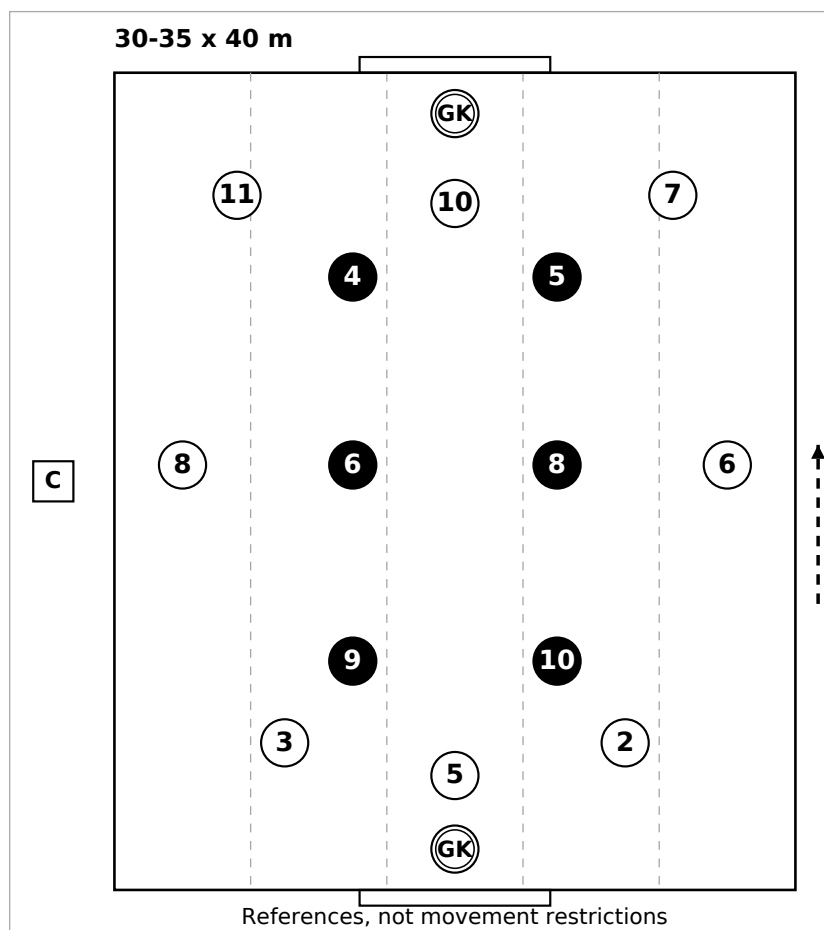




C - Exploit

Small-sided game (SSG) | 15 min | 52-67 min

8v6 + 2 goalkeepers | 30-35 x 40 m



Outlined circle: coached team. Filled black: opposition. Double ring: common player / GK. Square C: coach, outside the player total.

Coached team attacks up; opposition attacks down. Common players support whichever team has the ball.

- Duration: 15 minutes
- Practice Type: Directional Small-Sided Game
- Organisation: 8v6 + 2 goalkeepers; two goals. Coached team has 8 outfield players, opposition has 6, and both GKs are active. Total = 16 players.
- Area: Approx. 30-35m x 40m; vertical five-lane reference (L1-L5); adjust only if realism or intensity is lost.
- Focus: Exploit a wide overload, attack around and get back inside to threaten goal.

Scoring: Goal = 1. Goal after attacking around and getting back inside = 3.

Qualifying line break: A qualifying attack goes outside through a wide overload, then returns inside through a pass, combination, carry or third-player action before the finish.



- **PLAYER PROBLEM** Once we go around, can we get back inside quickly enough to threaten goal before the opposition recover?

Before the attack: Scan; recognise central protection; hold width/depth; find the spare player; pin or move opponents; maintain balance behind the ball.

Around the opposition: Quality of pass/carry; receive forward; positive first touch; overlap/underlap; movement beyond; support around the ball.

Back inside: Accelerate; attack the inside return; support forward; finish or connect before the opposition reorganises.

Progression (Harder): If players go around but allow recovery, add a bonus for scoring within approximately six seconds of getting back inside. Reduce space or add a recovering defender if appropriate.

Regression (Easier): Increase area; allow an extra attacking player; reduce defensive numbers; give the wide player more time to receive and face forward.

Coach Observation: Do not allow the practice to become a crossing or finishing session. Observe what created the overload, how the team went around, and how quickly it regained inside access.