

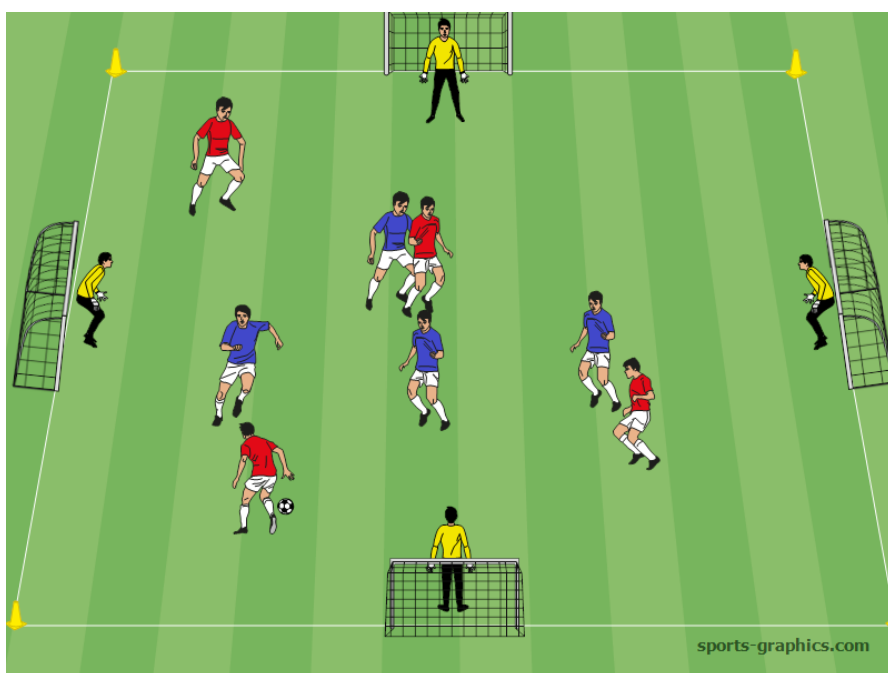
FOUR GOAL GAME WITH GOALKEEPERS

Improve dribbling and developing an end product in a skill related practice

TACTICAL

Dribbling

Team Attacking



Set up a playing area 40x30 with a small goal on each side.

Place a supply of balls in each goal to allow the game to flow.

Arrange players in a 4v4 with a goalkeeper in each goal. If no specific goalkeepers, organise into three teams of four and rotate teams.

Numbers can be adapted based on number of players in group.

Game starts with both teams trying to score in any of the four goals.

Once a team scores that goal becomes closed.

Aim of the game is the first team to score in all four goals.

Encourage players to dribble in 1v1 situations wherever possible.

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.
- Decision of when to shield and release.
- Develop spatial awareness.
- Dribbling and turning skills.
- Finishing 1v1 against the goalkeeper.
- Technical mastery.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.
- When to dribble or pass to maximise the situation.

KEY FACTORS

- Acceleration
- Angles of support
- Close control of the ball
- End product (pass, shoot, dribble or shield)
- Good support
- Head up
- Positive attitude
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Angles and distances of support.
- 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.
- Increase the speed when competent.
- Make intelligent opening runs and play fast combinations.
- Protection of the ball.
- Technical execution of the chosen dribble.

FOUR GOAL GAME WITH GOALKEEPERS

Improve dribbling and developing an end product in a skill related practice

