

4v4 WITH BACK TO BACK GOALS

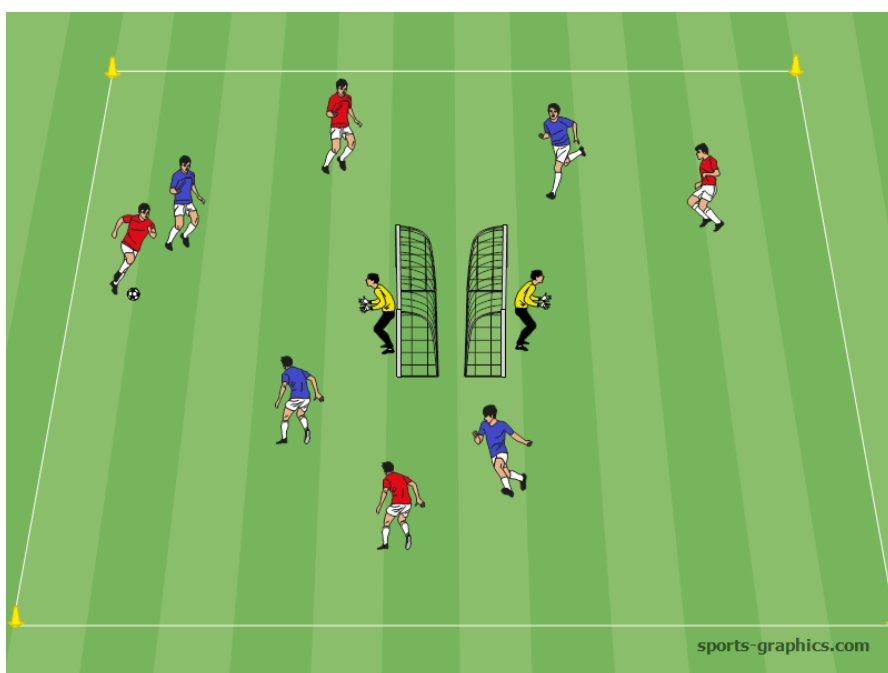
Develop passing and support play under pressure of an opponent

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 30x30 playing area and two teams of 4v4. Modify the size of playing area for more players.

Set up two goals back to back in the middle of the area, 5yds apart with a goalkeeper in each goal.

Place as many balls as possible around the area for fast restarts.

Each team is allocated a goal to defend and has a goalkeeper.

Teams try to score in the opposition goal and can use the entire area to keep possession, both in front of and behind the goal.

When a goal is scored, the team retains possession and starts with their goalkeeper. There are no throw ins, instead a ball is passed in as soon as it goes out of play.

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.
- Encourage players to switch the play and develop good decision making.
- 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.
- Creating space and movement to receive the pass.
- Defenders should try to win the ball back quickly and counter while the opposition is unbalanced.
- 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).

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