



Diagram Key:



Player running with ball



Pass



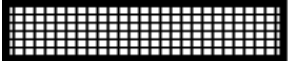
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## ***4v4+target (coach or player)+gk***

**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 plus “neutral target” and gk

**Time:** 20 min

## **4v4+gk+1 (coach) in ½ field:**

### **Set Up:**

- Small “end zone” at or near midfield
- Coach or a neutral target player is located in the end zone
- One team of 4 begins defending the goal, and other team begins with the ball attacking the goal

### **Action:**

- Play is similar to that of a half-court basketball game
- If the attacking team scores a goal, they continue to attack, beginning with a new ball from midfield
- When the defensive team wins the ball, they must play out to the target/coach to become the attacking team.
- The initial attacking team must try to win the ball back before it can be played out to the target/coach.
- If the ball is played out, the team who was attacking immediately turns, organizes to defend and seeks to pressure the ball.
- As the ball is played into the target, the team that was defending immediately gets their shape and seeks to become available for the return pass from the coach/target in order to start the attack.

### **Focal Points:**

#### *Offensive:*

- Width in attack
- Always be available for the ball
- Move to be open
- Try to receive on the front foot
- Read body language of the player with the ball

#### *Defensive:*

- Always have pressure on the ball
- Shape and Communication
- The first pass in transition to attack must not concede possession to the attacking team!

