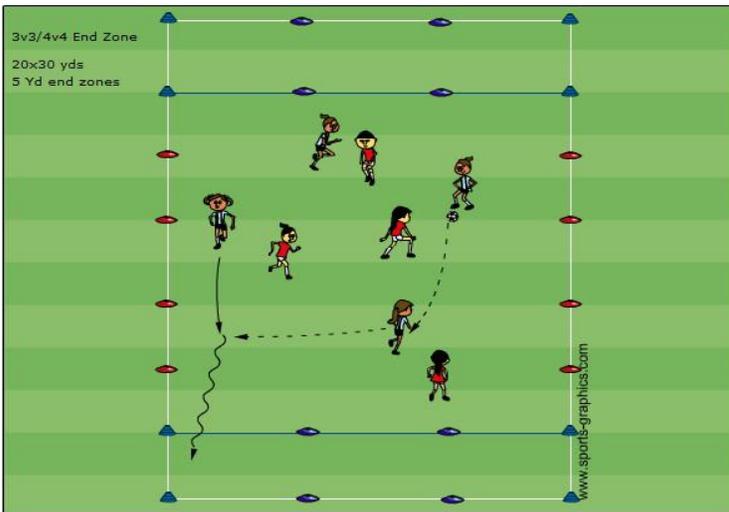




### 4 v 4 Games To Improve Overall Play 1



#### 4 v 4 Game 1-

End zone game, 20 x 30 yard field with 5 yard end zones.

1) Teams try to score by dribbling the ball under control into their end zone. Ball must be stopped for 1 second for goal to count.

- Variations-
- Must pass to a player in the end zone.
  - Must pass to a player making a run into the end zone, players can NOT enter the end zone until the ball has been passed (offside's line)
  - Add restrictions to the play, ex:
    - Number of passes before score.
    - Must combine, wall pass, overlap
    - Must beat defender 1v, then score.

#### 4 v 4 Game 2-

4 Corner Goals, on a 25x25 yard field, with 6 yard goals in the corners.

1) Players try to score by passing to a teammate in any of the 4 corners of the field. Play then continues with attacking team trying to score on any of the other 3 corners.

2) Teams can NOT score on the same corner twice in a row. They must find a new corner before they can score there again.

- Variation-
- Players must dribble into corners to score.
  - Players must time their runs into corners as not to be offside's. Pass must be made, then players can make runs into corners.
  - Add restrictions as needed to fit the aim of your session.
  - ex: Touch limit, combinations, 1v1 play.



#### 4 v 4 game 3-

Three end line goals on each side. Field is 30x20, goals are 3 yards wide.

1) Players try to score by passing the ball through any of the three end line goals. Give a bonus point if players can dribble under control through the goal.

- 1 point for passing through, 2 for dribbling.

- Variations-
- Players must dribble through goals.
  - All players must be in offensive half for goal to count.
  - Passes for goal must be made from offensive half. Add restrictions as needed.
  - ex: touch limit, combinations, defensive pressure the ball quickly, time limit to close down attacker.

