



4V4+4 Score & Attack Again

Date: Oct 29, 2018

Duration: 3X5 Min

Team: SoccerSpecific

Intensity: ● (8/10)

Category: Tech / Tact



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🕒 3X5 Min 📏 30X40

Setup: 4V4+4 bumpers shown in red. Four small goals in a 40X30 space with plenty of balls placed around the playing area as well as two coaches ready to play the next ball in.

Instructions: 4V4 in the middle of the playing area with four red neutrals in the four corners. The first team to score in either of their two mini goals, quickly grabs the next ball or receives an entry ball from the coach and attacks going the other direction. Once the goal is scored, the losing team (green) transitions off the field into the four corners and the red neutrals transition on the field to defend the yellow attack. The diagram shows yellow scoring their goal, receiving a new ball from the coach, and the red and green players switching roles as neutrals. If the ball goes out on the sideline, it is a quick "kick in" for the other team. If the ball goes out over the end line, the coach plays the ball into the appropriate team. 3X5 minute games.

Coaching Points: Score, and attack again going the other direction whilst the neutrals transition. Encourage the team in possession to attack under control and make use of the 8V4 scenario by creating overloads, switching the point of attack and finding penetrating balls into the goals or into the two neutrals feet and then play off of them. When a goal is scored, the attacking team must be aware of the four new players entering the field and calmly play away from pressure, create good spacing by spreading out and work to maintain possession and find appropriate moment to attack. If you can attack quickly, then try and bypass as many of the opponents with one soccer action.