams and one neutral goalkeeper**
- **Anything from 4v4, 5v5, 6v6**
- **One team must defend the triangle goal and try to score in the outside mini goals**
- **One team must defend the mini goals and try to score by shooting past the goalkeeper in the triangle goal**
- **The goalkeeper must constantly change position in order to defend the triangle goal in relation to the ball**

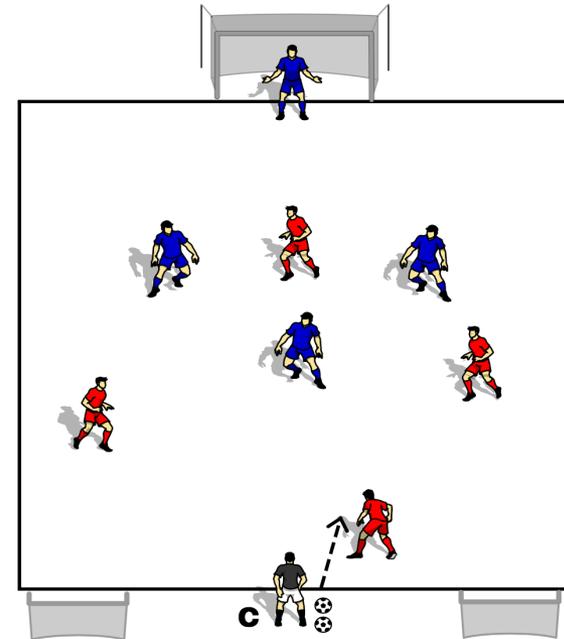
31.



Ice Hockey Game

- ***Two teams (4v4, 5v5, 6v6) + two goalkeepers***
- ***Each team attacks and defends one goal***
- ***The teams are free to score in the front of the goal or in the back of the goal***
- ***This creates a hockey theme as the players can dribble around the back of the goals if required.***

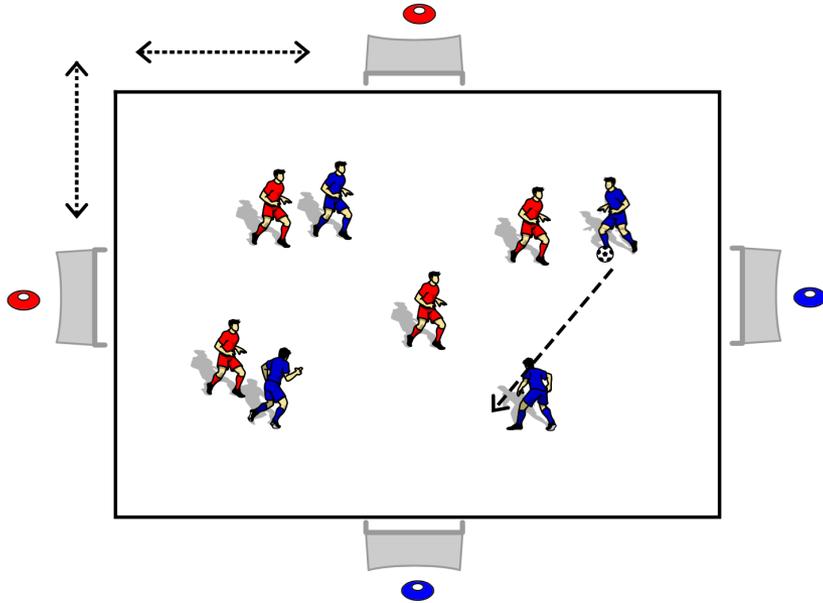
32.



Role Reversal

- ***Two teams - Anything from 3v3, 4v4, 5v5***
- ***To defending team nominate a goalkeeper and defend with one less player inside the pitch***
- ***The attacking team receive a ball from the coach and build up to score a goal. if successful, they receive a new ball from the coach and continue to attack***
- ***If the attacking team miss the target, or the defending team regain the ball and (1) score in the mini goals (2) pass to the coach. Then the roles in the game are immediately reversed.***

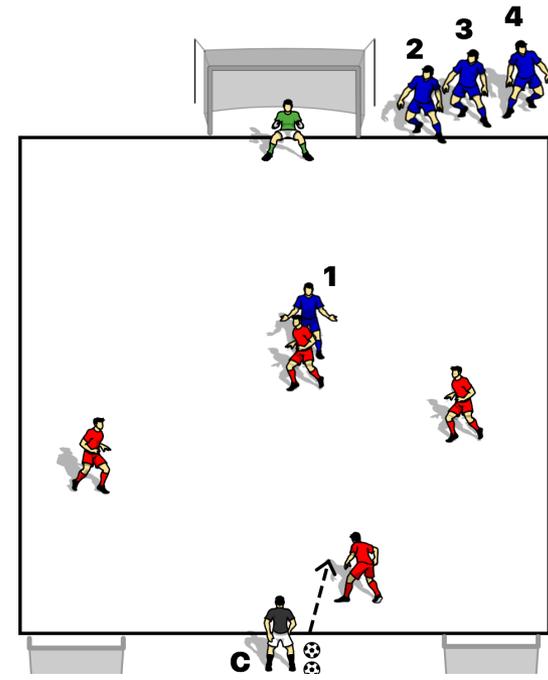
33.



Switch Goals

- **Two teams**
- **Anything from 3v3, 4v4, 5v5**
- **Place a bib next to each goal so that the teams are aware of which goal they are going to attack / defend**
- **To start, play a game across the pitch (right to left)**
- **On the coaches call of "switch" the teams must react quickly to play a game up and down the pitch (top to bottom)**

34.

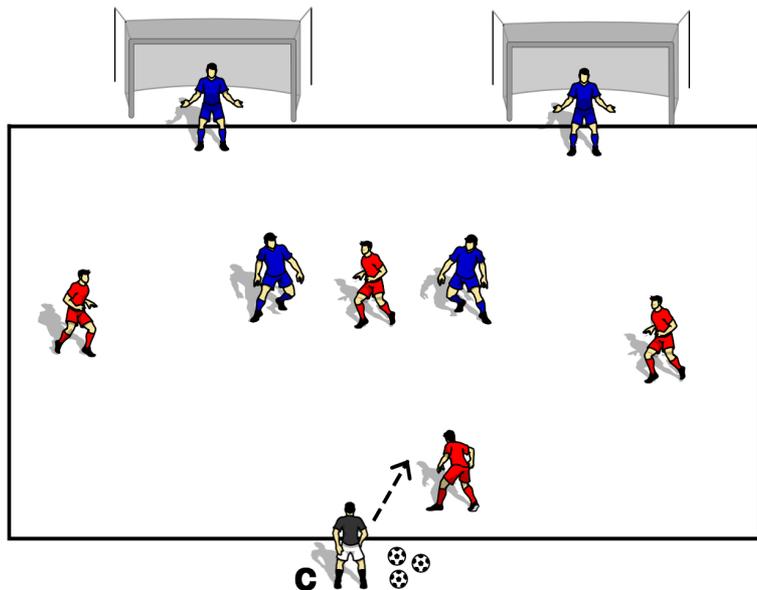


Build Up Confidence

- **Two teams and one goalkeeper**
- **The red team begin as the attackers and the blue team as the defenders.**
- **To begin, one blue defender enters the pitch and the red team receive a ball from the coach to attack 4v1**
- **Ball 2 = 4v2, Ball 3 = 4v3, Ball 4 = 4v4, then rotate roles in the game**
- **If the defending team regain possession, they score in the mini goals**



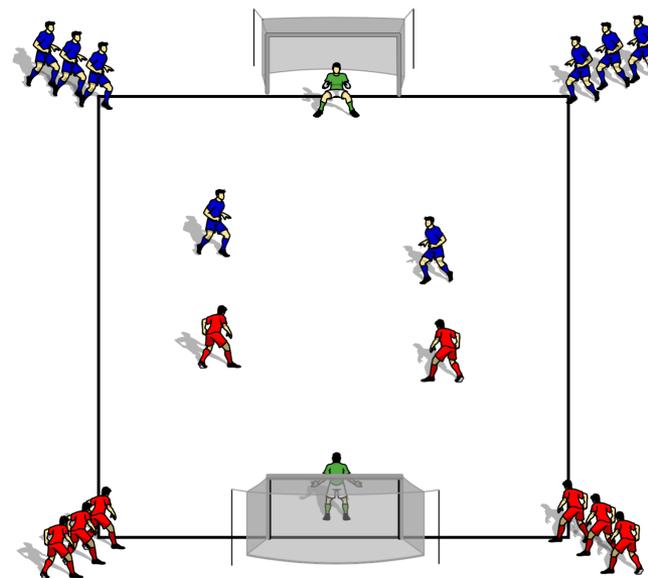
35.



4v2 To Score

- *Two teams of four players*
- *To start, the blue team defend with two players nominated as goalkeepers and two players as defenders*
- *The red team receive a ball from the coach and must try to score 4v2 in one of the two goals*
- *If successful, they receive a new ball to attack (the blues quickly rotate their goalkeepers and defenders)*
- *If unsuccessful, the teams rotate roles in the game*

36.

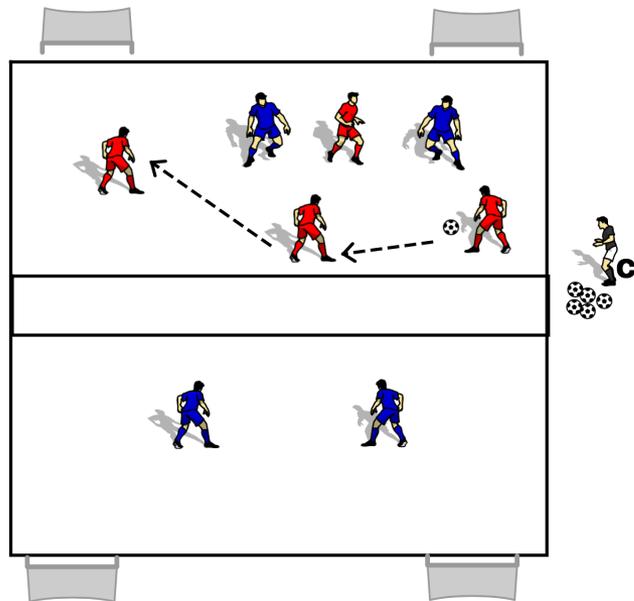


2v2 Team Game

- *Two teams and two goalkeepers*
- *The teams work in groups of two*
- *Each game is 2v2 and is a "golden goal" game*
- *After each goal is scored, all players exit the pitch and a new 2v2 commences.*
- *Each time a team scores, it is added to the total teams score (reds v blues). The first team to 10 goals wins*



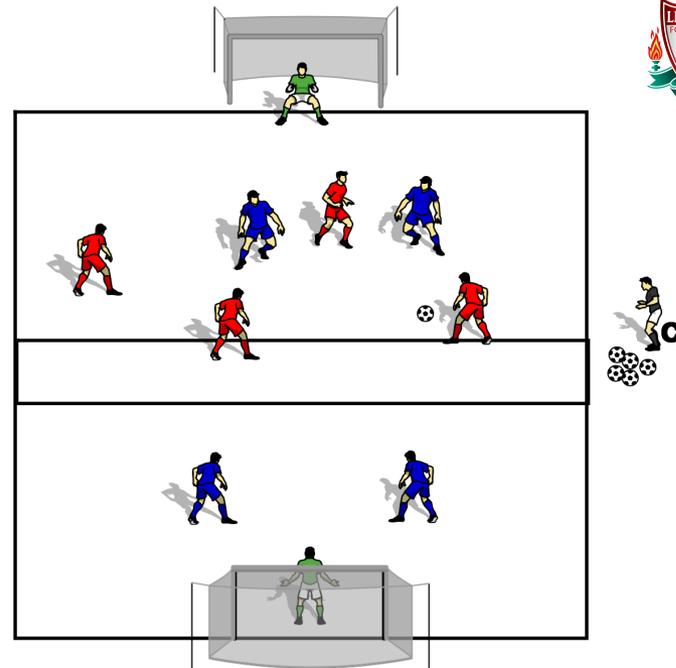
37.



4 goal – 6 attacks

- *Two teams of four players*
- *To red team begin as the attackers and work as a team of four. The blue team begin as the defenders and place two defenders in each half*
- *The red team has six consecutive attacks of 4v2 to score in the mini goals. The team alternates attacks in each half and receive new balls from the coach for each attack*
- *After the 6 attacks, the roles are reversed in the game*

38.

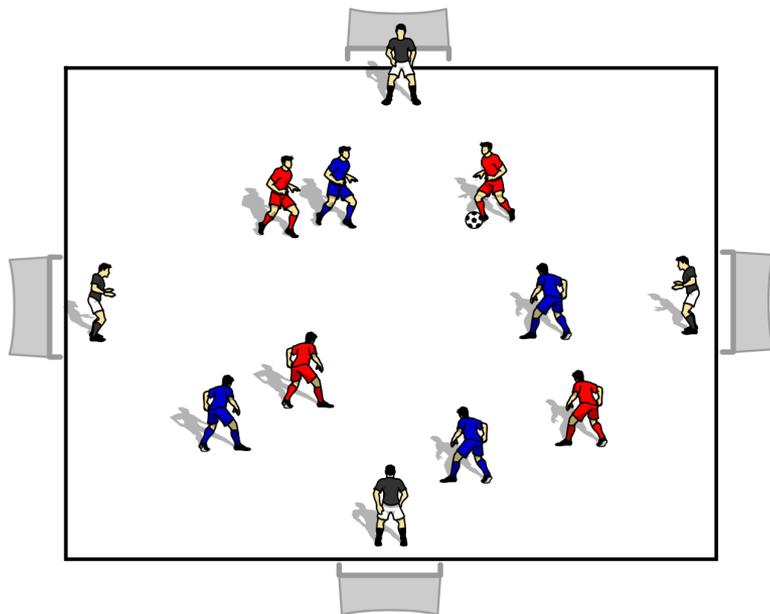


2 goal – 6 attacks

- *Two teams of four players*
- *To red team begin as the attackers and work as a team of four. The blue team begin as the defenders and place two defenders in each half*
- *The red team has six consecutive attacks of 4v2 to score past the goalkeepers. The team alternates attacks in each half and receive new balls from the coach for each attack*
- *After the 6 attacks, the roles are reversed in the game*



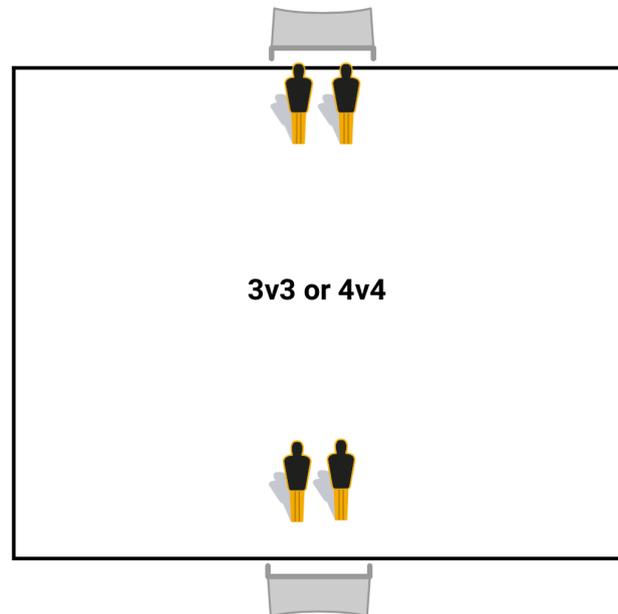
39.



Score In Each Goal

- **Three teams of four players**
- **To begin, the black team are the goalkeepers and the red team play against the blue team.**
- **The aim is for the teams to score a goal past each goalkeeper (score in all four goals).**
- **The team who completes this first is declared the winners.**
- **Now the losing team become the new goalkeepers**

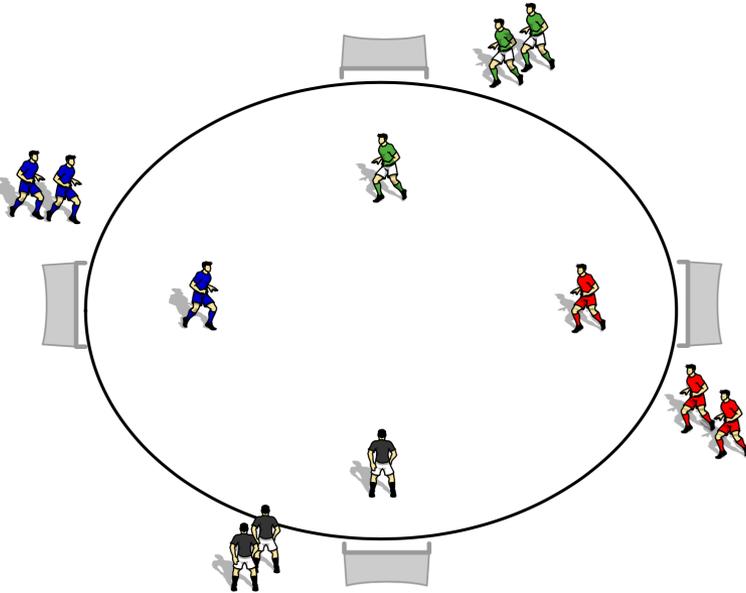
40.



Mannequin GKs

- **Two teams**
- **3v3 or 4v4 games**
- **Each team defend and attack one goal**
- **The mannequins are used as goalkeepers and make it difficult for the teams to score**

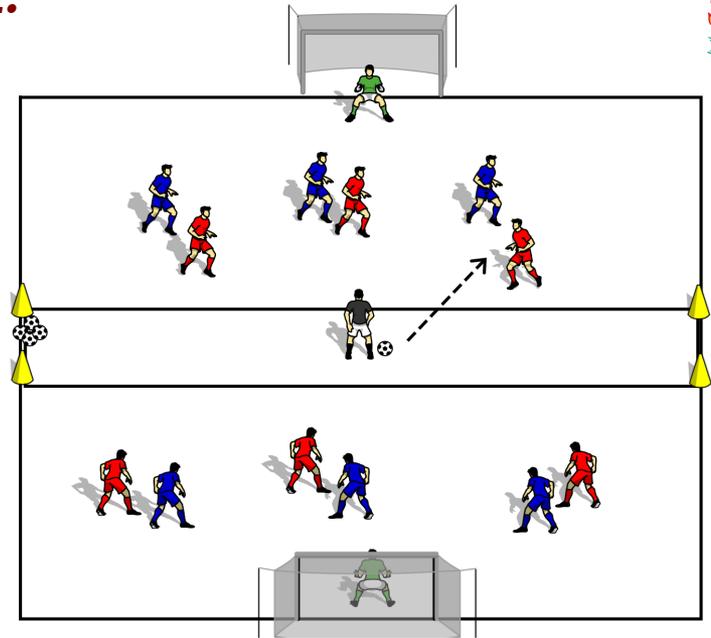
41.



Scoring Advantage

- *Four teams of three players*
- *To begin, each team has one player on the pitch and this player can score in any of the opponents goals.*
- *When a goal is scored, the team scoring the goal are given a 2nd player*
- *The winning team is the one that has all three of their players on the pitch and has just scored a goal (in simple terms, the first team to score 3 goals)*

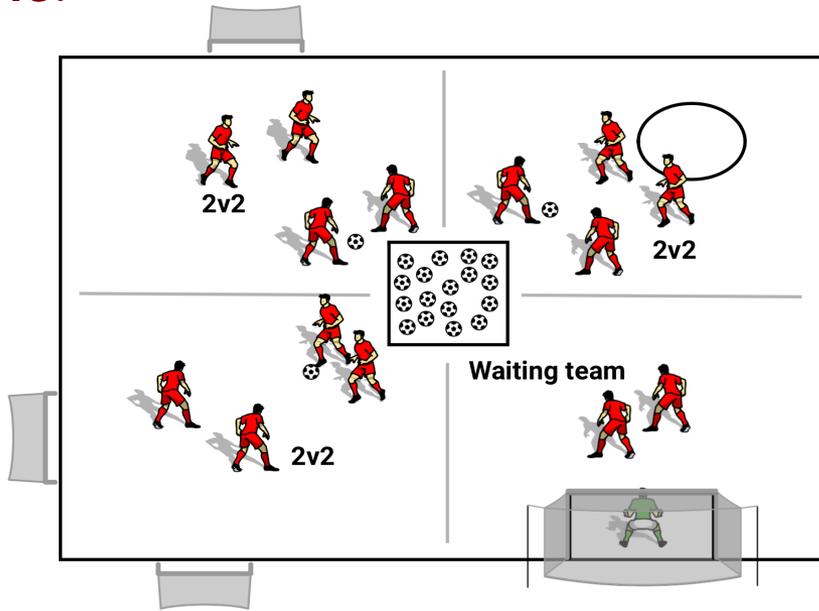
42.



3v3 Switch Games

- *Two teams of six players and two goalkeepers*
- *Each team is divided into two groups of three players*
- *Each team has three players in each half of the pitch*
- *The coach starts by serving a ball into one half of the pitch and immediately a 3v3 game commences until one team scores*
- *After the goal is scored, these players rest and the coach turns to serve a ball into the opposite game*

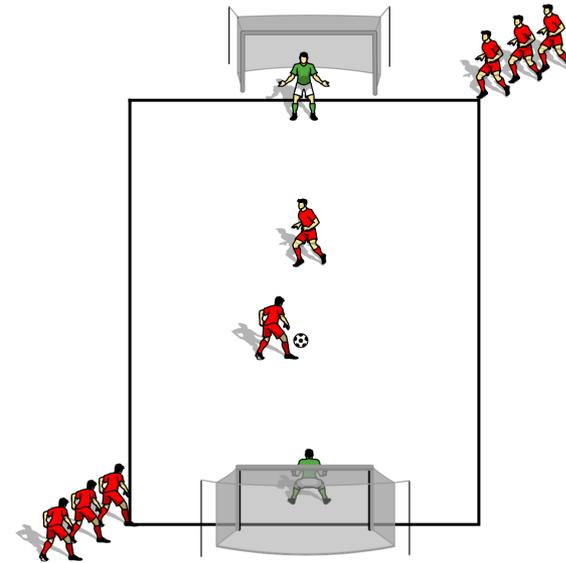
43.



2v2 Choice Games

- Teams of two players (Maximum of 14 players). To begin, place two players to defend the mini goal, two to defend the circle, two to defend the mini goals and two to defend the big goal.
- The remaining players (in pairs) go to the centre and collect a ball. They now choose which area to attack (there should always be 1 area free with players waiting)
- The rules are simple, if you score, you return to the centre to collect a ball and attack a new area. If you don't score, you stay to defend and the defenders go to attack

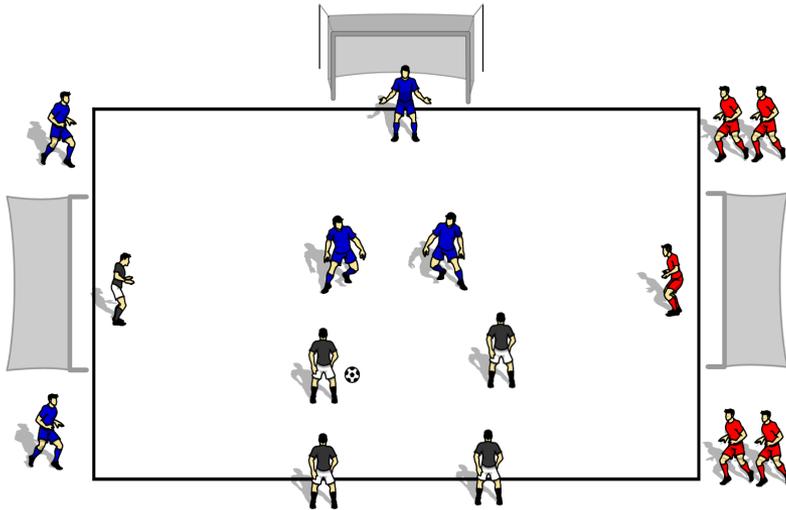
44.



1v1 Champions League

- Any number of players and two goalkeepers
- Each player is given a team name for the champions league tournament
- The game works in a simple knockout format. You play a 1v1 game in a "goal & off" situation
- If you win = your in the next round (wait for next turn)
- If you lose = knocked out of the tournament
- The last two remaining will play the CL final!

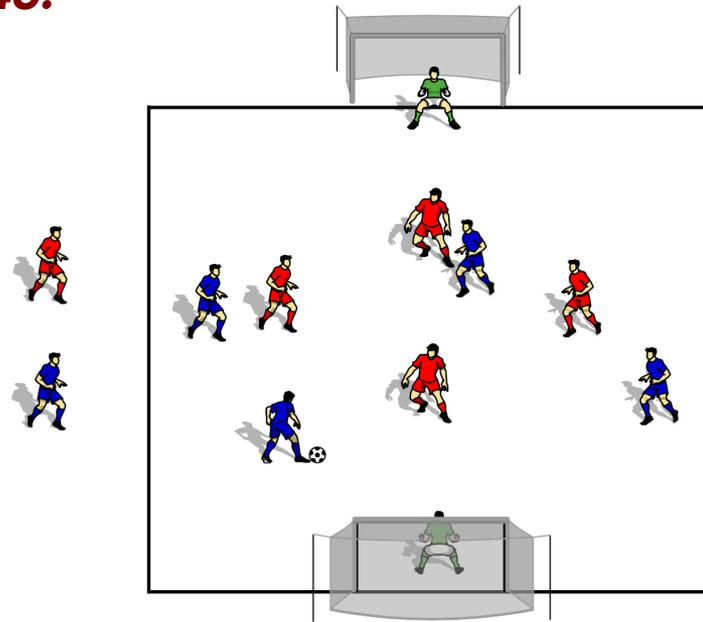
45.



2v2 Around The World

- *Three teams of players (4 or 6 players per team)*
- *Each team works in pairs and each team has their own goalkeeper*
- *To start, the black team attacks 2v2 against the blue team. If they score, or the blue team regain the ball, then the 2v2 is over.*
- *Now the red team attacks the black team who must react to defend. Finally, the blue team must attack the red team. The game works continuously in this order*

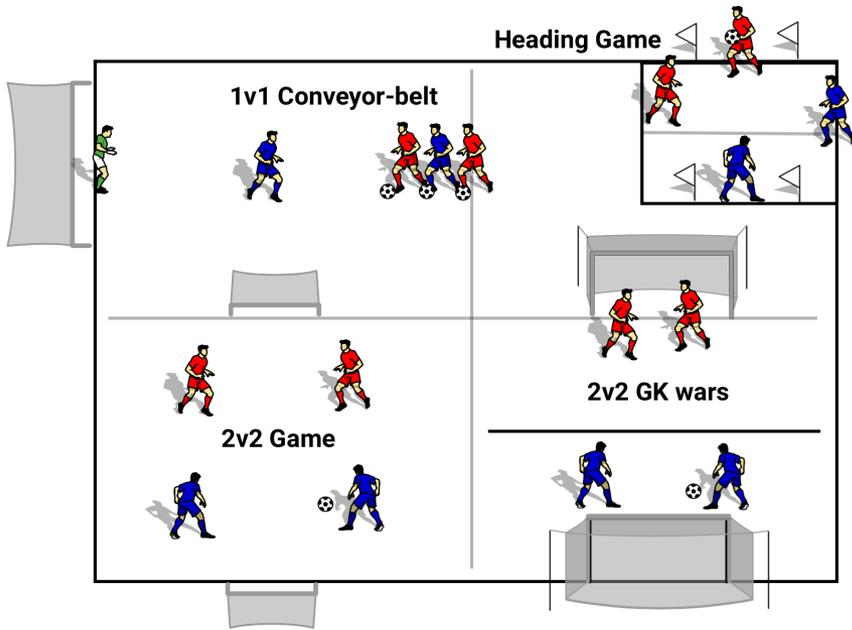
46.



Send Away

- *Two teams of five players and two goalkeepers*
- *To start, the teams send one player to the side of the pitch. The teams now play a normal 5v5 game.*
- *When a goal is scored, the player scoring the goal must quickly shout out the name of an opponent*
- *The opponent called is immediately ejected from the game and is replaced by the team mate who is waiting on the side of the pitch.*

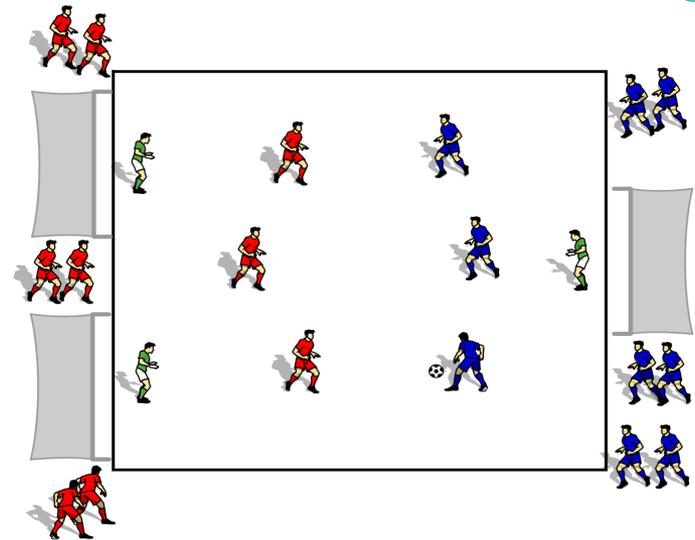
47.



4 Player Circuit

- **Four groups of four players and one goalkeeper. The groups of four players work around a circuit of 2v2 team games. The teams must keep the score in each game that they play**
- **Pitch 1 – The players take turns to attack/ defend 1v1**
- **Pitch 2 – 2v2 game with mini goals**
- **Pitch 3 – Gk wars. The teams work on shooting**
- **Pitch 4 – The players serve each other to head and score**

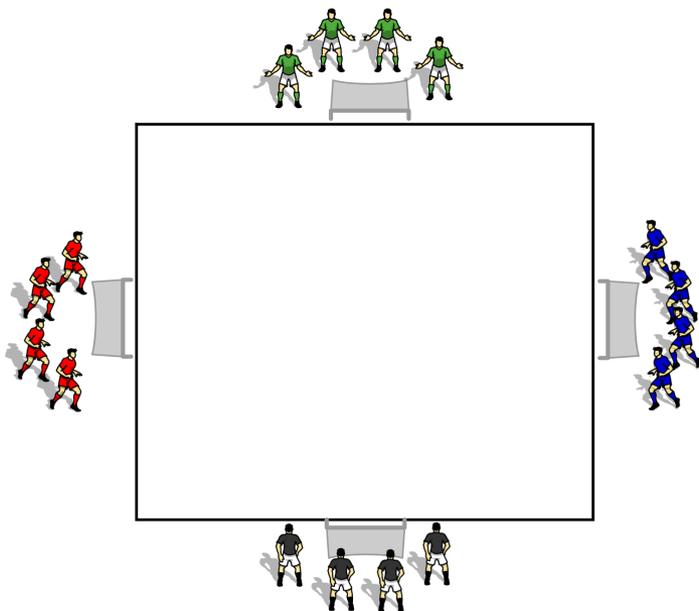
48.



Direct Dribbling Game

- **Two teams of players. Each team work in groups of three players**
- **Three goalkeepers**
- **The red team attack one goal and defend two goals**
- **The blue team defend one goal and attack two goals**
- **Each game is 3v3 "golden goal" with the team scoring gaining a point for their complete team (reds v blues). The team scoring 10 goals is declared the winners**

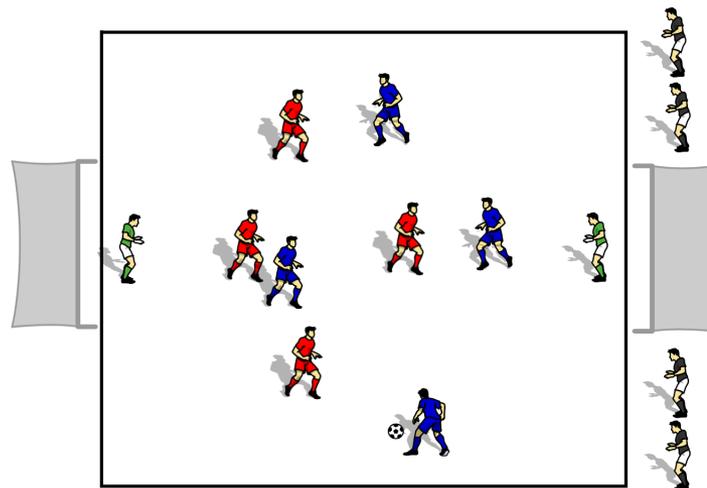
49.



4 Team Round Robin

- Four teams of four players. Each team plays 3 games against each opponent.
- One game is played at a time (2 team play, 2 waiting)
- Each game lasts for 1 goal and therefore, after playing each opponent 3 times, there will be a clear winner of 3-0 or 2-1
- To start, the greens play the black team, then the reds play the blue team. This set of games is repeated three times. Then the teams rotate to play a different opponent.

50.



Attack, Defend, Rest Game

- Three teams (3v3, 4v4, 5v5) and two goalkeepers
- Each game lasts for one goal
- Each team stays on for two games. For examples, the blue team attacks the red team, then defends against the black team and then leaves the pitch.
- The team entering the pitch is always the team who begins in possession of the ball.





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