

Small Sided Games - #8 / Four Goal Game

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 20m.
- Set up as illustrated, 4 mini goals set up at the end of the playing area.
- No goalkeepers

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

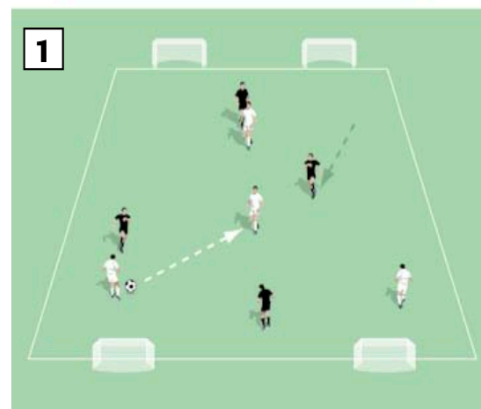
Rules

- The game is played as a normal 4v4 game without any goalkeepers, but each team must defend two goals and attack the other two goals.

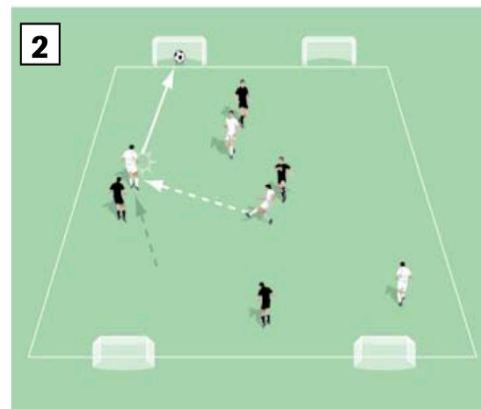
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Shoot when the opportunity presents itself.
- When defending, close down the player on the ball quickly.

Diagram



1. Play 4v4 without keepers, at high tempo and with two goals to attack and defend.



2. Here, the white team pass their way through to score, but...



3. ...can they regroup to defend the quick break in the opposite corner?