

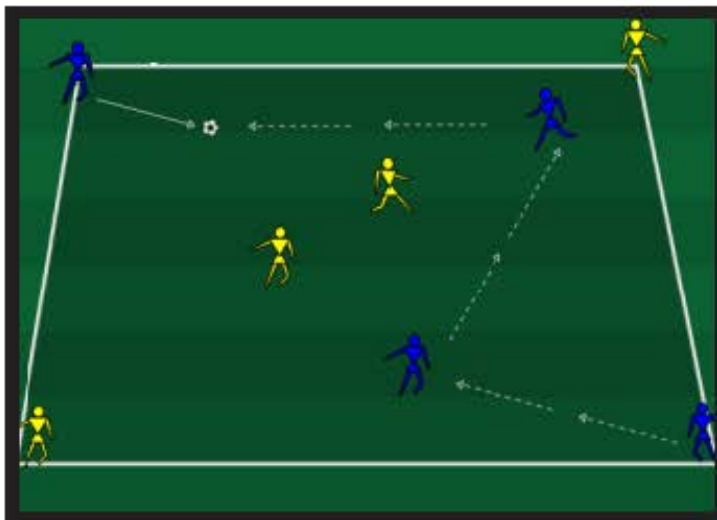
4vs4 GAMES

Activity 1

2v2+4 Passing, Possession, Combination

Setup

1. Create a 20X20 grid. The size can vary depending on age and skill level of your team.
2. You will need 8 players per grid split equally into teams of 4 players.
3. 2 players from each team should align themselves diagonally across the field from each other at two of the corners (outside the grid).
4. The remaining players play 2v2 inside the grid.



Instructions

1. Players play 2v2 in the middle of the grid and attempt to play one of their outlet players on their team.
2. Once a pass is made to the outside player the players switch, so the outside players dribbles or passes in to their teammate and plays 2v2. The player passing to the outside player takes his spot and becomes the target player at his cone.
3. The new attacker play 2v2 in attempt to combine with their teammate at the other corner. If corner is denied by the defending players, the team should play to their most open diagonal player in attempt to keep possession of the ball.
4. If the defensive team wins the ball they become the attackers and attempt to keep possession as described above.

Variations

- Expand the grid and play 3v3 in the middle of the grid.
- Limit the number of touches.

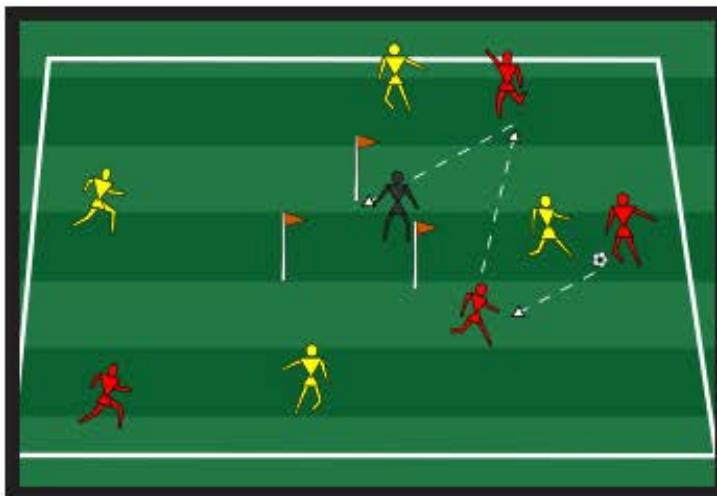
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Activity 2

Triangle Goal Game

Setup

1. Create a grid about 35X35. You can adjust the grid larger or smaller depending on the age and skill level of your players.
2. Create a triangle in the middle of the grid (about 5 yards each side) with training sticks or flags to serve as a goal.
3. Place a goalkeeper inside the triangle.
4. Split the group into two even teams of 4v4 or 5v5.



Instructions

1. Instruct both teams to attack the three-sided goal.
2. The Goalkeeper should defend all three sides of the goal.
3. If a team scores a goal a point is awarded to the team and the ball is live on the other side of the goal.
4. If the goalkeeper makes a save, he is to distribute the ball into open space away from players.
5. For a goal to count, the ball must cross through the goal no higher than the top of the flag or training stick.

Variations

- Only allow a shot on goal after X number of passes.
- Play in 1 or 2 touches.

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Activity 3

4vs4, To Lines or Small Goals

Setup

Create a grid that is approximately 40X25 yards. Create a small goal (about 8 feet wide), 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 the ball forward early.

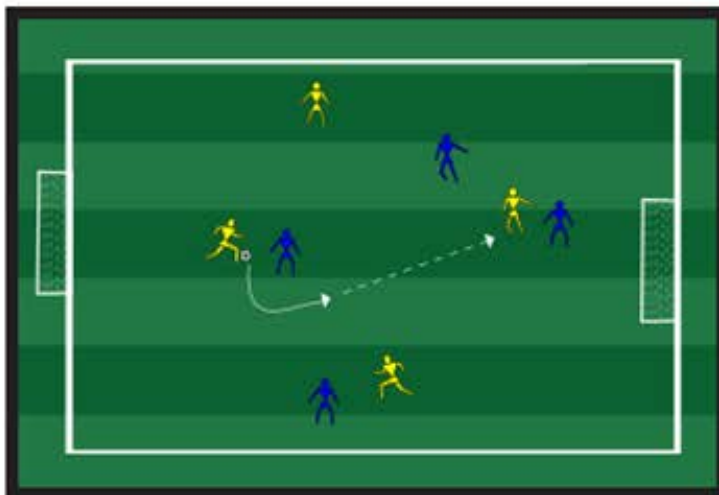
Instructions

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

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

Variations

- Depending on the age and skill level of the players, you can adjust the field size to maximize the effectiveness of the workout.



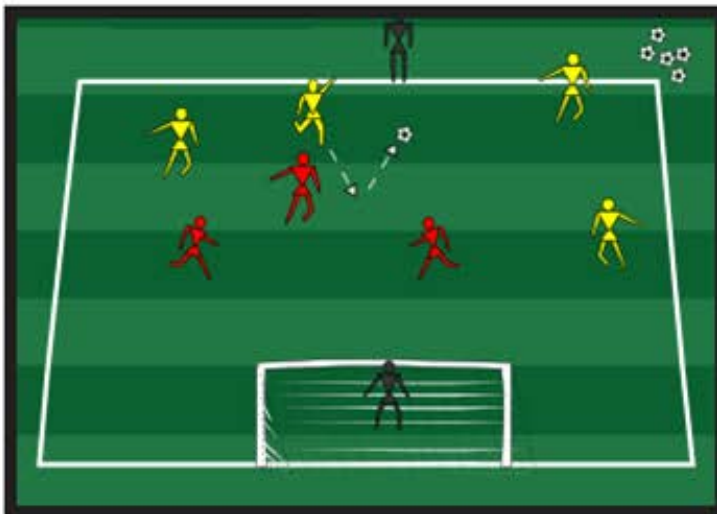
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Activity 4

4vs3 Attack vs Defense

Setup

Set up a 30X30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal.



Instructions

Instruct the players to exploit their numerical advantage and finish with a shot on goal. Attackers should move the ball looking for the open player and holes in the defense.

Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.

Variations

- Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.
- Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent.

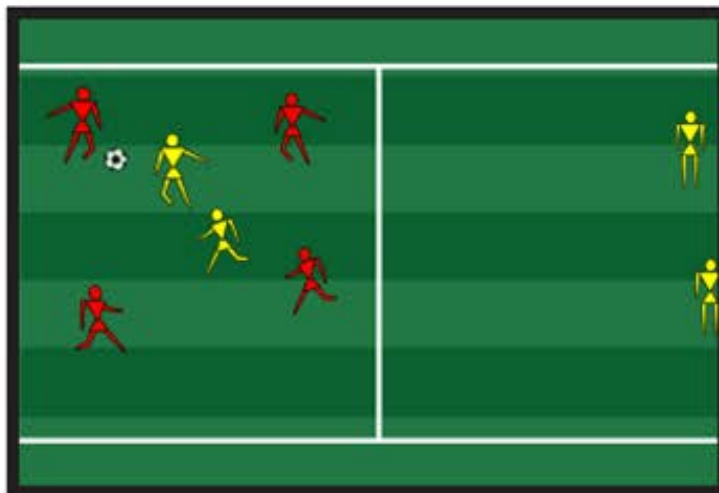
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Activity 5

4v2+2 Angle of Support

Setup

Create two 18X18 grids with one common side.
Split into 2 groups of 4 players (4 red and 4 yellow).
Place 4 red and 2 yellow players in one grid and the remaining 2 yellow players in the other grid. The 2 yellow players in the red grid will start as defenders.



Instructions

Play a 4v2 in the first grid, focus on early support, good angles, good distance, and giving the player with the ball at least 2 passing options at all times.

The defender's objective is to gain possession and pass to a teammate in the other grid. If this happens, then 2 defenders join their team in the new grid.

The person who caused the turnover along with one other teammate joins the new grid as defenders. Play 4v2 and repeat this pattern.

This game should be very dynamic and players should be moving at all times. Even the players waiting in the opposite grid should be moving to put themselves in a good supporting role.

Variations

- Limit the number of touches.

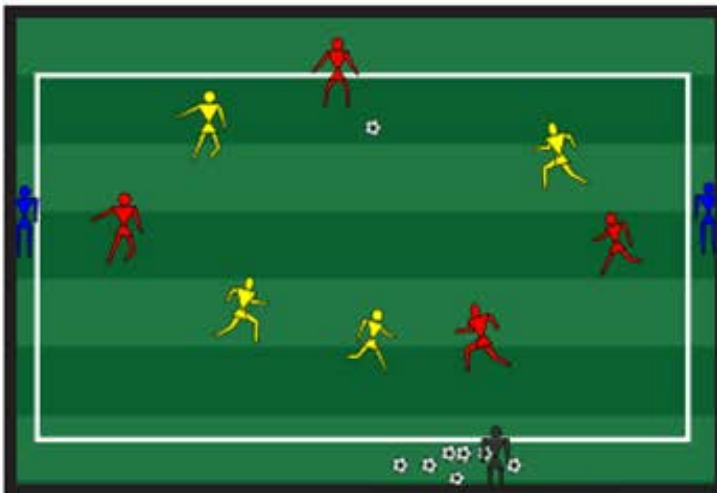
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Activity 6

5 Pass Possession Game

Setup

Create a grid approximately 40 yards x 30 yards. Split players into 2 even teams with two other players as neutral players. The neutral players are positioned at the endline on each end of the field.



Instructions

The two teams attempt to hold possession from each other within the grid. To score a goal, a team must make 5 or more consecutive passes to their teammates and then must make the 6th pass to either of the neutral players. If the ball is touched or won by the opposition, the pass count is reset.

Once the neutral player receives a scoring pass they must pass the ball in one touch to the team that scored and their pass count is reset. Play to 10 and make the losing team do pushups or situps.

Variations

- Restrict players touch to 2-touches or 1-touch. If a player exceeds the maximum number of touches they lose possession.

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Activity 7

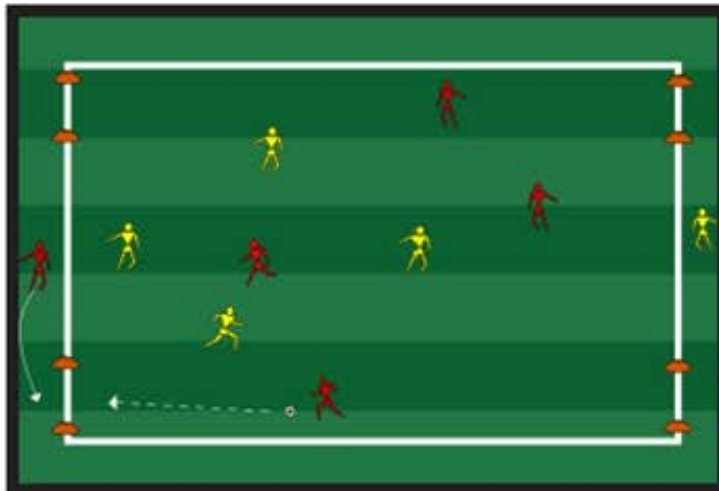
4v4 + Target Players with 2 Goals

Setup

Create a field that is suitable for a 4vs4 soccer game, approximately 30X40 yards.

Create two windows about 5 yards wide on the right and left side of the end line. Split the players into two teams of five.

Set up a 4vs4 inside the grid. The additional player will be the target player who will start on the end line outside the cones on the end their team is attacking. You should have a supply of balls for this 4v4 soccer game.



Instructions

Teams play a normal 4v4 soccer game, however, in order to score the attacking team target player must move behind one of the two windows and receive a pass through that window and be able to maintain a controlled possession.

Once the goal is made the attacking player who passed to the target player now becomes the target player and they switch roles. The defending team takes possession and the game continues.

Variations

- Add a third window in the center of the end line.
- If you want to focus on target players you might instruct the players to not rotate and allow one player to work as a target player longer.