

4v4 POSSESSION GAME

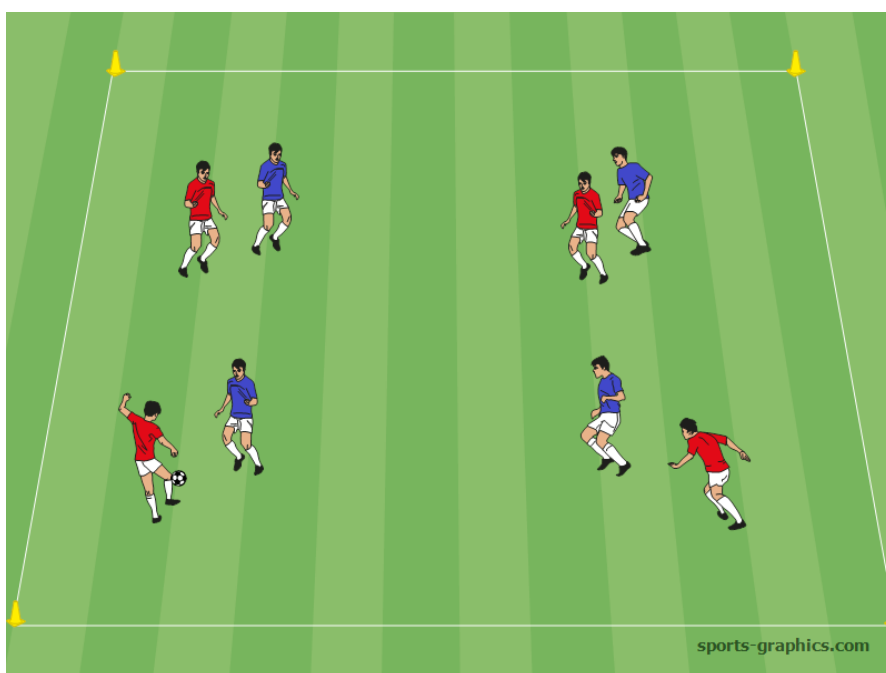
Develop the fundamentals of attacking team play in its most basic form of 4v4

TECHNICAL

TACTICAL

Passing

Possession



Set up a 30x30 area, players play 4v4. Each team tries to maintain possession of the ball for as long as possible. Make it competitive by awarding a point after a number of consecutive passes.

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

- Correct technique to receive.
- How to make space as individuals.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- 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

- Angles and distances of support - diamonds and triangles.
- 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.
- Good movement to show for the ball.
- Receiving with furthest foot to open up space.

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