

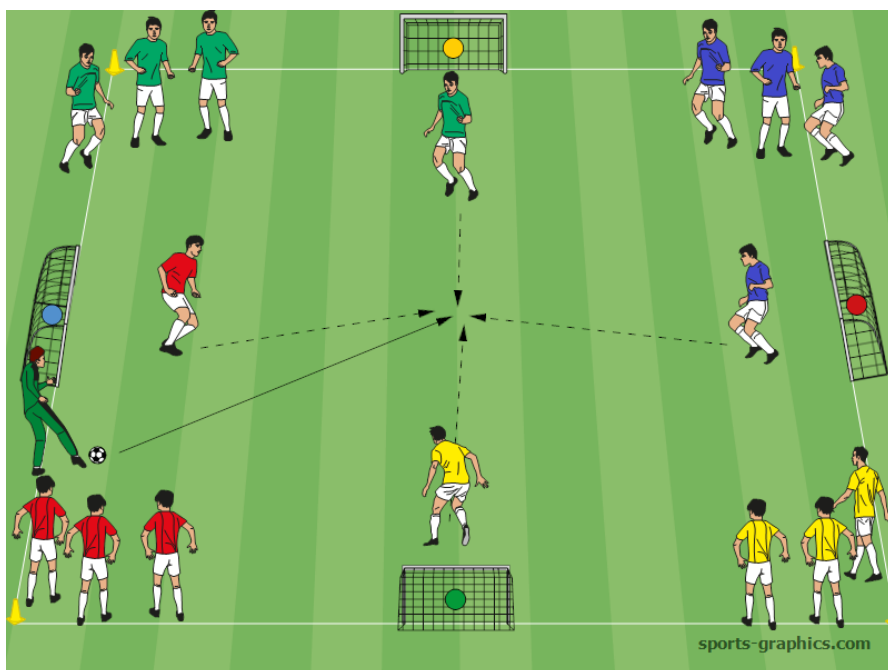
FOUR GOAL FOOTBALL

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

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a playing area 50x40 with a small goal on each side.

Divide players into four even teams.

To begin, one player from each team is in the middle of the area and is looking to score for their team in a nominated goal. Play starts with the coach passing the ball into the middle.

If a team scores, another of their players joins the game.

For example, if the red team score, they will then have two players while the other teams still only have one player.

This continues until one team has all their players in the middle and score.

As this practice is designed to improve dribbling, a condition is added that before a goal can be scored, the player must have a minimum of 5 small touches prior to

shooting 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.
- Develop shielding, turning and dribbling techniques.
- Develop spatial awareness.
- How to make space as individuals.
- How to protect the ball to keep possession.
- Technical mastery.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- Disguise
- End product (pass, shoot, dribble or shield)
- Head up
- Keep the ball moving into spaces and away from legs
- 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.
- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Body shape.
- Close control of the ball.
- Communication between players.
- Encourage good technique and positive attitude.

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