

## SSG - Attacking & Defending

### Four versus four without goalkeepers

### Attacking and defending one goal line:

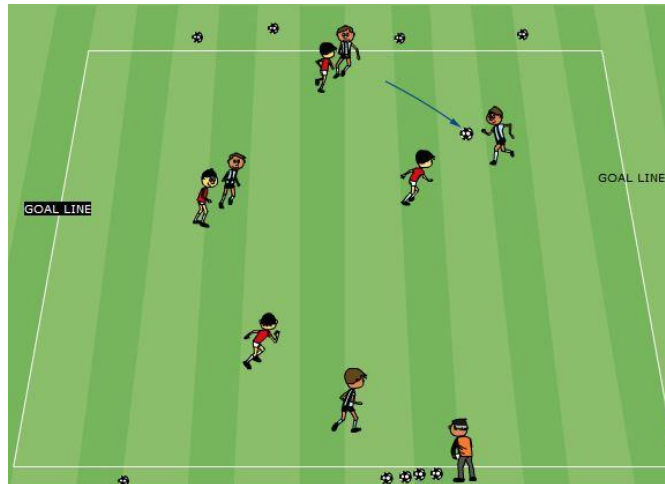
**Small Sided Game:**

**4v4 Attacking & Defending one goal line**

**15 minutes**

#### Organization:

- Set-up area 40m wide x 20m in deep
- Set up with 2 teams of 4 players
- Mark up lines to identify the goal line for each team to score.



#### Coaching Points:

##### Attacker:

1. Player 's first option is to play forward & go to goal;
2. Player look to score a goal at every occasion
3. Decision making to run to the line and score
4. Decision to dribble and score
5. Quality control of the ball

##### 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 by stopping the ball on a goal line / to defend the goal line and to win the ball back
3. 4v4 game where players play freely.
  - a. Depending on standard end players should be restricted to two touches.

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