

Variations of 4 v 4

By, John Curtis

When elements of the game are added to an activity, more demands are placed on the players. In the following activities the constants are a ball, teammates, opponents and field of play. The activity changes when we include objectives; goals or targets, rules and direction of play. The game will dictate the requirements of training. Remember to always begin simple and move to more complex.

4V4 KEEPAWAY

Setup:

Field 20 x 40 recommended (depending on age and level of skill)

Objective:

Keep the ball

Limit touches

Count number of consecutive passes for a point

Emphasis:

Passing (short/long)

Receiving and controlling the ball

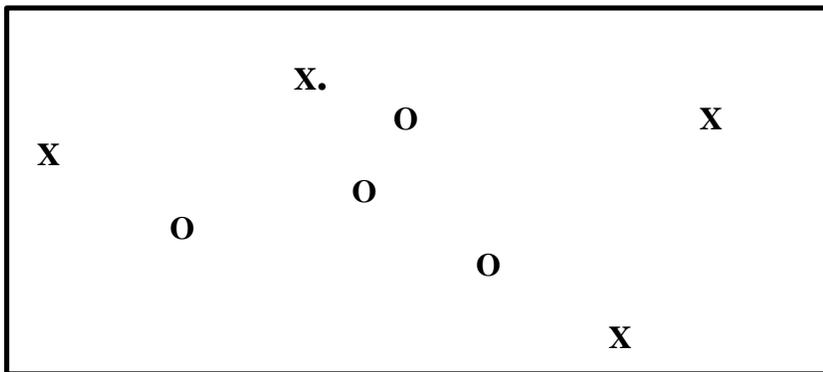
Dribbling

Correct positioning (angle and distance of support)

Combinations

Communication (visual and verbal)

Transition



The aim of the activity is to keep the ball as long as possible. A feature of this exercise is the way in which the ball frequently changes hands, the high number of mistakes arising from the constant pressure, which comes from the two sides being of equal number. It is therefore extremely important for players to slip their markers and for both sides to always play together well. After exchanging several short passes, the players should try to switch the game by means of a long pass.

4 V 4 LINE SOCCER

Setup:

Field 20 x 40 recommended (depending on age and level of skill)

Objective:

Goals are scored by dribbling over the opposition's goal line.

Emphasis:

Dribbling (encourage 1v1 situations by means of positional play)

Passing (short/long)

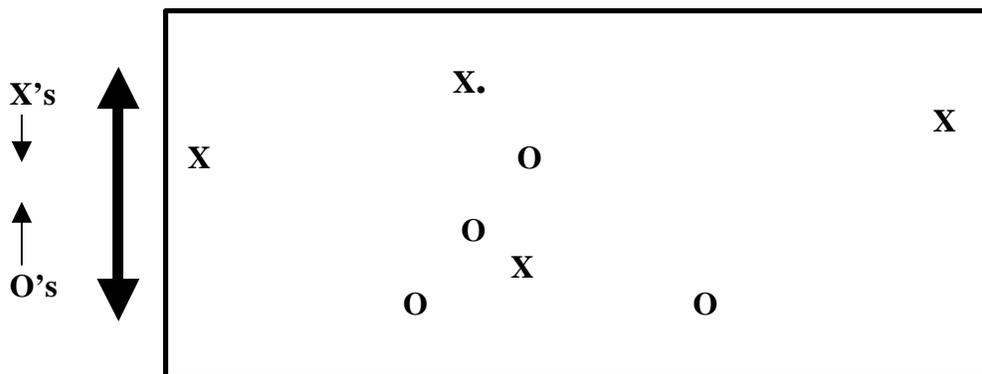
Receiving and controlling the ball

Correct positioning (angle and distance of support)

Combinations

Communication (visual and verbal)

Transition



By adding direction to the activity, players can start to position themselves not only based on teammates and opponents but also getting into the best possible position to score. Now we have possession with penetration. Players can look to penetrate by running with the ball past opponents, passing the ball through the lines of defense and players not in possession making well-timed runs behind the lines of defense to meet the pass achieve it.

FOUR-GOAL GAME

Setup:

4v4 with 4 small goals

Field 20 x 40 recommended (depending on age and level of skill)

Goals 3 yards wide

Attack two goals/defend two goals

Objective:

Dribble through gates to score

Pass through gates to score

Stop ball on the goal line to score

Emphasis:

Create scoring chances by switching from one part of the field to the other

Heads up and field awareness

Keep the ball moving with 1 and 2-touch play

Passing and moving for good positional play

Recognizing 1v1 situations

Transition

