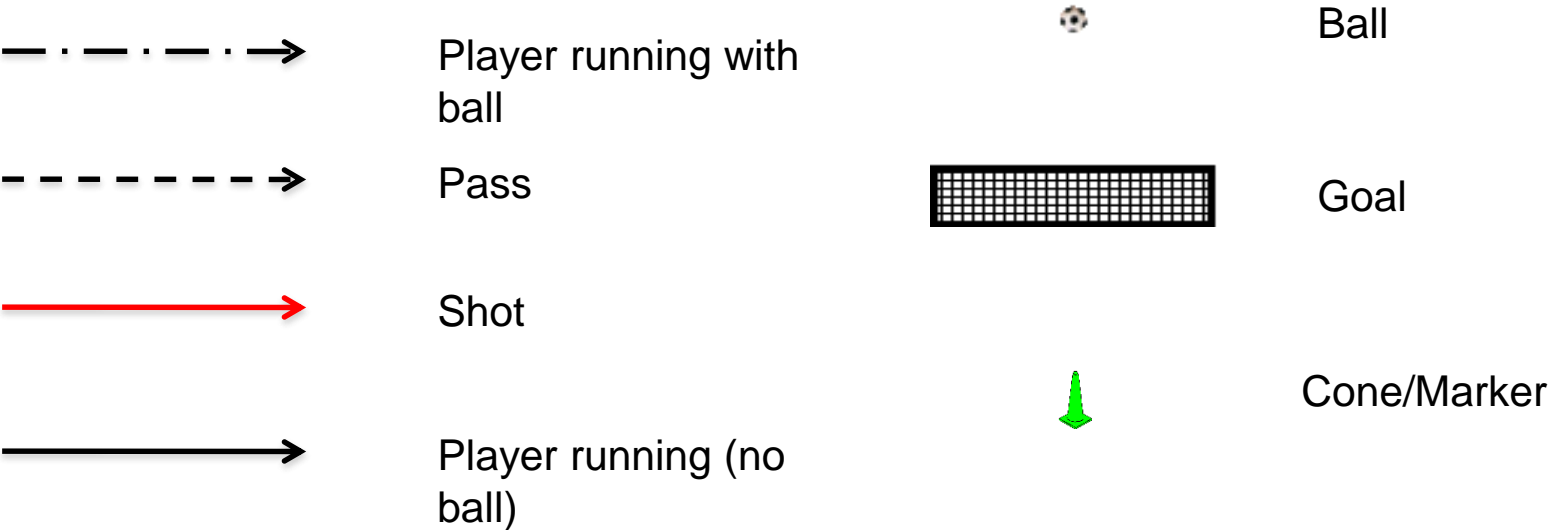




Diagram Key:



## **8v4+Goalkeeper**

**Category:** Possession/Transition

### **Practice Segment:**

- Technical-Live Pressure
- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Defending

**Players:** 13

**Time:** 20 min

## 8v4+gk

### Set Up:

- In a space approximately 25 yds long and 30 yds wide, 8 players keep possession v. 4
- From the 8 players, 2 go on each side, 1 at each end, and 2 in the middle of the playing space
- 4 defenders are in the middle
- Players on the “walls” of the box must stay tight to the boundaries
- The playing space should be at the top of or just outside the penalty area, and a keeper should be in the goal.

### Action:

#### Phase 1:

- 8 play to keep ball v the 4
- When the 4 win the ball, they are to counter attack immediately toward the goal, attempting to score
- The two center players and the player on the wall closest the goal may defend into the box to prevent the 4 from scoring

### Points of Focus for the 8:

- Keep the ball moving in attack
- Body angle on the sides
- Balance between the center attackers
- Change point of attack
- Always in position to receive the ball
- Win the ball back immediately when lost

### Points of Focus for the 4:

- Work hard and be organized/efficient
- Get the ball into the “danger area” as quickly as possible when possession is won
- Play with urgency to create a chance, but make sure your first pass keeps the ball

