



Diagram Key:



Player running with ball



Pass



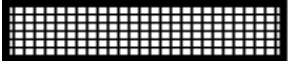
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **4v4+4**

**Category:** Small Sided Games

### **Practice Segment:**

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

**Players:** 3 teams of 3-4 per team

**Time:** 20 min

## 4v4+4+gk

### Set Up:

- Space: full width of the field and extending out to 5-10 yds from midfield
- 3 teams of 4 plus goalkeeper
- 2 teams play 4v4, one as a front 3+midfielder and the other as a back 4
- One team waits in an “end zone” at the midfield end of the playing space

### Action:

- “Offense” attacks “Back 4” attempting to score
- “Back 4” plus gk defend
- The defensive team seeks to win the ball and play out to the 3<sup>rd</sup> team in the end zone. When they do this successfully, the attacking team immediately turns to defend the goal and organizes as a back 4.
- The team waiting in the end zone attack the new back 4 IMMEDIATELY after receiving the ball.
- The original back 4 rotates to the end zone.
- Play continues in this way; if a goal is scored the defense stays and a new attacking group enters.

### Points of Focus, Offensive:

Speed of play

Width and depth in attack to stress the back 4

Attack with high tempo as soon as the ball is received

If the ball is lost, win it back before the backs can play out to the end zone

### Points of Focus, Defensive:

- Organize quickly and defend as high up pitch as possible
- Keep shape and stay connected
- When possession is gained, play out quickly and with composure
- Keep possession with first pass
- Points of Focus, “End Zone” team:
- After playing out, get out quickly
- Always available for ball from defense
- Attack immediately with high tempo

