



4 v 4 + 4

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 25X25 grid. Form 3 teams, each with a different color jersey. The game is played with one ball.

Instructions:

This is a typical 4 v 4 game. However, with an additional team whose players stand on each side (outside) of the grid and can be used as neutral outlets for the teams playing.

If a team gets scored upon, they become the team on the outside and the outside team moves into the field to play.

Keep score and make the game competitive.

Progression:

- Add neutral players in the field
- Limit the number of touches for both the inside and outside players
- Attacking team, who has just scored, move to defend the goal they have just scored in
- Mandate a certain number of passes before a goal can be scored

Coaching Points:

- Maintain possession, quality passes
- 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
- Maintain good shape, both defensively and offensively
- Understand passing options before receiving the ball