

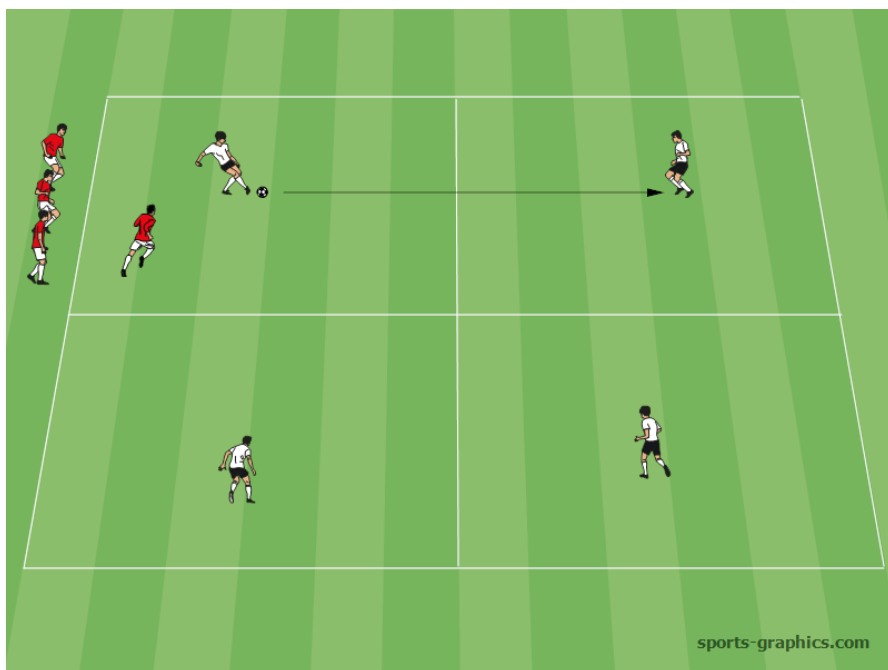
4v4 IN RESTRICTED ZONES WITH PROGRESSIVE PRESSURE

This practice develops the basic principles of keeping possession with increased opposition

TECHNICAL

Passing

Possession



In a 16x16 area, divided into four 8x8 zones, four players keep possession by passing the ball to each other but each player must stay in their own zone.

One defender enters the area to create a 4v1 game.

After four passes another defender enters to make a 4v2 game.

The game continues on until a 4v4 game is created and four passes have been completed.

Change roles after each attempt or alternatively the coach may determine when to change the groups over.

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.



LEARNING OUTCOMES

- Correct technique to receive.
- How to make space as individuals.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- 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 first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Attackers to be aware of position of defenders.
- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Combination play, using minimal touches.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Good movement to show for the ball.
- Keep possession.
- Receiving with furthest foot to open up space.

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