



4 SQUARE PASSING

Emphasis:

This game focuses on passing, receiving, quick thinking and movement off the ball.

Game Info:

This is for ages U8-U14. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Outline a 35X35 grid with squares approx. 4 yards in each corner. Form 2 teams equal teams, with different colored jerseys.

Instructions:

The two teams play against each other inside the large grid and try to score by passing the ball to a teammate, who makes a run, into one of the four squares.

Players in the squares cannot be defended against and they can pass or dribble the ball out after a goal is scored.

Balls out of play can be passed or dribbled back into play.

Progression:

- Add neutral players
- Make the goals bigger, smaller
- Limit the number of touches on the ball
- Assign two goals to each team
- Put neutral players on the outside
- Put players in each small square and have a goal be scored by passing the ball into them

Coaching Points:

- Quality passing away from the other team's players (pressure)
- If taking two touches, make sure there's a soft 1st touch to prepare the ball to pass with the 2nd touch
- Quick thinking and movement off the ball
- Change the point of attack