

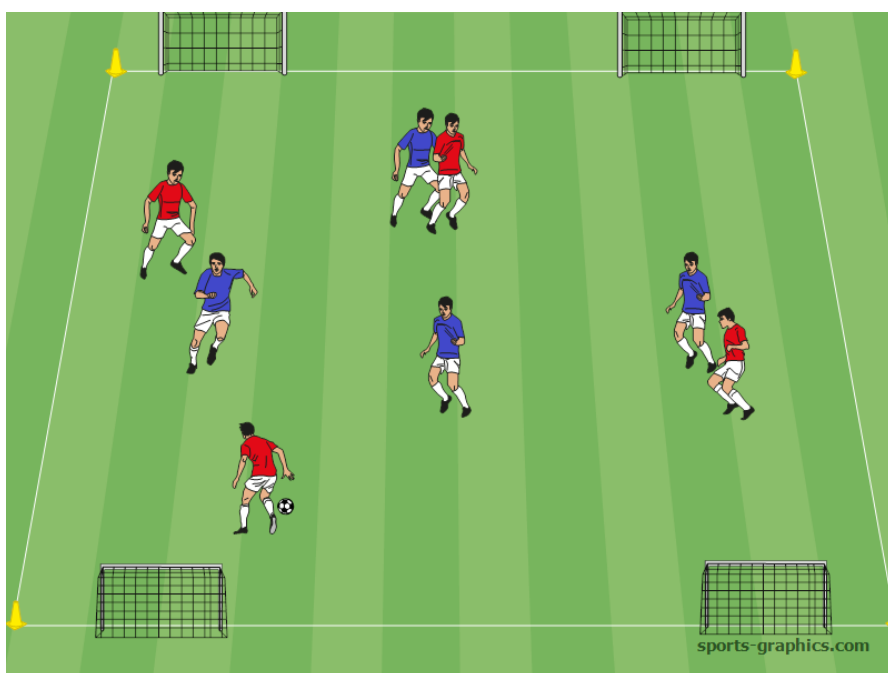
4v4 TWO GOAL TARGET

Develop dribbling in a small sided game

TECHNICAL

Dribbling

Team Attacking



Set up a 30x30 playing area with two small goals on each side. Adjust the size of area where necessary.

Arrange two even teams with no goalkeepers.

Teams can score in any of the four goals. Encourage players to dribble past their opponents rather than shooting from distance.

Normal football rules, defenders can't use their hands to stop efforts 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.



Modified Small Sided Game

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.
- Correct technique to receive.
- How to make space as individuals.
- How to protect the ball to keep possession.
- Technical mastery.

KEY FACTORS

- Angles of support
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good support
- Positive attitude
- Technique

FOCUS AREAS

- Attitude to attack the defender.
- Close control of the ball.
- Encourage good technique and positive attitude.
- Team work and communication.
- Technical execution of the chosen dribble.

4v4 TWO GOAL TARGET

Develop dribbling in a small sided game

