

Small Sided Games - #14 / 4v4 Front and Back Goals

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 30m x 25m.
- Set up as illustrated with four mini goals.
- Two teams of four players.

If ball leaves play, play restarts with:

- Coach passing a new ball to either one of the teams.

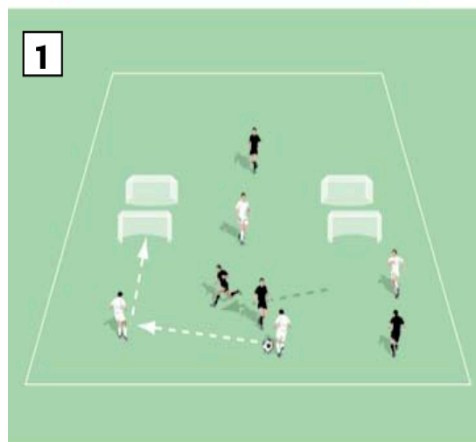
Rules

- The teams can score in the front of and back of any of the four goals.

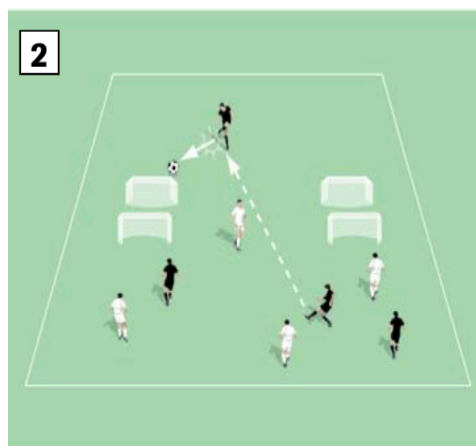
Coaching Points

- Encourage players in possession to make the field as big as possible to receive a pass.
- Move the ball quickly.
- Shoot as often as possible.
- When defending, close down player on the ball quickly.

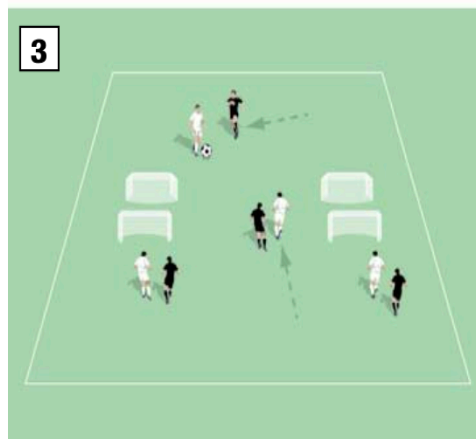
Diagram



1. Quick passing and movement will lead to many chances to score.



2. Tell them to use their imagination and the full length of the pitch to score in the "back" of the goal.



3. But if they're not quick enough with their passing, they'll soon be closed down and pressured off the ball.