

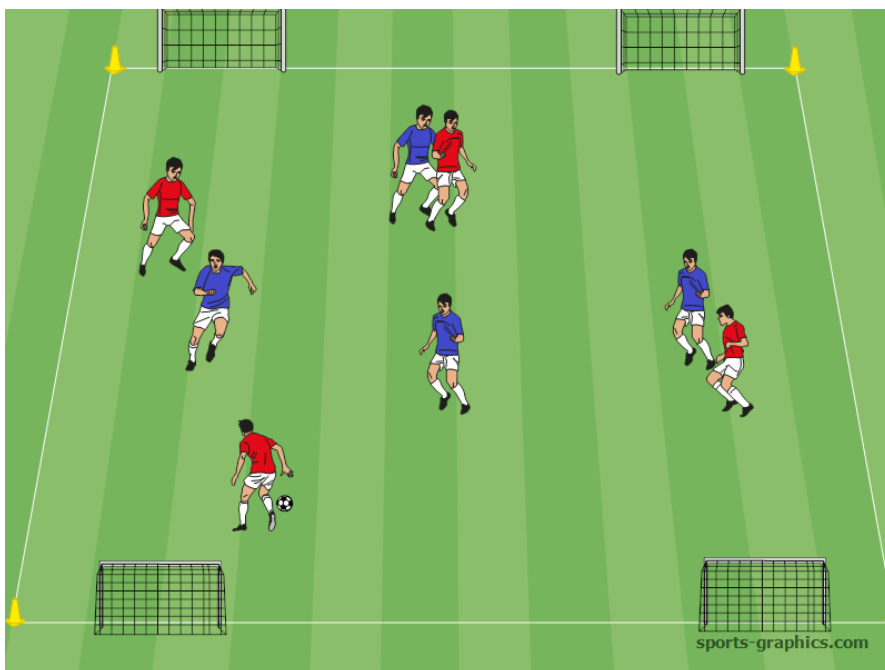
FOUR GOAL GAME WITH NO GOALKEEPERS

Develop dribbling in a small sided game

TACTICAL

Dribbling

Team Attacking



Set up a 30x30 playing area with two small goals on each side.

Arrange two even teams with no goalkeepers.

Teams can score in any of the four goals. Players are encouraged to keep the ball and score in goals by beating a defender prior to finishing. If the ball goes out of play the defending team take possession. Normal football rules, defenders can't use their hands to stop efforts at goal.

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

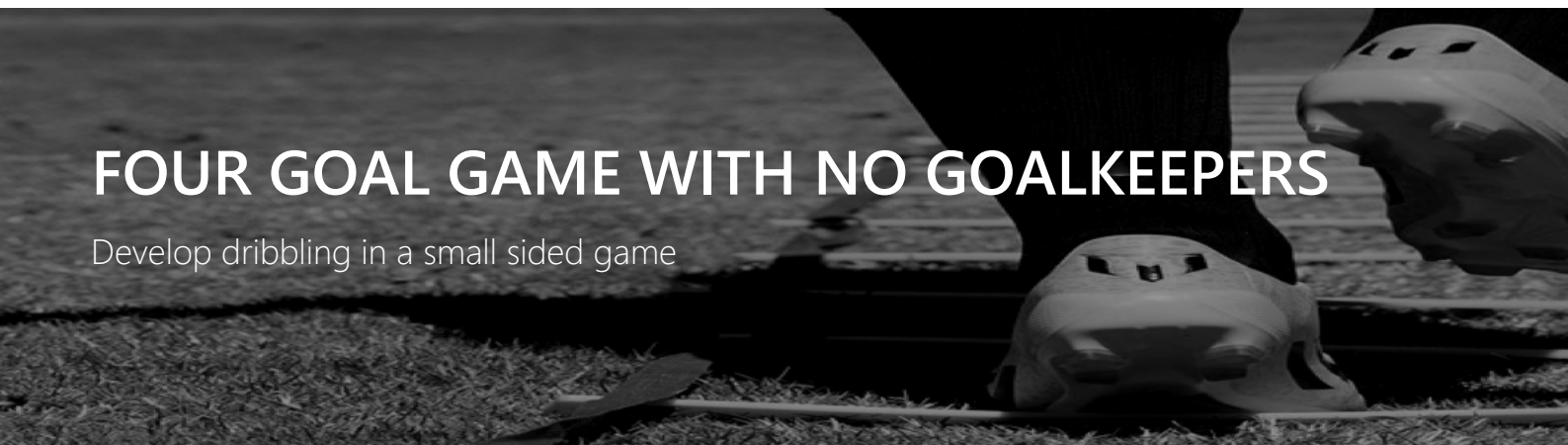
- Ability to dribble using both feet.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Correct technique for the right situation.
- Correct technique to receive.
- How to make space as individuals.
- How to protect the ball to keep possession.
- Technical mastery.

KEY FACTORS

- Angles of support
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good support
- Positive attitude
- Technique

FOCUS AREAS

- Ability to reverse or change direction quickly if confronted by an opponent.
- Attitude to attack the defender.
- Close control of the ball.
- Communication between players.
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move.
Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Encourage good technique and positive attitude.
- Ensure attackers look to penetrate quickly.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Team work and communication.
- Technical execution of the chosen dribble.



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