



4V4, TO LINES OR SMALL GOALS

Emphasis:

This game will allow you to focus on many technical and tactical aspects of the game. The primary focus is passing (penetration) and possession with a purpose since the field is longer than wide. It allows you to work on receiving, dribbling, shielding, defending/attacking principles and shooting/finishing.

Game Info:

This is for ages U8-U14. It is best run with at least 8 players but no more than 24 players. The game should be run approximately 30 minutes on a small field.

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

Setup:

Set up the field 40 X 25 Yards. Create small goals, or allow the players to attack the end line. Since the field is longer than it is wide, the dimensions of the playing field create an emphasis on passing in the game. There is a premium on playing penetrating balls early.

Instructions:

Each team has either a line to defend OR two small goals to defend. Scoring is achieved by:

- Stopping the ball anywhere along the end line.
- Stopping the ball in either small goal.

Progression:

- Use slightly altered field sizes and shapes
- Add neutral players on either the sides or end lines
- Create a 5 yard end zone with a target player in there. Field players cannot go into the end zone.

Coaching Points:

- Vision to understand the passing options, open the body to the play
- Changes in the direction and speed of play, change the point of attack to penetrate
- Appropriate use of 1st touch to prepare for the 2nd touch pass
- Appropriate use of short or long passing
- Recognize opportunities and timing of passes