



4V4 PLAYING WIDE OUT OF THE BACK

Emphasis:

Tactically, this game is designed to get players to play balls wide when playing from the back (defensive third of the field) as they recognize they will find more time and space on the outside of the field.

Technically, it will help develop receiving, passing, possession, penetration and finishing skills.

Game Info:

This is for ages U10-U14. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 25 minutes on a small field.

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

Setup:

Create a grid approximately 40X25 yards. Create a small goal on the end line with two cones. Create two 7 yard channels along the outsides of the field on the center line. Split the players into 2 teams of 4.

Instructions:

Each team has a goal to defend. Scoring is achieved when the ball is won in the back half of the field and played wide through a channel. Players are not allowed to go forward unless it is passed or dribbled through the channel first.

Progression:

- Limit the number of touches
- Add a 2nd ball
- Stipulate a certain number of players in either the attacking or defending half

Coaching Points:

- Once the ball is won, players must quickly open up for their teammates which will allow for quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.
- Determine the passing options before the players receives the ball