



4V4 WITH 5 GOALS INSIDE THE 18

Emphasis:

This is a game that works on receiving, passing, chipping, heading, finishing and spacing in the penalty area.

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:

This is a 4 v 4 game inside the penalty area with a goalkeeper in the big goal and 4 small goals set up on the sides of the 18 (each corner).

Instructions:

The X's are trying to score in goal 1 or goal 3 and the O's are trying to score in goal 2 or goal 4. A goal scored in the small goals counts as 1 point. Both the X's and the O's can score in the big goal (protected by the keeper) with a header or volley. Scoring in that goal counts as 2 points. This game does an excellent job of working on spacing and runs (an X might start by goal 3, draw a defender to her and then make a far post run to receive a cross from a teammate by goal 1) as well as finishing, communication and vision. When the keeper makes a save she plays the ball toward the top of the 18 in the middle to create a 50/50 ball.

Progression:

- Limit touches to 1 or 2 touches.
- Add perimeter players at the top of the box to keep the pace of the game up.
- Have perimeter players serve first time for an opportunity on the big goal.
- Add neutral players

Coaching Points:

- Creating finishing opportunities
- Switching the point of attack away from pressure
- Vision of surrounding players (both offensively and defensively)
- Support the play and create a numbers-up situation
- 1st defender (pressure), 2nd defender (cover) and 3rd defender (balance).
- Shape of the four players, usually in a diamond formation
- 1st attacker (ball) and 2nd attacker (support).