

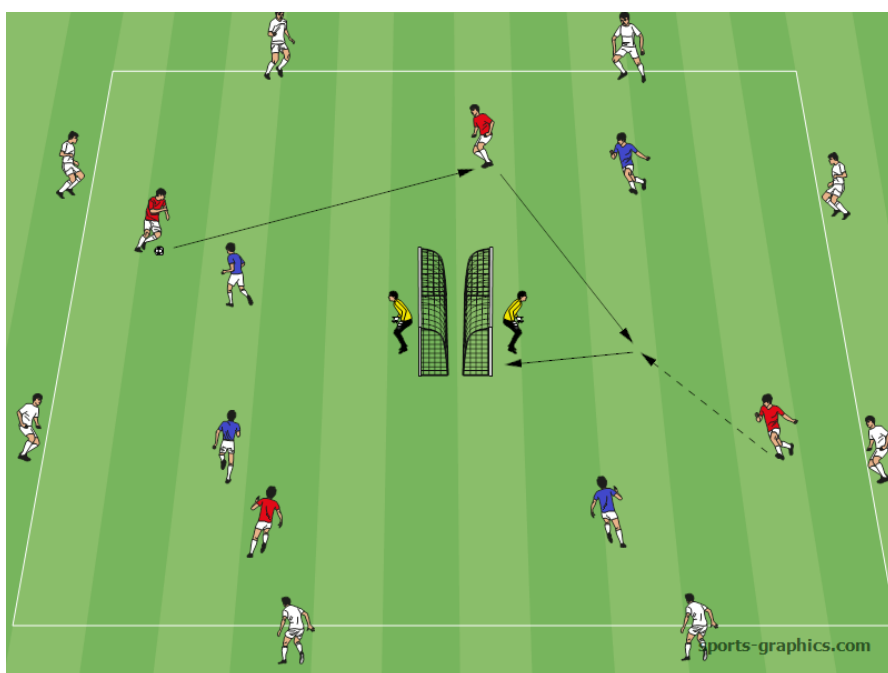
4v4 WITH EIGHT AND BACK TO BACK GOALS

Develop passing and support play under pressure of an opponent

TACTICAL

Passing

Support Play



Two standard goals are placed back to back in the middle of a 40x40 area.

Players play 4v4 within the area with two goalkeepers.

Eight neutral players are spaced evenly on the outside of the area.

The team in possession can use the neutral players to help to create opportunities to score into either goal.

Players have unlimited touches with neutral players only having a maximum of two touches.

If a team scores, they retain possession. If the goalkeeper saves the ball, the GK then distributes the ball to the opposite team. Change the outside players regularly.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



Modified Small Sided Game

LEARNING OUTCOMES

- Correct technique to receive to gain an advantage.
- How to make space as individuals.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Defenders should try to win the ball back quickly and counter while the opposition is unbalanced.
- Encourage communication between the players.
- Finish quickly.
- Good movement to show for the ball.
- Make intelligent opening runs.
- Play fast, confident passes.
- Supporting players must stay open (two passing options at all times).
- Use of neutral players to quickly shift attack from side to side.

4v4 WITH EIGHT AND BACK TO BACK GOALS

Develop passing and support play under pressure of an opponent

