

4 v. 4 Practice Sessions



4 v. 4 The Basic Game

Size of Field

Depends on the age of players. Can vary from 30 yd. x 20 yd. up to 40 yd. x 25 yd.. The goals are 8 feet wide.

The Team In Possession of the Ball

- Can employ buildup by using the entire playing area in terms of length and width (spread out, possession).
- Can learn and determine team shape, which, in a group of 4 resembles a diamond.
- Can create goal scoring opportunities by taking action either individually or collectively.

When the Other Team Has the Ball

- The aim is to prevent goals from being scored by getting behind the ball and to regain possession of the ball.
 - Simple principles of defending are reinforced and amplified since there is no spare defender or goalkeeper.
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4 v. 4 Line Soccer

Variations of the 4 v. 4 Game

Using slightly different sizes of goals, differing methods to score, and slightly altered size and shape of field can guide players to solve problems by emphasizing certain aspects of play.

4 v. 4 Line Soccer

- Each team has a line to defend and attack.
- Score a goal by dribbling the ball over any portion of the line that your team is attacking.
- The size of the field is the same as a standard 4 v. 4 game, but it is turned sideways. The wider, shorter field allows for maintaining good shape (diamond), but also creates many good 1 v. 1 situations which challenges the player's dribbling skills.
- Players need to evaluate and identify when to dribble and pass. This variation highlights: The correct attitude (when to take a risk aggressively) and the technical development and execution of dribbling.



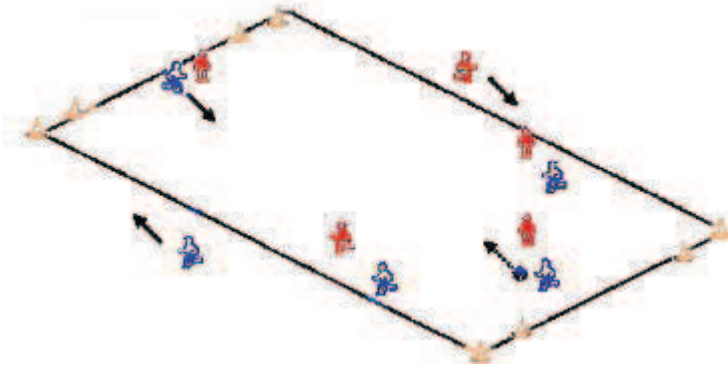
4 v. 4 The Dribbling Game

The Game

Same field as the "Line Soccer" game, a wide, short field. teams can score in one of 2 ways. Passing into an open goal or by stopping the ball on the endline between the two goals they are attacking.

What The Game Incorporates

- Vision
 - Changes in the direction and speed of play due to the shape of the field and presence of multiple goals.
 - Decision making skills because the player has a variety of options at his disposal (dribbling, passing, "shooting", changing directions)
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4 v. 4 The Passing Game

The Game

Since the playing area is longer than it is wide, the emphasis is on creating length (height) in the game. In this game, there is a premium placed on playing the ball forward early. The ball can be played early:

- To a target player who is coming back for the ball with a defender behind them (as shown in diagram).
- To a player running forward away from the server.

Scoring

- Stopping the ball anywhere on the line.
- Passing the ball through an open goal.

This Game Emphasizes

- Vision
 - Changes in direction and speed of play.
 - Appropriate use of firm touch.
 - Long and short passing.
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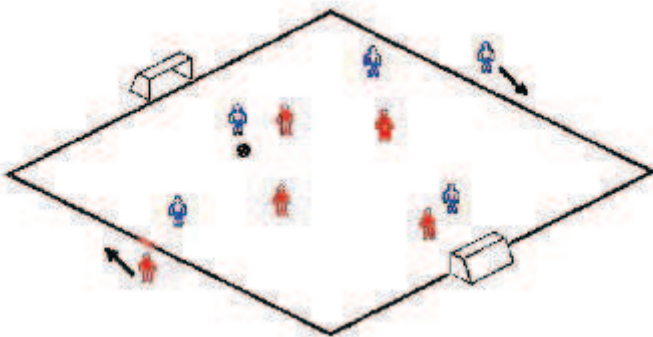
Transitions

The Game

While one team attacks the large goal, the opposition attacks either of the two smaller goals. When the team scores in one of the two smaller goals, they must change directions and take a turn at attacking the larger goal.

This Game Emphasizes

- Attitude and confidence that is essential for scoring goals. (Large net)
 - Passing, shooting and dribbling skills required in the other 4 v. 4 games.
 - Transition awareness since the team can attack quickly in the other direction.
 - Team shape and the roles of each player because when there is a transition, the back becomes the front and vice versa.
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4 v. 4 The Shooting Game

The priority of this game is shooting and scoring. Since the field is wide and short, players should be looking to shoot almost whenever they get the ball. Game played like a regular 4 v. 4 match.
