

FOUR BOX GAME 4v4

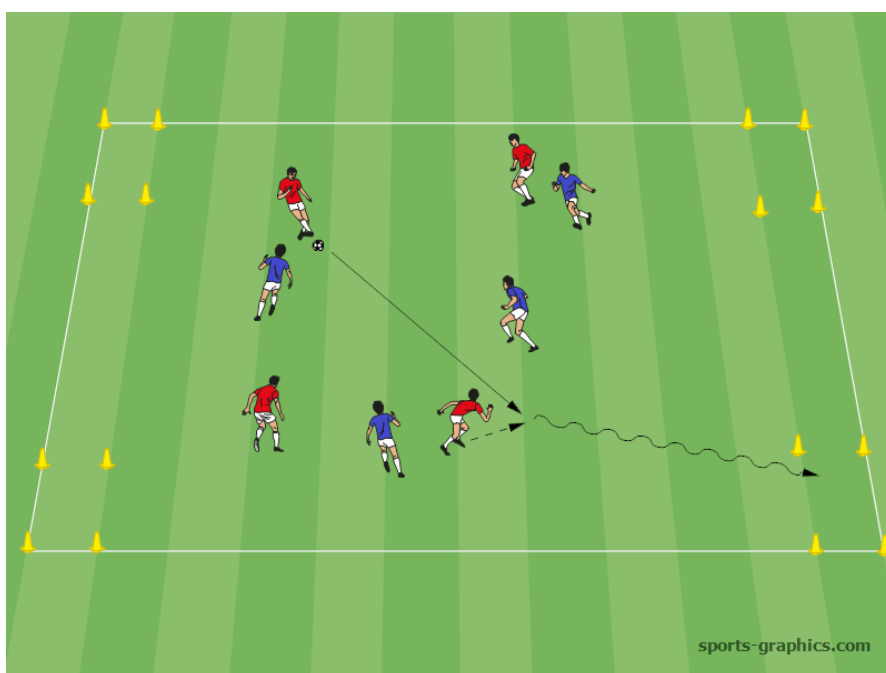
Develop basic attacking principles to exploit space quickly by running with the ball

TECHNICAL

TACTICAL

Running with the Ball

Team Attacking



Set up an area 40x20 with a 5yd square on each corner of the area.

Play 4v4. Each team attempts to run the ball into their two designated target areas where they must stop the ball to score.

Practice starts with the ball fed in by coach to one of the teams who attack in one direction.

The defending team counter attack in the opposite direction if possession is won.

The aim is to exploit the space quickly while keeping control of the ball and to run with the ball as often as the space in front allows. The practice restarts with the other team when a point is scored or the ball 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.

LEARNING OUTCOMES

- Good body shape to receive and run forward.
- Good technique to move quickly while maintaining control.
- How to open up space to run forward with the ball.
- When to exploit space in front.

KEY FACTORS

- Communication
- Cover ground quickly to exploit space
- Good decision (pass or run with the ball)
- Good first touch out of feet
- Good support (angles /distances)
- Head up
- Quality of pass

FOCUS AREAS

- Demonstrate good angles and distances of support.
- Early scanning of opportunities to break forward (run with the ball) in relation to position of defenders.
- Ensure that all players are affecting the play on and off the ball.
- Good choice of techniques and skills.
- Observe the technical and tactical aspects of running with the ball.
- Teamwork and communication.

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