



4v4 Games To Improve Overall Play



4v4 Game 7-

4v4 inside Penalty Box

1) Both teams try to score on the same goal.
Emphasis is on finishing at every opportunity

2) The coach starts all play by serving a ball into the box.

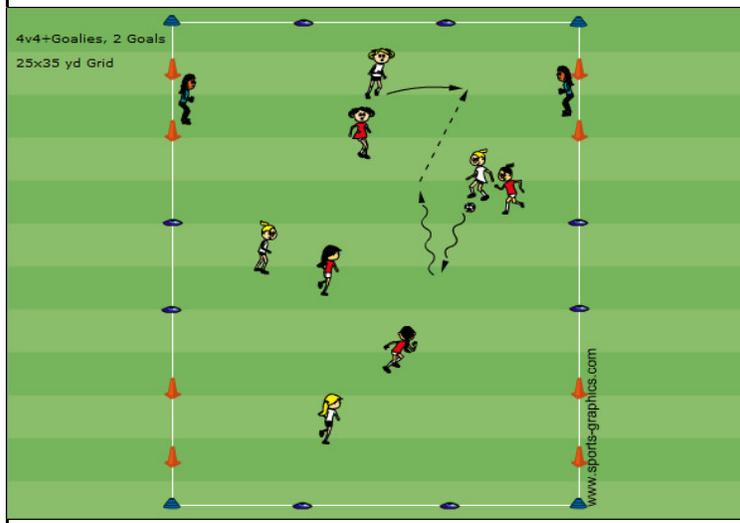
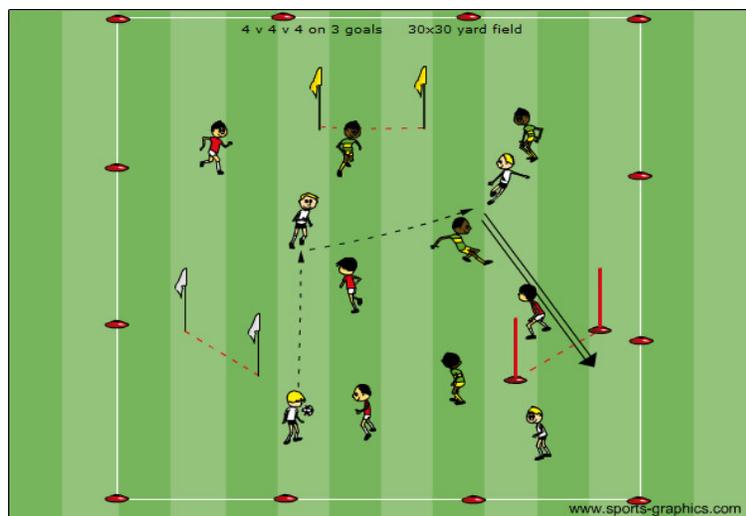
- Variations-
- One team attacks goal, other team defends, and can score by dribbling out of sides of the area.
 - Shots must be taken on first touch.
 - Add small counter goals at the corners of the top of the box for defending team to pass through.
 - Add restrictions as needed to get coaching points out of the game.
 - Volleys & headers count double

4v4 Game 8-

4v4 game with 3 goals that are about four yards wide each, spread evenly in a 40x40 yard area. (adjust space for age)

- 1) Three teams of 4 players try to score on two of the three goals. Each team defends one goal.
- 2) Goals can be scored from either side of the goals.

- Variations-
- Goals can be placed on the end lines, so teams can only score through one direction.
 - Add full time goalies to the game.
 - Restrictions as needed, touch limit, one touch finishing, number of passes, combinations.



4v4 Game 9-

4v4 game with 2 goals on each end line, and one goalie defending both end line goals. Goals are 4 yards wide.

- 1) Teams try to score by passing/shooting on either of the two end line goals.
- 2) Goalies can run between each goal to try to defend both.

- Variations-
- Have a goalie in each goal.
 - Take out the goalies.
 - Double points for switching the point of attack from one side to the other, and then scoring.
 - Restrictions as needed to get coaching points of session out of the game.