

Small Sided Games - #16 / 4v4v4 Team 1v1 Battles

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 20m.
- Set up as illustrated.
- Three teams of four players.
- Four goals arranged as shown in the diagrams.
- Four cones or poles to mark the starting points.
- 16 balls.

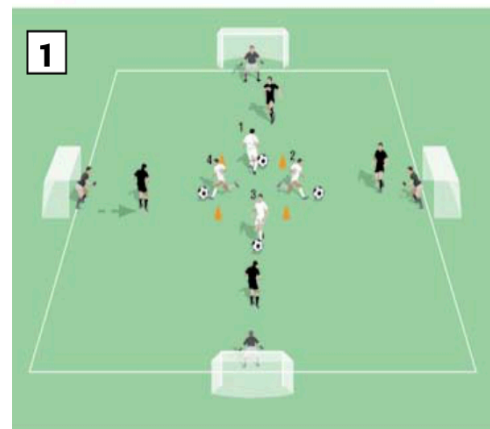
Rules

- One team work as attackers, one as defenders and one as goalkeepers.
- The attacking team players wait for your whistle, then attempt to score in a 1v1 situation.
- When the ball is played, the attacking player then goes to the next station to their left and waits for the coaches' whistle to attack again.
- Therefore, each attacking player has four 1v1 situations.
- When all the balls have been played, count the total number of goals scored by all four attackers.
- The roles are then reversed with the new attacking team attempting to beat the previous team's score.

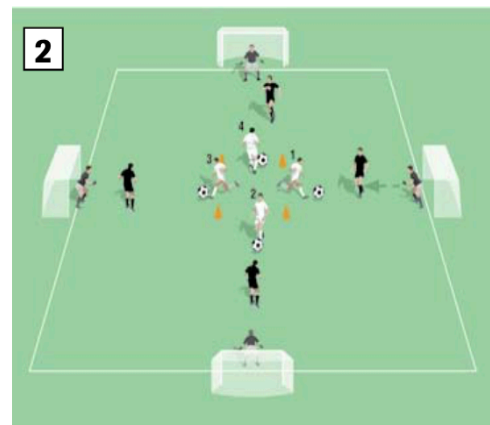
Coaching Points

- Encourage player with the ball to be creative and brave to beat the defender in the 1v1 dual.
- Shoot as often as possible.
- When defending, put immediate pressure on the player in possession.

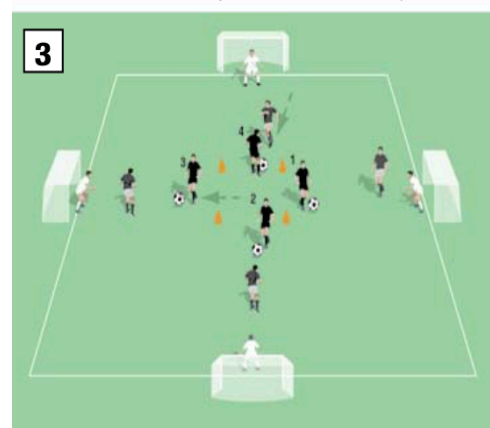
Diagram



1. Set up your three teams of four like this and have each attacker go 1v1.



2. Now make the attackers move through each successive station for 4 rapid 1v1 attacks.



3. Now switch the roles so that everyone gets a turn in attack, defence and goal.