

50 Small Sided Football Games To Improve Decision Making

Football is a sport that requires quick thinking, sharp decision making, and excellent teamwork. One effective way to enhance these skills is through small-sided football games. These games offer players the opportunity to make split-second decisions, develop their situational awareness, and improve their overall football IQ. In this article, we will explore 50 small-sided football games that are designed to help players enhance their decision-making abilities on the field.

1. 3v3 Corner Gate Game

In this game, two teams of three players each compete on a small field. There are four corner gates placed on each side of the field. The objective is to pass the ball through any of the gates to score a point. This game not only improves decision making but also boosts passing accuracy and communication among teammates.

2. Possession Battle

This game involves two teams competing to maintain possession of the ball. The team that holds the ball for the longest duration wins. Players need to make quick decisions to retain the ball and find teammates in advantageous positions. This game enhances decision making under pressure.



Deliberate Soccer Practice: 50 Small-Sided Football Games to Improve Decision-Making

by Ray Power(Kindle Edition)

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3. Overload Attack

In this game, one team has an extra player compared to the other. The objective is to score a goal while the opposition tries to defend effectively. This game forces players to make decisions on whether to take on defenders individually or make quick passes to exploit the advantage in numbers.

These are just a few examples of the numerous small-sided football games that can help improve decision making. The key is to create a challenging and dynamic environment that simulates real match situations. By participating in these games regularly, players can sharpen their decision-making skills, improve their awareness on the pitch, and ultimately become more valuable assets to their teams.

Benefits of Small-Sided Football Games

There are several benefits to incorporating small-sided football games into training sessions:

- **Improved Decision Making:** Small-sided games require players to make quick decisions in constantly changing situations, helping them develop better decision-making abilities.

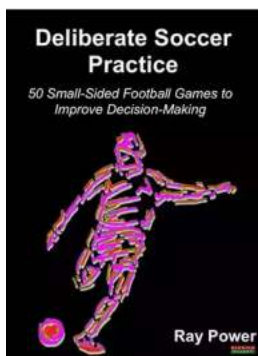
- **Enhanced Teamwork:** With fewer players on the field, communication and cooperation are key to finding success. These games encourage players to work together and develop teamwork skills.
- **Increased Confidence:** Regular participation in small-sided games allows players to build confidence in their decision-making abilities, leading to improved overall performance.
- **Improved Fitness Levels:** The fast-paced nature of small-sided games helps improve players' endurance and fitness levels, contributing to their overall development as athletes.

Small-sided football games offer countless opportunities for players to enhance their decision-making skills. Whether it's focusing on passing accuracy, situational awareness, or communication, these games provide a dynamic and challenging environment for players to develop their abilities.

By incorporating a variety of small-sided games into training sessions, coaches can help their players become well-rounded individuals on and off the field. So, gather your teammates, set up a small-sided game, and start improving your decision-making skills today!

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Small-sided games are the epicentre of soccer improvement. Done right, they can play a huge role in the development of players. The environment created through these games makes it possible not just to ‘let the game be the teacher,’ but also to improve specific skills and tactics - all in the context of the real game. We do this by manipulating the secondary rules of the game, by either adding elements or constraining players in various ways.

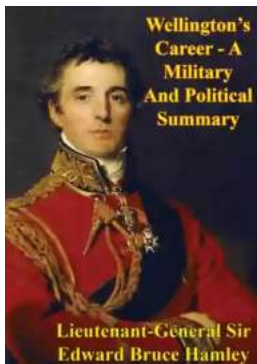
The ultimate alternative to the ‘drill,’ small-sided games training promotes player autonomy through decision-making, problem-solving, and the much-heralded coaching technique of guided discovery. Small-sided games have the look and feel of the ‘real’ game where learning is made intrinsic by the game itself.

Aimed at football coaches of all levels, but with a particular emphasis on coaches who work with youth players, 50 Small-Sided Football Games to Improve Decision-Making is comprised of 50 practices, and carefully designed to be adaptable to suit the needs of the players you work with. Book number four in Ray Power’s “Deliberate Soccer Practice” series, the exercises will challenge players and give them real-world decisions to make. Sections include: Possession-Based Small-Sided Games (SSGs), SSGs for Attacking and Finishing, SSGs for Defending, SSGs for Goalkeepers, SSGs for Transitions and Restarts, and Other Varieties of SSG.

About the Author.

Ray Power is one of the bestselling soccer authors in the world. With over a decade of experience working in soccer and education, coaching players from non-league to Premier League levels, and internationally, he is the author of the "Deliberate Soccer Practice" series, "Making The Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach", and its 2020 follow-up: "Coaching Youth Soccer: What Soccer Coaches Can Learn From The Professional Game".

As a coach developer and educator, Ray has worked for, and consulted with, numerous national FAs, as well as governing bodies from other sports, including the NBA. He also works as a consultant - mentor - educator on a freelance basis, working with grassroots coaches all the way to professional teams.



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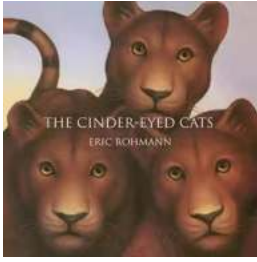
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