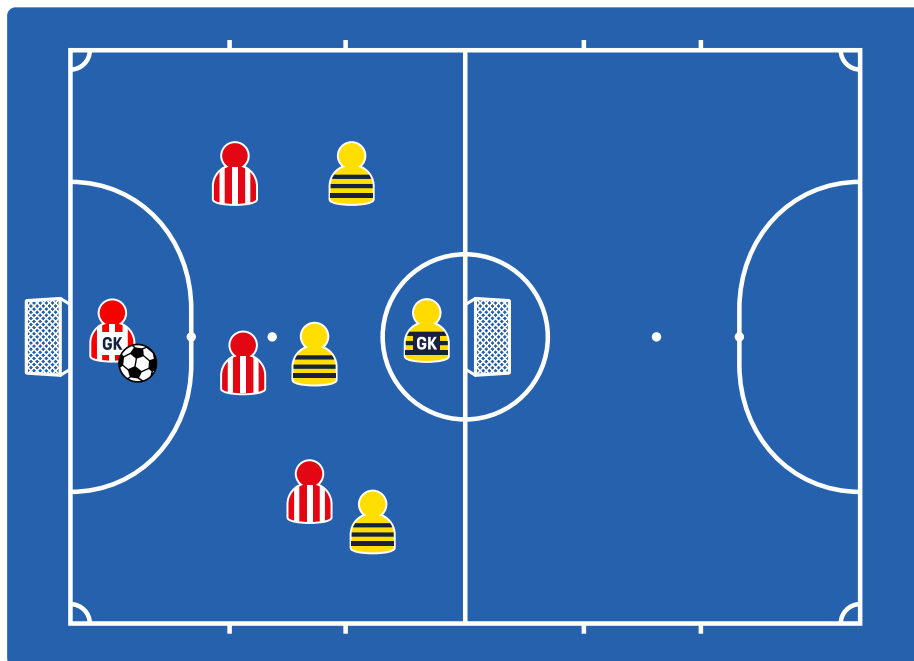


4v4 game



Ball:



Team 1:



Team 2:



Goal:



OBJECTIVES

Players will develop their understanding of:

- marking
- covering/recovering
- playing within a player-to-player defensive system.

ORGANISATION

- Use half of the court as your area
- Place a goal on the long side of each area (use cones if you don't have enough proper goals)
- Split your players into teams of four
- Ask a player on each team to be the goalkeeper
- If numbers and space allow, have two games going at the same time, one on each half of the court

HOW TO PLAY

- Play a normal match, except every time the ball goes out of play, restart with the goalkeeper of the team that didn't kick it out
- Play four-minute games and keep score

PROGRESSION

When you decide to progress the activity, think about using the STEP framework:

- **Space:** use two-thirds of the court to make recovery runs longer
- **Task:** say that whenever a player shoots, they must touch the post of the opposition's goal with their hand before recovering back to help their team
- **People:** play with uneven teams (e.g. 3v2) to make the game harder for the team with two players

COACHING POINTS

General

- Each player should always be marking a specific opponent
- Recovery runs should be sprints towards a player's own goal

Before

Defenders should:

- be able to see the ball and their direct opponent
- be able to cover their teammate.

During

Defenders should:

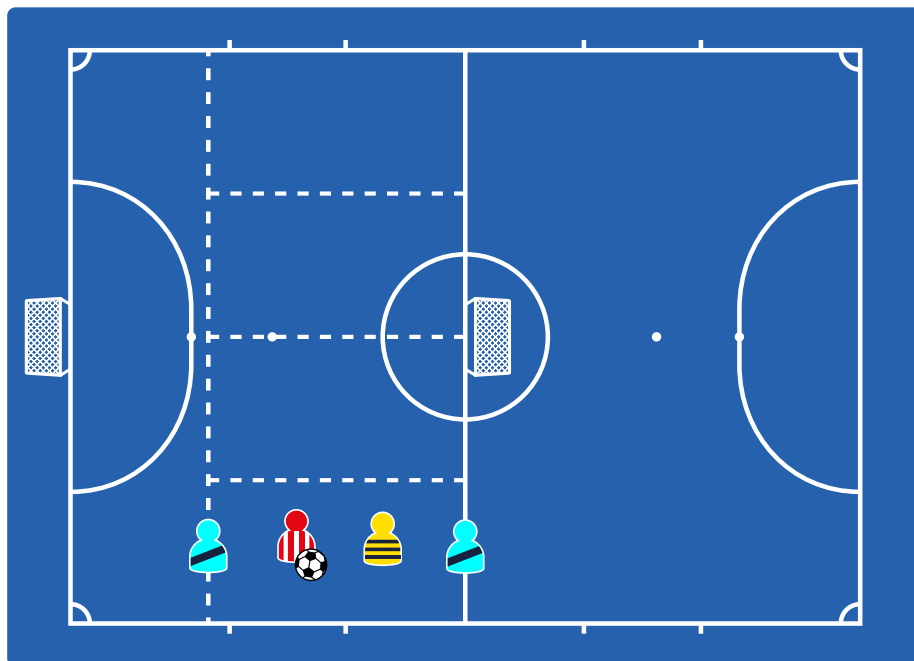
- mark tighter if there's good pressure on the ball
- mark looser if the attacker has time on the ball
- mark in front if there isn't much space behind and ball-side
- mark goal-side if there's space behind.

After

Defenders should:

- sprint back if they're beaten or lose their opponent
 - be ready to intercept, press and challenge.
-

Supporting smaller number practice (for increased repetition)



Ball:



Team 1:



Team 2:



Target
player:



Goal:



ORGANISATION

- Set up some channels on the court (as many as you need to involve every player)
- Put four players in each channel
- Place one player on each short end of the channel – these are the target players
- The other two players play a 1v1 in the middle of the channel

HOW TO PLAY

- One target player passes to the attacker in the middle
- The attacker is trying to get the ball to the other target player
- Every time the attacker transfers the ball from one target player to the other, they get a point
- If the defender wins it, they pass to either target player and become the attacker
- Play one-minute games and keep score

COACHING POINTS

Defenders should:

- stand in a position that blocks the pass from target player to target player and allows them to see the attacker
- anticipate the pass to the attacker
- travel as the ball travels to arrive as the ball arrives.