

4v4 WITH FOUR GOALS

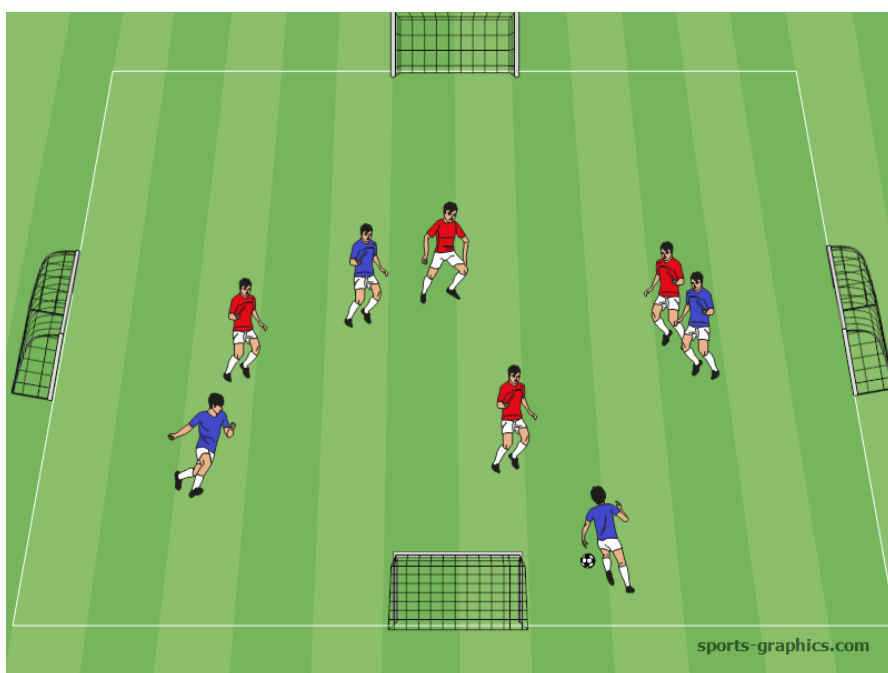
Encourages players to switch the play and develop good decision making

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 20x20 area with four goals - one goal on each side.

Each team has two goals each to defend and two in which they can score.

The aim is to prevent the other team scoring in their assigned goals while attempting to score in their own two goals. The ball is passed or dribbled in from the sidelines if 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.



Modified Small Sided Game

LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct technique to receive.
- How to make space as individuals.
- Improve passing and positioning.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Demonstrate good angles and distances of support.
- Encourage players to keep the ball moving.
- Pass selection and end product.
- Receiving with furthest foot to open up space.

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