SSG PITCH PLANNER

How to use the tool · step by step

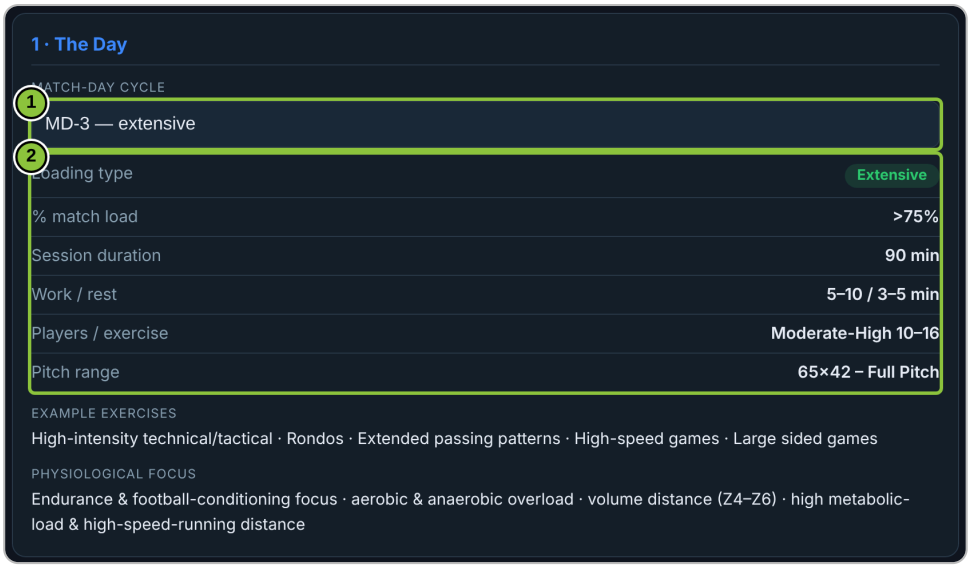
The SSG Pitch Planner helps you set the size of a small-sided game so that it produces the running the day needs. It uses published area-per-player data (Riboli): how many m² each player needs to reproduce a match's total distance, high-speed running, sprint and accelerations.

1 CHOOSE THE AGE GROUP AND THE TARGET



1. **Youth U15–U19** or **Senior**. The tool remembers your choice.
2. **Print / PDF** prints the page in black and white (verdicts stay in colour).
3. **Senior only — Target: Match average** reproduces a normal 90-minute match; **4-min peak** reproduces the hardest passages of a match and needs much more space.

2 THE DAY



1. Choose the day of the match-day cycle (MD+1/MD+2 … MD-1).
2. The table shows the loading type, % of match load, session length, work/rest, players per exercise and pitch range, with example exercises and the physical focus.

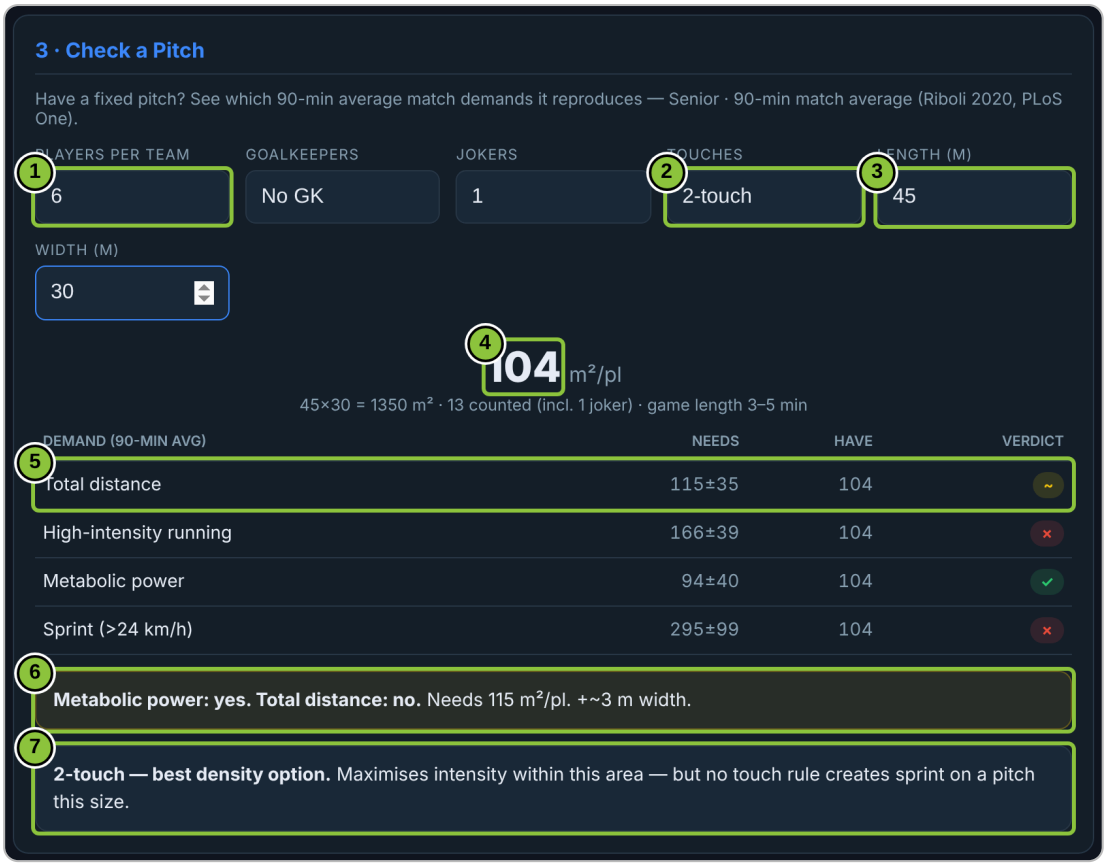
3 BUILD A PITCH



1. **Players per team.**
2. **Goalkeepers** (senior). Goalkeepers are not counted, but with GK the game needs more space.
3. **Jokers** are counted, because they take up space.
4. **Focus:** Intensive builds to the total-distance target (pressing, duels, accelerations). Extensive builds to the sprint target (high speed, sprint).
5. The **length × width** to set up, with the game length.
6. The line under it shows the players counted, the m² per player used and the total area.

> If the pitch would be bigger than a full pitch (105 × 68 m), the tool says so: use a smaller format or add an isolated sprint drill.

4 CHECK A PITCH YOU ALREADY HAVE



1. Enter players, goalkeepers and jokers.
2. **Touches:** free play, 3-, 2- or 1-touch.
3. **Length and width** of your pitch.
4. The **m² per player** of your pitch.
5. For each demand: what it **needs**, what you **have**, and the verdict: ✓ reached, ~ within 15 %, × below.
6. What the pitch gives, and how many metres of width to add for the next demand.
7. What the touch rule changes.

> **Acc/Dec works the other way:** smaller areas produce more accelerations and decelerations, so ✓ means your area is at or below the reference.

GOOD TO KNOW

- The numbers are averages with wide ranges. Use them as a guide: rules, score and players decide the real output.
- Studied formats are 3v3 to 10v10. For 1v1 and 2v2 the tool shows the size, but judge by eye and intent.
- U15/U16 usually need more space than U17–U19.
- Sources and DOIs are at the bottom of the tool page.