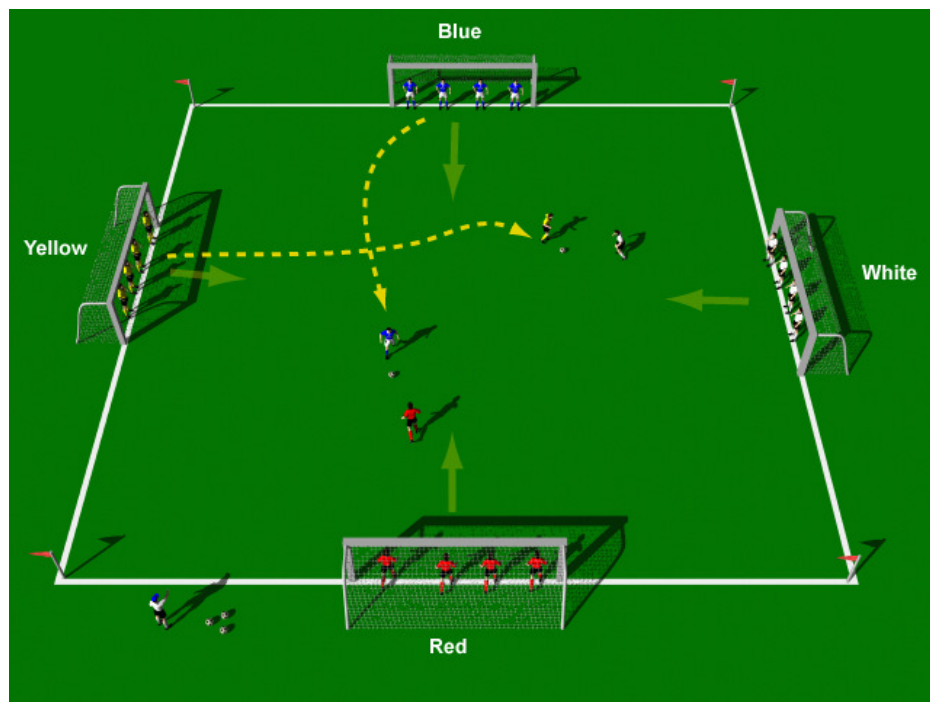


Four Teams, Four Goals Game



Exercise Objectives:

This practice is designed to improve both the players attacking and defensive skills. Emphasis is placed on explosive attacking move and intelligent defensive work.

Field Preparation

- Entire Group with Four Goalkeepers
- Four Full Size Goals
- Area 30 yards x 30 Yards
- Supply of Balls and Cones
- Four Sets of Colored Bibs

Coaching Pointers:

Place 4 goals in an area 30 by 30 yards. Divide group into four teams of 4-6 players. Identify each team by using colored bibs. Place a team on each goal line. Yellow play White and Red play Blue. Two games are being played simultaneously in the square. The object of the game is to score in the opponents' goal. Players on the line act as goalkeepers, but may not use their hands. Players must stay on the goal line. If a player leaves the goal line a penalty is awarded.

Start playing 1 v 1 then progress to 2 v 2, 3 v 3.

Focus On:

- Attack the defender with pace.
- Quality defending technique.
- Small group attacking and defending tactics.

