

FOUR GOAL ATTACK

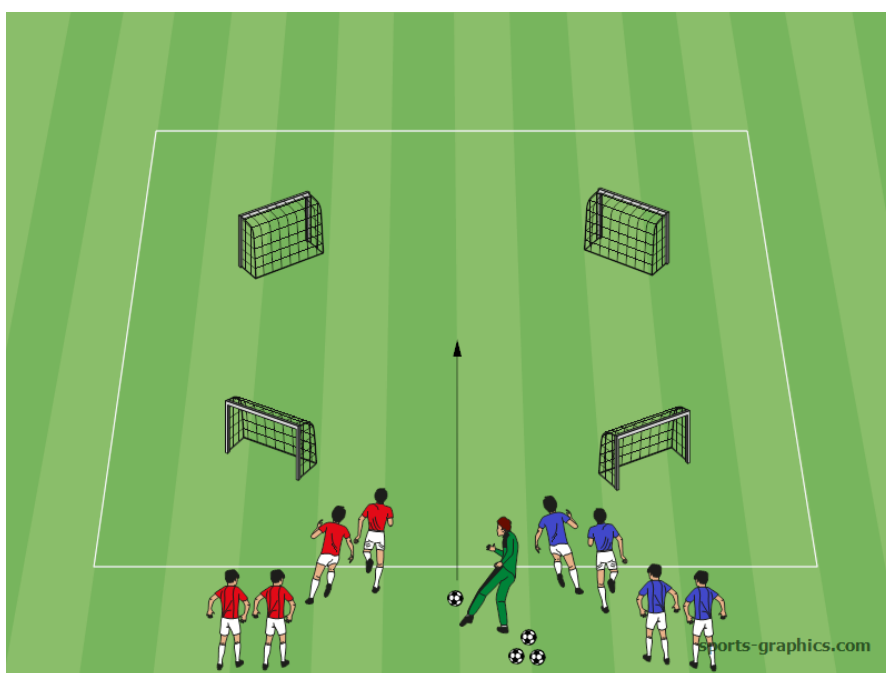
Basic passing and moving in a skill related practice against opposition

TECHNICAL

PSYCHOLOGICAL

Passing

Creating Space



Set up a 30x30 playing area.

Arrange four small goals facing the outside of the area.

Two teams line up outside the area – each player with a number.

Coach passes the ball into the area and at the same time shouts a number.

The corresponding players (this can be an individual or a few players at once), run into the area and try to score in any of the four goals.

It is important teams work together to pass the ball and create opportunities to score, this is made more difficult by the goals being faced outwards.

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

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to make space as individuals.
- To make early decisions of when and where to keep possession of the ball.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)

FOCUS AREAS

- Awareness of passing options.
- Awareness of position in which player may receive ball.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Finish quickly.
- Keep the ball moving.
- Passing and support play skills.
- The technical execution by all players.

FOUR GOAL ATTACK

Basic passing and moving in a skill related practice against opposition

