

CHAPTER 2

SMALL SIDED GAMES

PHYSIOLOGICAL RESPONSES AND ACTIVITY PROFILES OF SMALL SIDED GAMES (SSG)



1 *Physiological and Perceptual Responses*

Higher in the smaller SSG formats (2 v 2 and 3 v 3).



Practical Implications for Coaches

Coaches can use lower numbers of players (2 and 3-a-side) to increase cardiovascular demands but higher number of players (4 and 5-a-side) to increase variability and specificity. Activity profile and body load were not as different as expected, however, 4-a-side SSGs presented higher values and higher variability, while the 3 v 3 SSG was the most stable format.

Aerobic Fitness Development

2 v 2 and 2 v 3 may be useful for training to improve aerobic fitness in football players because they can elicit heart rate responses around 90% of maximal heart rate.



3 *What About 4 and 5-a-side?*

This could indicate that smaller formats (2 v 2 and 2 v 3) are more appropriate to increase physiological stress, whereas larger formats (4 v 4 and 5 v 5) can be used to improve match specific demands.



REFERENCE

M. Aguiar, G. Botelho, B. Goncalves and J. Sampaio
J Strength Cond Research, December 2014



Designed by @YLMsPortScience

PHYSICAL DEVELOPMENTS WITHIN SMALL SIDED GAMES

Developing a better understanding of physiological and technical demands imposed on players within *SSGs* allows the opportunity to further analyse the movement profiles of players. At most levels, performing repetitive sprint efforts, changes of direction, shooting, tackling and dribbling are fundamental components and efforts needed to compete. However, these specific movements and actions within *SSGs* result in severely strain through additional loading placed on football specific muscle groups. This additional load imposed upon players may offer an additional physical stimulus because the ability to perform technical and tactical requirements under fatigued conditions is considered important for football (Iaia et al, 2009).

Dellal et al (2011) examined the relationship between playing levels in football (amateur vs. professional) using various *SSGs* (2 v 2; 3 v 3; 4 v 4). The main findings revealed significant differences between elite and amateur players concerning their ability or capacity to perform high-intensity actions, in combination with their competency to execute various technical abilities. Further analysis from the investigation showed how amateurs completed less successful passes, produced higher *RPE* and *BLA* values and less sprint distance and high intensity running. The comparison of the professional and amateur football players' activities during *SSGs* showed that the playing level influences the physiological responses, physical output and technical activities.

Table 11. Physical and Technical Demands of *SSGs* (3 v 3) Among Professional Football Players (Dellal et al., 2011).

	PHYSICAL AND TECHNICAL DEMANDS IN A PROFESSIONAL 3v3 SSG (N=20)			
	1 Touch	2 Touches	Free Play	Average
Total Distance (m)	22476.6	2124.7	2014.0	2128.8
Total Distance Sprinting (m)	397.0	351.2	315.6	354.6
% of Total Distance Sprinting	17.7	16.6	15.7	16.7
Total Distance in HIR (m)	523.2	473.9	422.5	473.2
% of Total Distance in HIR (m)	23.4	22.4	21.1	22.3
Number of Duels	30.9	28.2	26.8	28.6
Number of Duels per minute	2.6	2.3	2.2	2.4
% of Successful Passes	52.1	69.9	71.7	64.5
Total Number of Ball Losses	17.1	15.2	14.4	15.5
Number of Ball Losses per minute	1.4	1.3	1.2	1.3
Total Distance in Possession	51.8	43.8	41.7	45.8

The Effect of Pitch Size

It is well reported that physical demands during *SSGs* can be significantly influenced through the manipulation of key variables such as player numbers, pitch area size, possession rule changes and bout durations (Casimichana and Castellano, 2010; Dellal et al, 2011; Owen et al, 2004; Owen et al, 2011). Recent

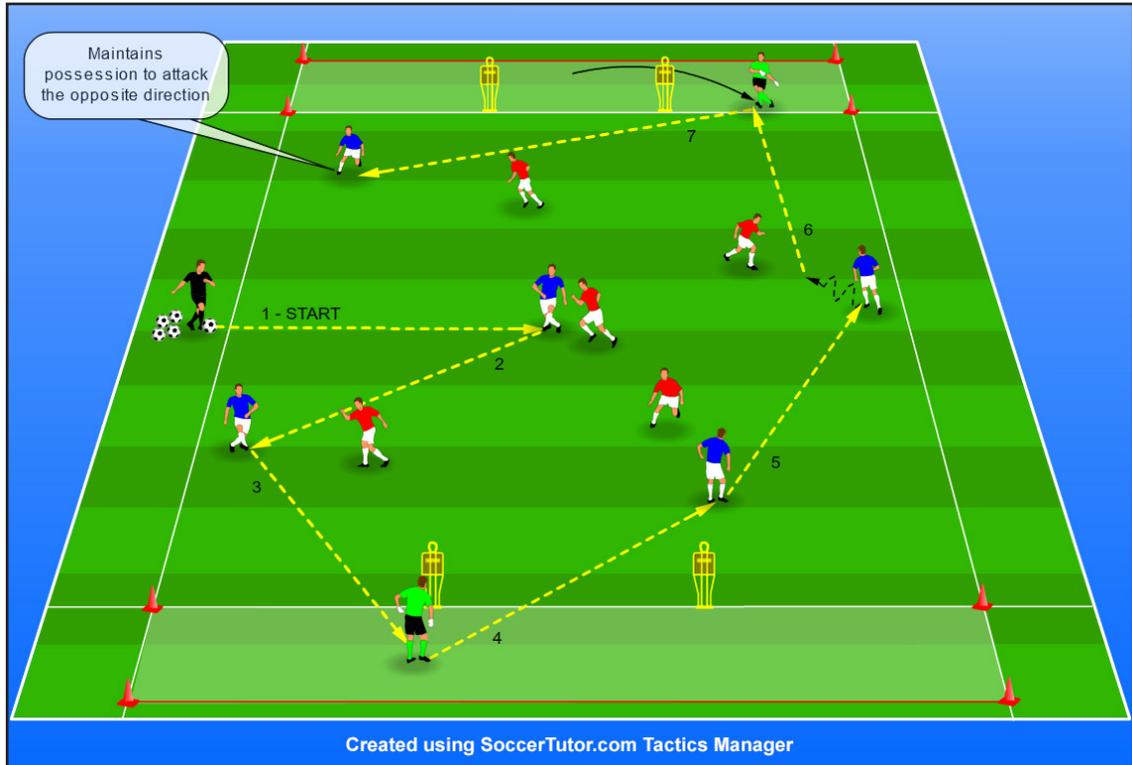
research within varying levels of football has revealed that changing the dimensions of the training pitch can create significantly different physiological and movement profiles. It should be noted however, that the various studies investigating the effects of the pitch dimensions on the players suggested contrasting opinions. One such study researching the effects of changing pitch sizes suggested that no significant

CHAPTER 3

SMALL SIDED GAMES (TRAINING DRILLS)



Playing Through the Lines in a Possession Game with Goalkeepers



Description

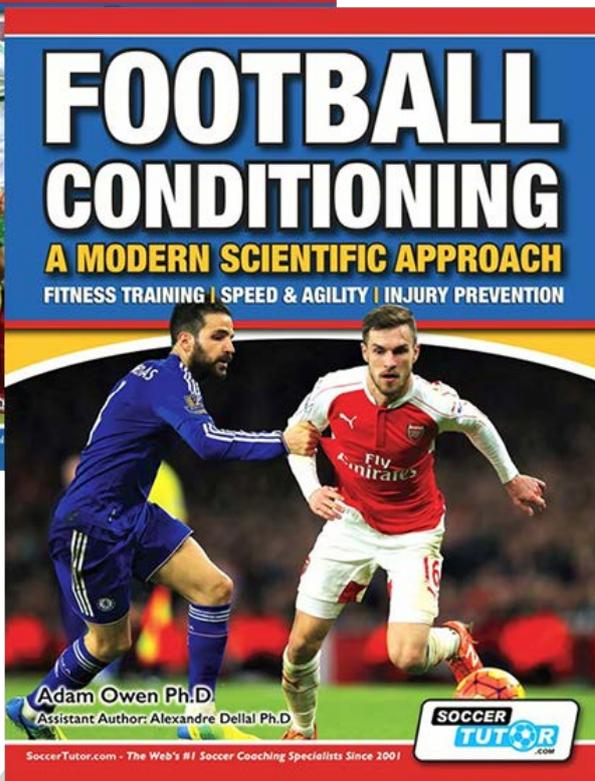
In this practice we play 5 v 5 in the central area (30 x 35 yards) and we also have 2 x 8 yard zones with neutral goalkeepers positioned behind 2 mannequins as shown in the diagram. The aim for both teams is to maintain possession and to continually play from one end to the other. Each time they pass from one goalkeeper to the other without the opposition intercepting the ball they score 1 point. Play in 3 minute periods.

Variations: 1) Challenge the players to complete a set number of passes to score a point. 2) You can use multiple player numbers to change the demand on players, but the key theme is on the tactical demand.

Progression: Players are not allowed to close goalkeepers in possession - progress to allow pressure.

Coaching Points

1. Players need to demonstrate quality of movement in order to play into and receive from the goalkeeper.
2. Ensure a high intensity of play is maintained within the game through pressure.
3. The players should look to switch play and play through the pitch.
4. Ensure the defending team do not stay in deep areas to try and block the goalkeeper.



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