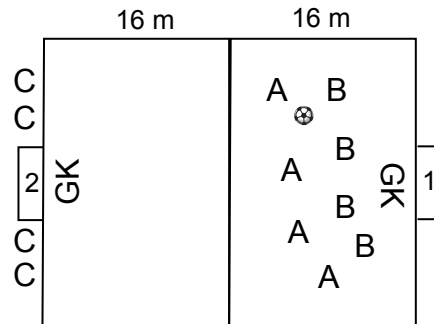




Tactical Drill # 10: 4v4 with 3 Groups



A's attack goal 1 defended by team B. If A scores or B gets possession, B now breaks to attack goal 2.

Team C comes out to defend goal 2 once B crosses the center line.

A drops to goal line of goal 1 and waits for C to attack.

Coaching Points/Progression

Following the diagram, A may take a shot on goal and miss the net. A must immediately sprint to take their positions next to the goal, two players on either side of the goal post. There should be a supply of balls in each goal so that the goalkeepers restart the play quickly. As soon as A loses possession and sprints off, the goalkeeper plays a ball out to B who now transition to attack goal 2. If B wins possession during normal play, A sprints off and B attacks. C gets ready to attack B as soon as the FIRST B crosses the half line. This should encourage B to get all players across the half quickly. After B finishes the attack, they go to goal line and C now attacks A.

Once teams get the flow of the drill, allow the waiting defending team to challenge the team starting the attack as soon as they have the ball.

The keys are to have attacking team get off the field as fast as possible at the end of their play and to get to a shot on goal as quickly as possible through one-touch passes and runs into space.

Coach's Notes