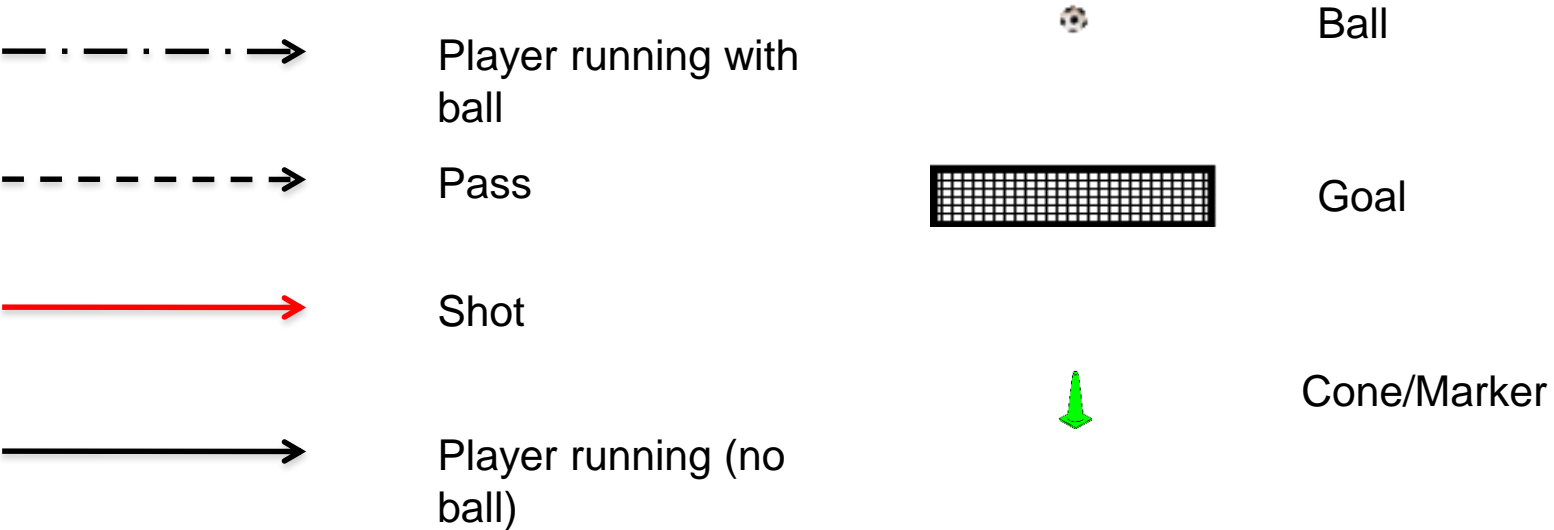




Diagram Key:



4 Goal Game

Category: Small Sided Games

Practice Segment:

- Technical/Tactical

- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Ball Striking/Shooting
- Defending

Players: 2 even teams (ideally 4v4 or 6v6)

Time: 20 min

4-goal game:

- Age/numbers appropriate space with 2 goals placed on each goal line. Goals should be placed 2-3 steps inside of the touch lines of the playing space
- Players are divided into 2 even teams. If there are an odd number of players, a “neutral” attacking player can be used

Action:

- Teams defend 2 goals and attack toward their opponent’s 2 goals.
- The game should evolve naturally so that the defending team concentrates numbers near the goal closest to the ball.
- Players must recognize this and figure out a means of attacking the exposed goal.

Focal Points:

- Shape, balance, spacing of the players in the space
- Group shape should reflect team shape in games to the extent possible. (4=diamond; 5=diamond w/ center player; 6= diamond+2 ctr players)
- Field vision/creativity in changing the point of attack
- Body/hip angle when receiving ball
- Support players always in position to receive
- Interaction of players and space in lines as with Ajax passing sequence

