

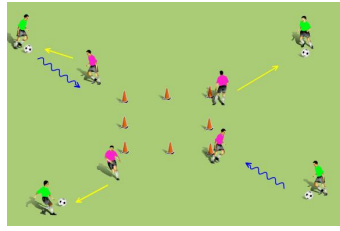


Week 8

4 v 4

Activity 1: 4 v 4 Defending

Focus: Defending



1. Area 20 x 20 yds
2. Balls
3. Cones
4. Training Vests

Objective

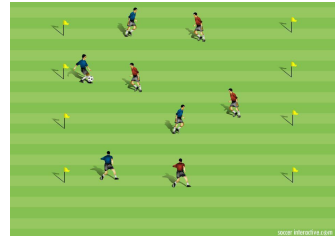
The defenders have to protect the center of the area (5 x 5 yd). The attackers have a ball each and have to try and beat the defender and dribble into the center. If the defender wins the ball he/she should dribble to the outside of the area to score a point. Switch roles every 1 minute.

Coaching Points

1. Apply pressure
2. Get into the staggered position
3. Be patient

Activity 2: 4 v 4 Endzone Game

Focus: Economical



1. 25 x 30 yards
2. Flags
3. Group of players
4. Cones
5. Large supply of balls

Objective

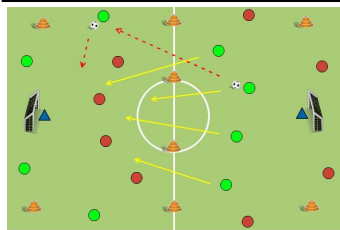
Coach divides the players into teams comprised of 4-6 players. Coach must adjust the space depending on the number of players. To score you must pass the ball to a teammate into the opponent's end zone. Zones can be created by cones, discs or flags.

Coaching Points

1. Dribbling
2. Passing
3. Receiving
4. Attacking Support

Activity 3: 4 v 4 Game with Walls

Focus: Attacking



1. Area: 45 x 35
2. Balls
3. Cones
4. Training vests
5. Goals

Objective

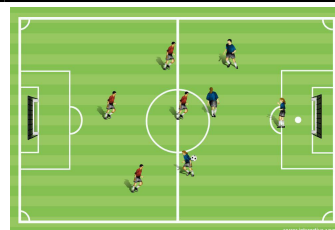
4 v 4 with 4 'wall players' in the attacking half. Ball must be played into a wall player before group of four can enter attacking half. Walls on the flanks have 2 touch, on the endline they have 1 touch. Change group of four periodically.

Coaching Points

1. Deliver ball early into attacking half
2. Get runs forward
3. Quality crosses

Activity 4: 4 v 4 Small Sided Game

Focus: Economical



1. 35 x 40 yards
2. Flags
3. Group of players
4. Mini -goals
5. Cones
6. Large supply of balls

Objective

Coach divides the players into teams comprised of 4. Set up as many fields as needed based on the number of players. Play a regular soccer game to goals with NO GOALKEEPER. US Youth Soccer modified rules are used.

Coaching Points

1. Team Shape
2. Body shape when receiving a pass
3. Keep the ball moving
4. Timing, angle and shape of runs

