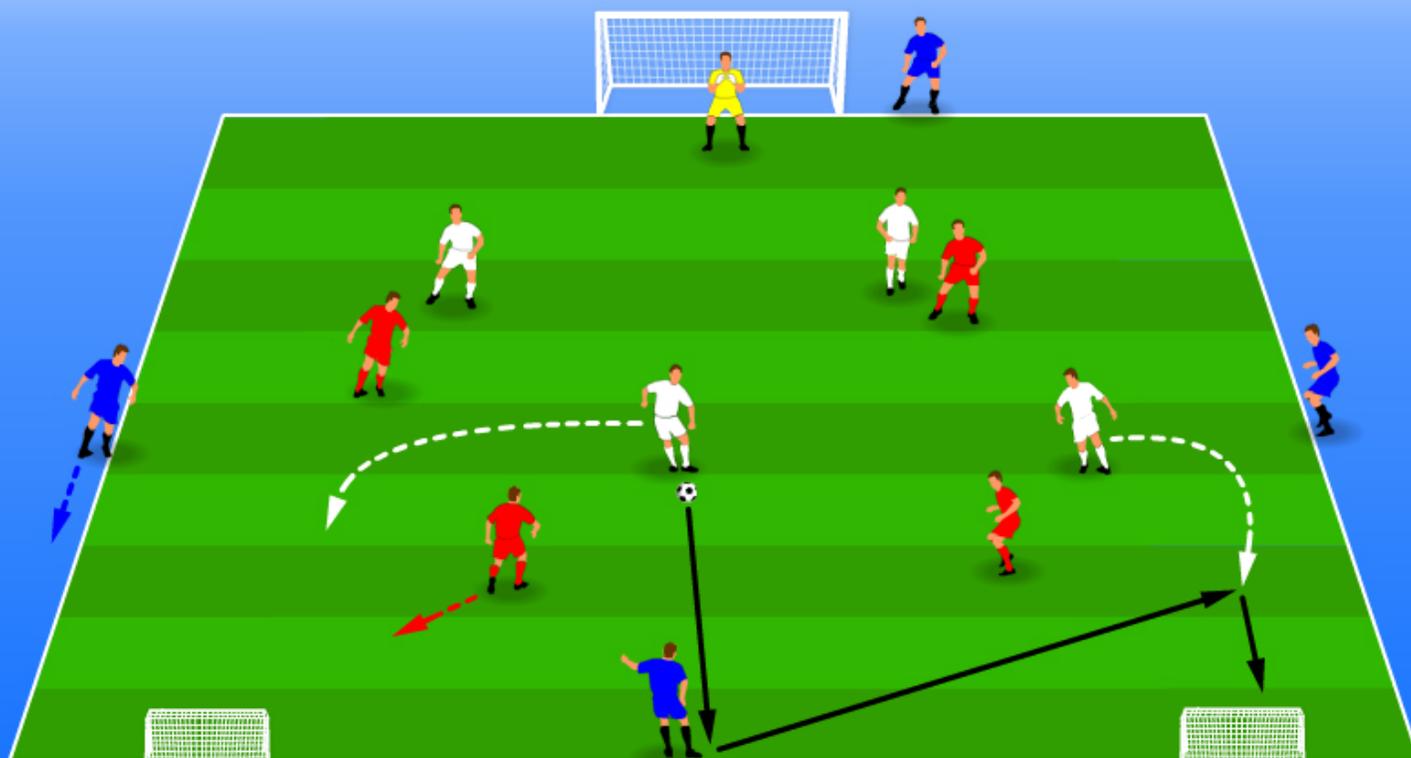


4 v 4 Plus Four Game

Small Sided

Transition



Created using SoccerTutor.com Tactics Manager

Procedure:

Two teams play 4 v 4 plus four on the small field, with the plus four on the outside, supporting the attacking team. Outside players are limited to two touches. When a goal is scored, the attacking team keeps possession and attacks in the opposite direction. Games are played to two goals, and after each game the losing team rotates off.

Coaching Points:

- 1 Decision Making – No “switching off” during play. Out think your opponents and react first.
- 2 Transition – Anticipate changes of possession and make your runs early.
- 3 Possession – Maintain possession and look to get to the end line for quality finishes.

Progressions/Regressions:

Progression 1 – The players on the outside are only allowed one touch.

Progression 2 – One touch finishes only.