



**4 v 4 game formats
for all age groups**

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4 v 4 programme

Session format

- **No Goalkeepers game:** 4 v 4 with goals and scoring lines
- **Goalkeepers games:** 4 v 4 with goals and scoring lines
- **Four goal game:** 4 v 4 with goals and scoring lines
- **Line Ball:** 4 v 4 with line as a scoring line

Session Construction

- **Game Duration:** 6 to 8 minutes, 2 min break
(Exercise-to-rest ratio increases energy and mental awareness)
- **Scoring/Goals:** No score is kept
(Emphasis on development)
- **Coaching:** Very little overt coaching
(Encouragement only. No raised voices and no disciplining)

Quantitative Analysis

	No. of Passes	Scoring Attempts	Goals	1v1 Encounter	Dribbling Skills
2-Goal Game	170	44	18	51	39
Line Ball	160	NA	37	56	58
GK Game	149	49	17	92	36
4-Goal Game	106	62	28	52	45
8 v 8	108	20	5	28	16

Numbers listed are 'Average' scores

4 v 4 Summary

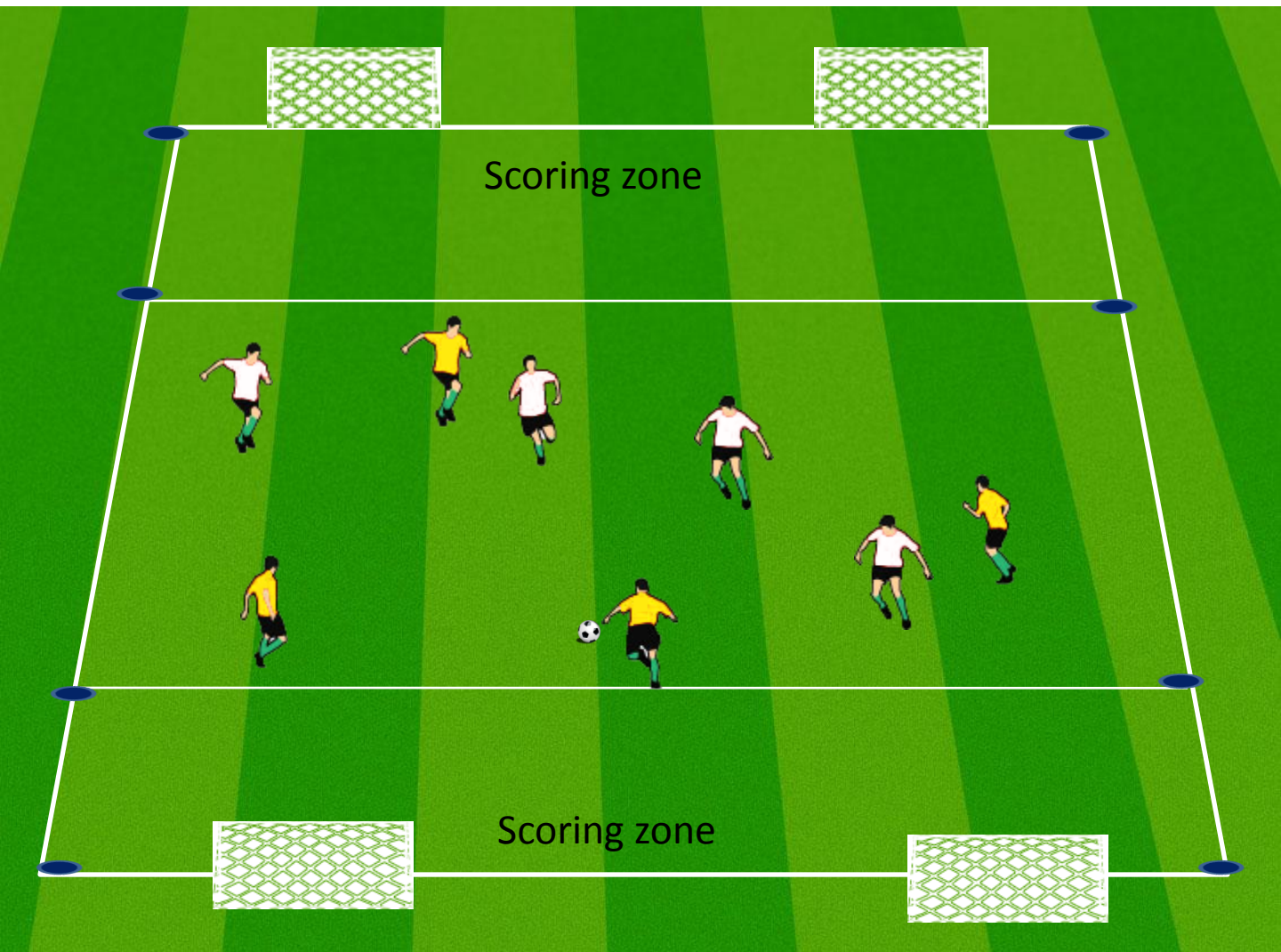
On Average 4 v 4 versus 8 v 8 has:

1. 135% more passes
2. 260% more Scoring Attempts
3. 500% more Goals Scored
4. 225% more 1 v 1 Encounters
5. 280% more Dribbling Skills (tricks)

4 v 4 players benefits

1. Help stimulate the technical, tactical, physical and mental capacities of players in equal measures.
2. Help players to learn to adapt quickly and securely to the constant game situations they are faced with when attacking and defending.
3. Help improve players perception and decision making ability.
4. Promote game understanding with players which in turn helps them become more game intelligent.

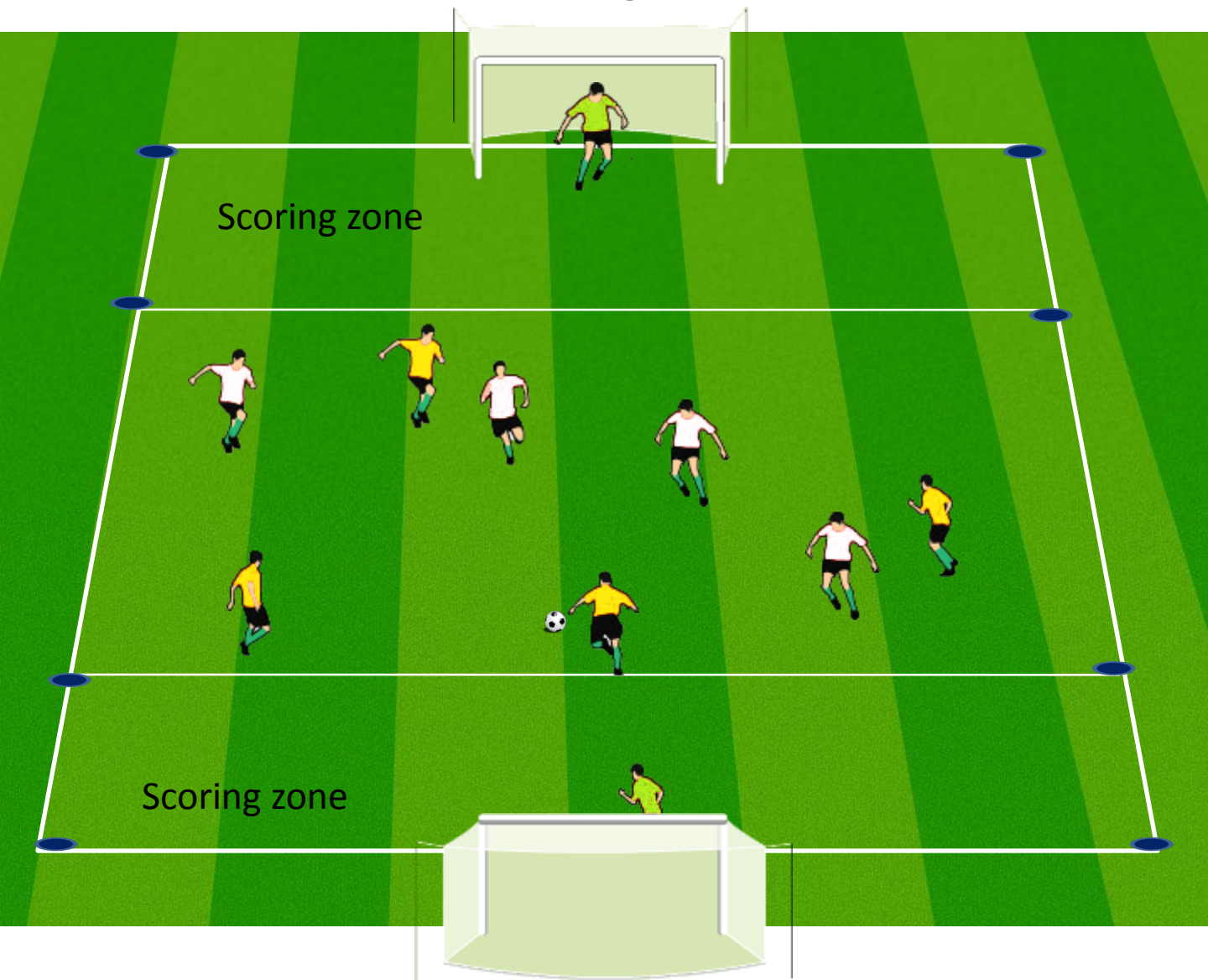
4 v 4 with four goals (no GKs)



Objective

- ⚽ Play 4 v 4 to four goals changing the point of attack if one goal is covered
- ⚽ Players need to improve their perception and decision making abilities
- ⚽ This game will stimulate the technical, tactical, physical and mental capacities of players in equal measures
- ⚽ The game will promote game understanding

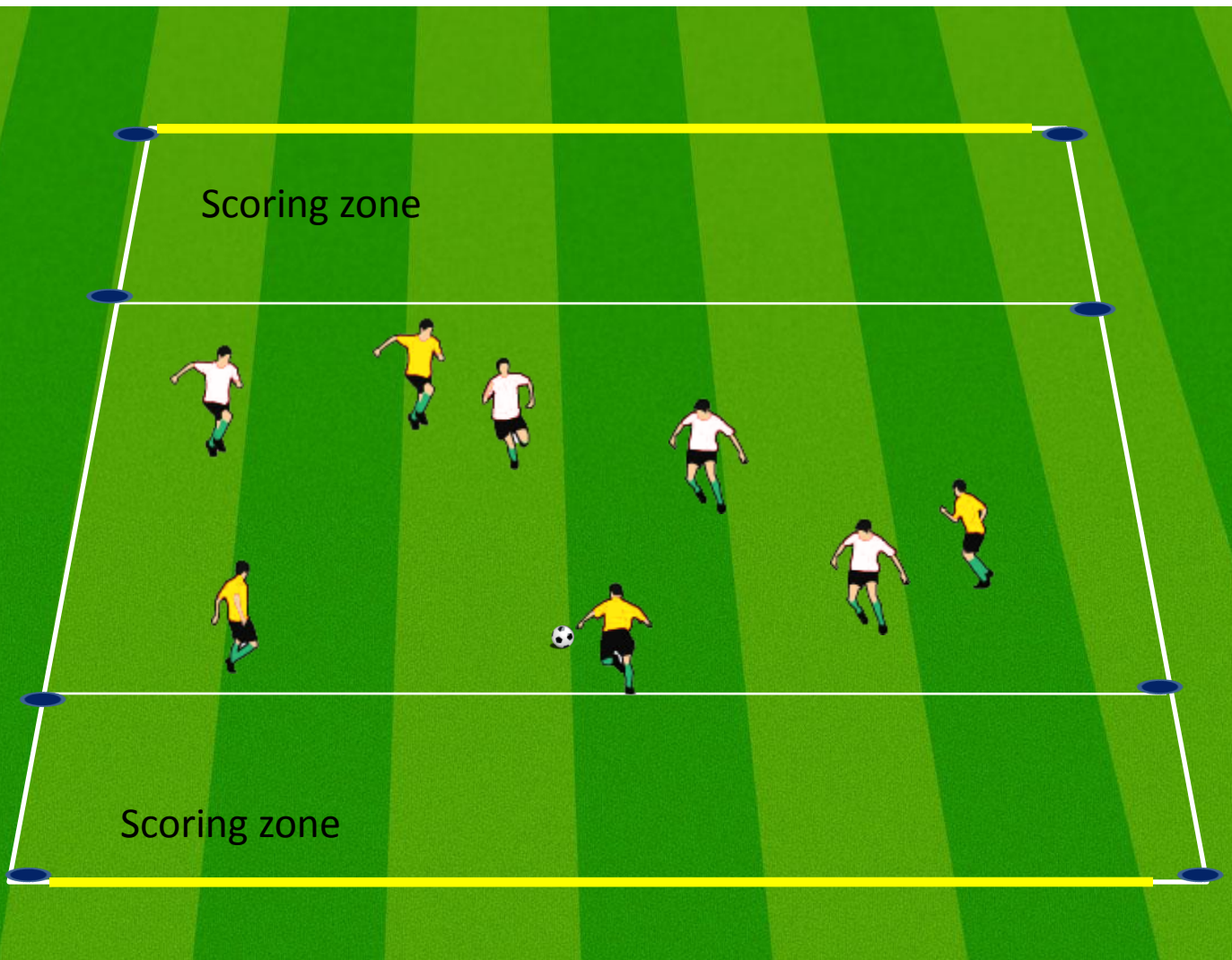
4 v 4 with two goals (+ GKs)



Objective

- ⚽ Play 4 v 4 to 2 goals with GK
- ⚽ Encourage creativity with all players
- ⚽ Use combination plays to break down defence
- ⚽ Look to create scoring opportunities inside and outside of scoring zone

4 v 4 run over the end line



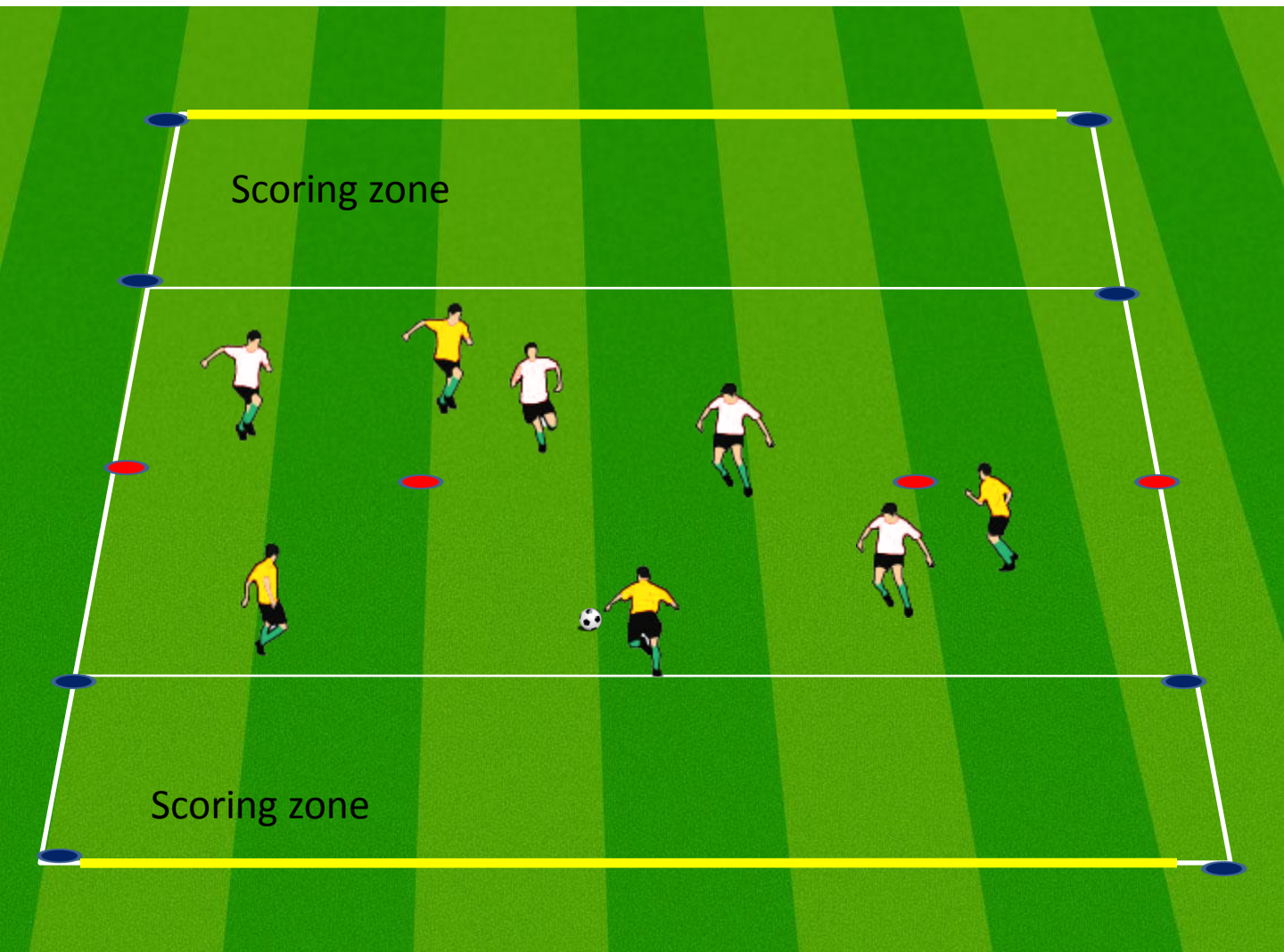
Objective

- ⚽ Play 4 v 4 and look to dribble the ball over the end line
- ⚽ Encourage players to go past defenders
- ⚽ Players need to make right decisions
- ⚽ Players need to communicate with teammates
- ⚽ Encourage players to try different combinations

Progression

- ⚽ Use weaker foot only
- ⚽ Silent game –no talking

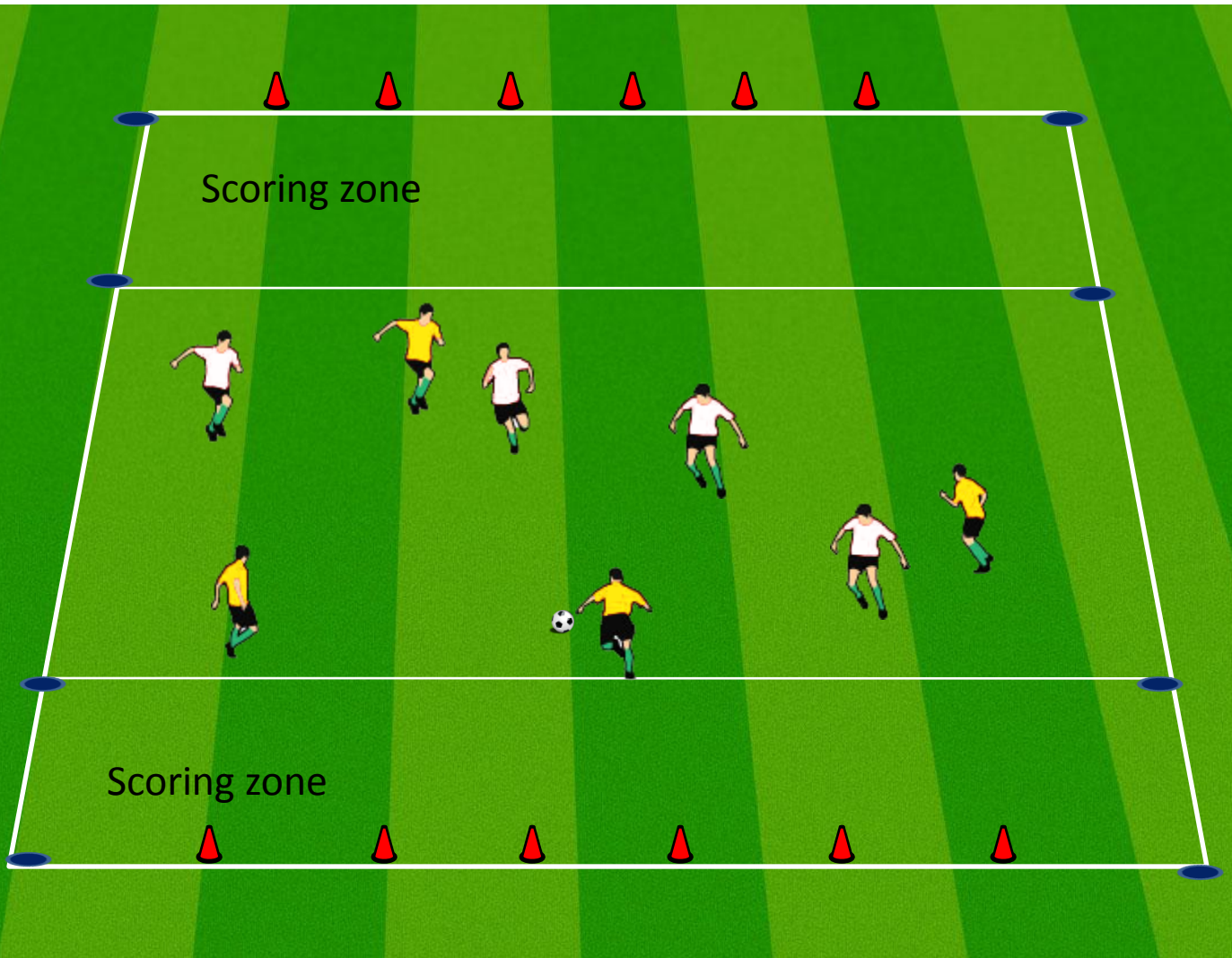
4 v 4 run over the end line (width)



Objective

- ⚽ Play 4 v 4 to run over the end line but players must go thru wide red coned area before scoring
- ⚽ Encourage creativity with all players
- ⚽ Use combination plays to break down defence

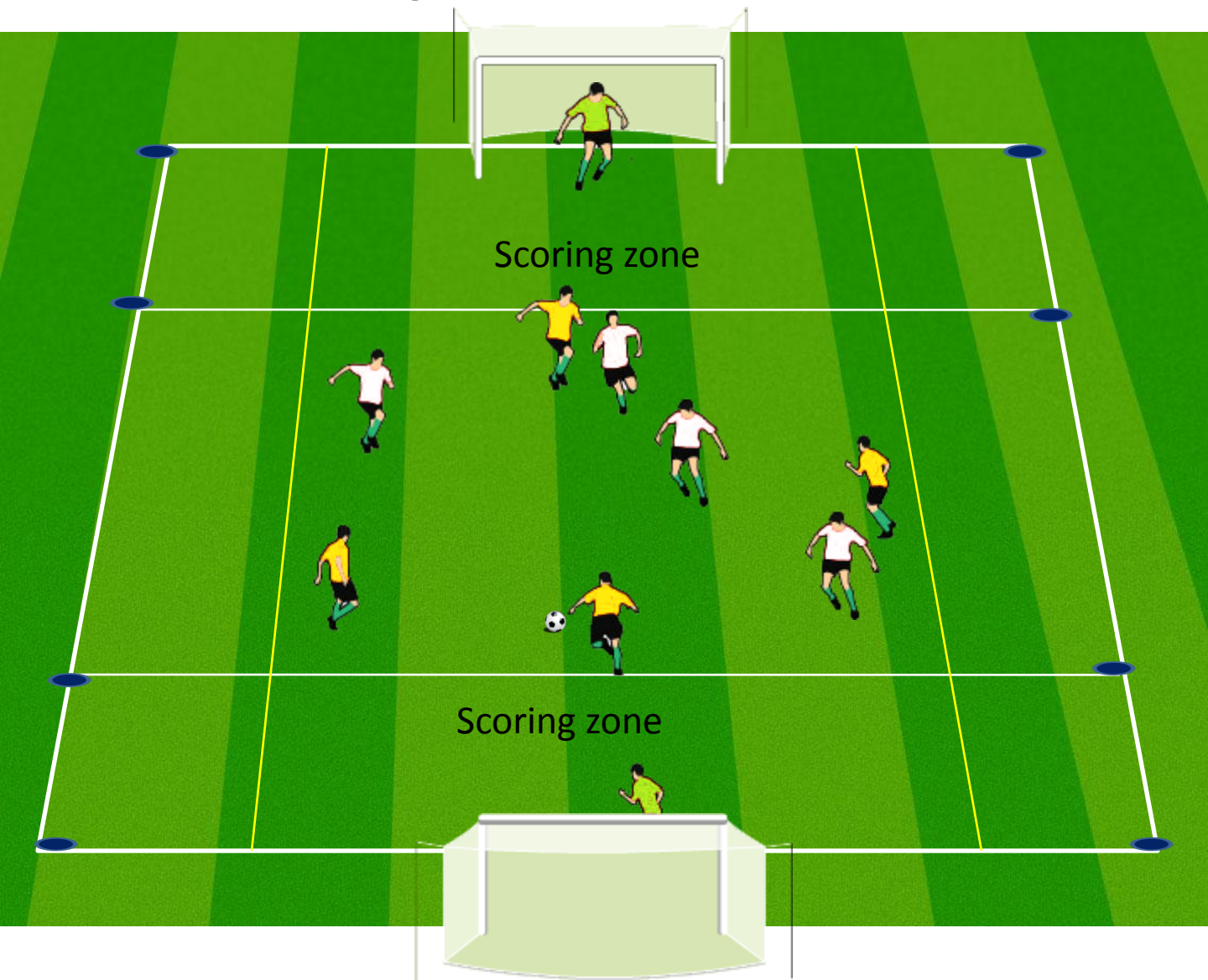
4 v 4 pass to hit the cones



Objective

- ⚽ Play 4 v 4 with players looking to knock over the cones on end lines
- ⚽ Allow players to pass from inside scoring zone 1st and then progress to scoring from mid zone only
- ⚽ Concentrate on passing accuracy

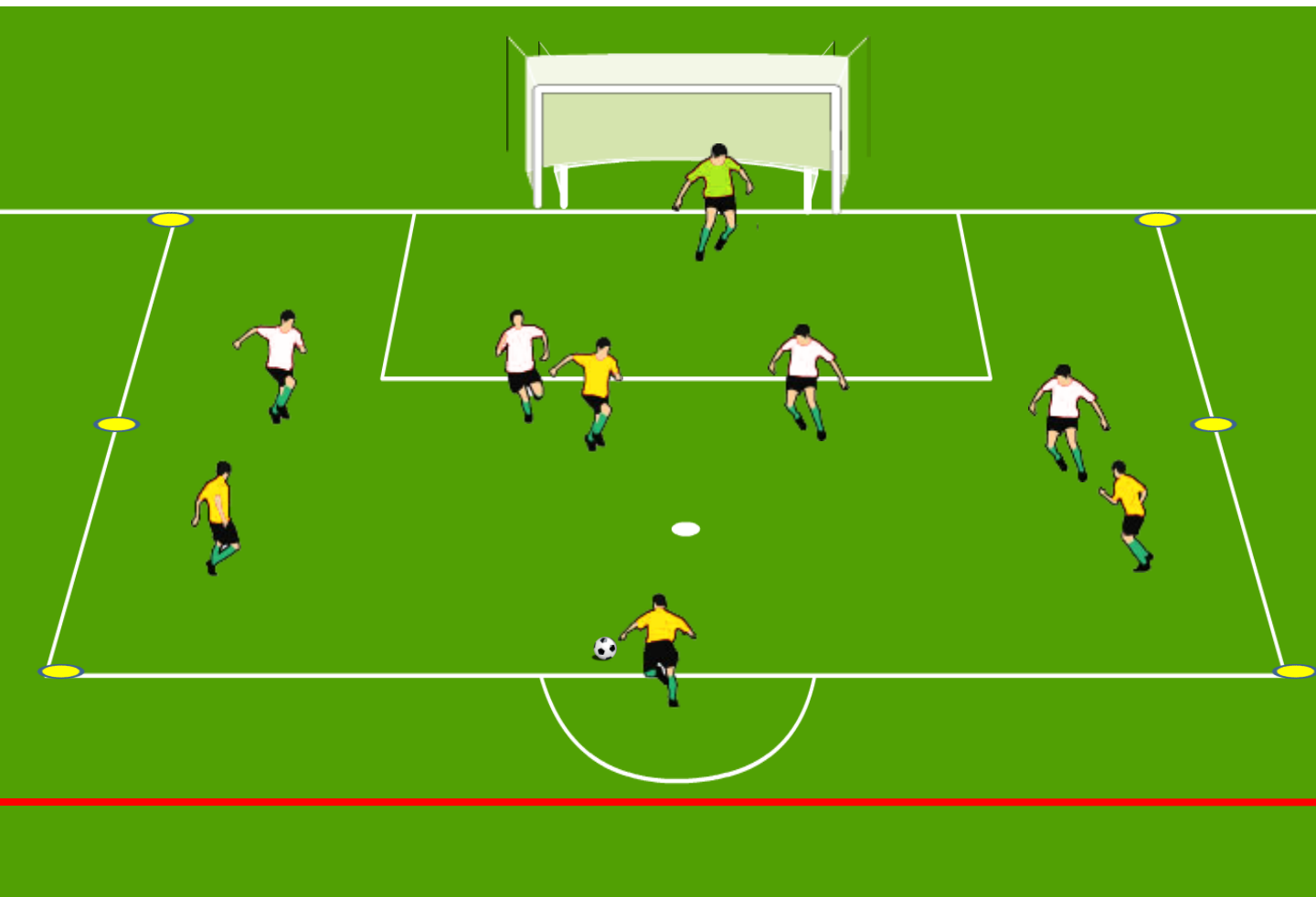
4 v 4 long and narrow (+ GKs)



Objective

- ⚽ Play 4 v 4 on long narrow pitch
- ⚽ Players need to make decisions quicker to keep possession
- ⚽ Tight spaces will test players perception and decision making ability

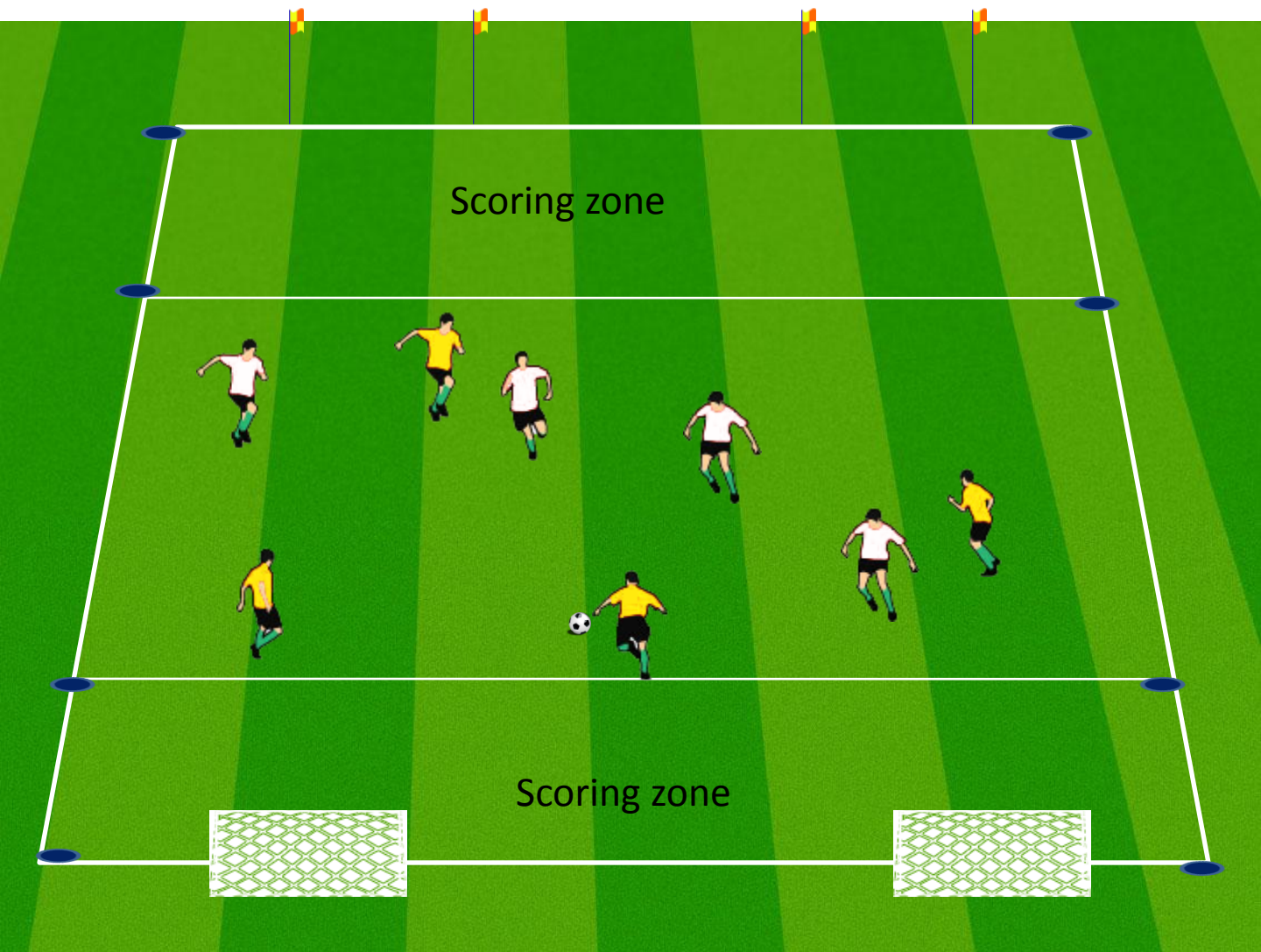
4 v 4 attack



Objective

- ⚽ Play 4 v 4 attacking to goal
- ⚽ Players need to make correct decisions attacking and defending
- ⚽ If white defenders win possession they look to run the ball over the red line
- ⚽ Quick transitions from attack and defence will help players read the game

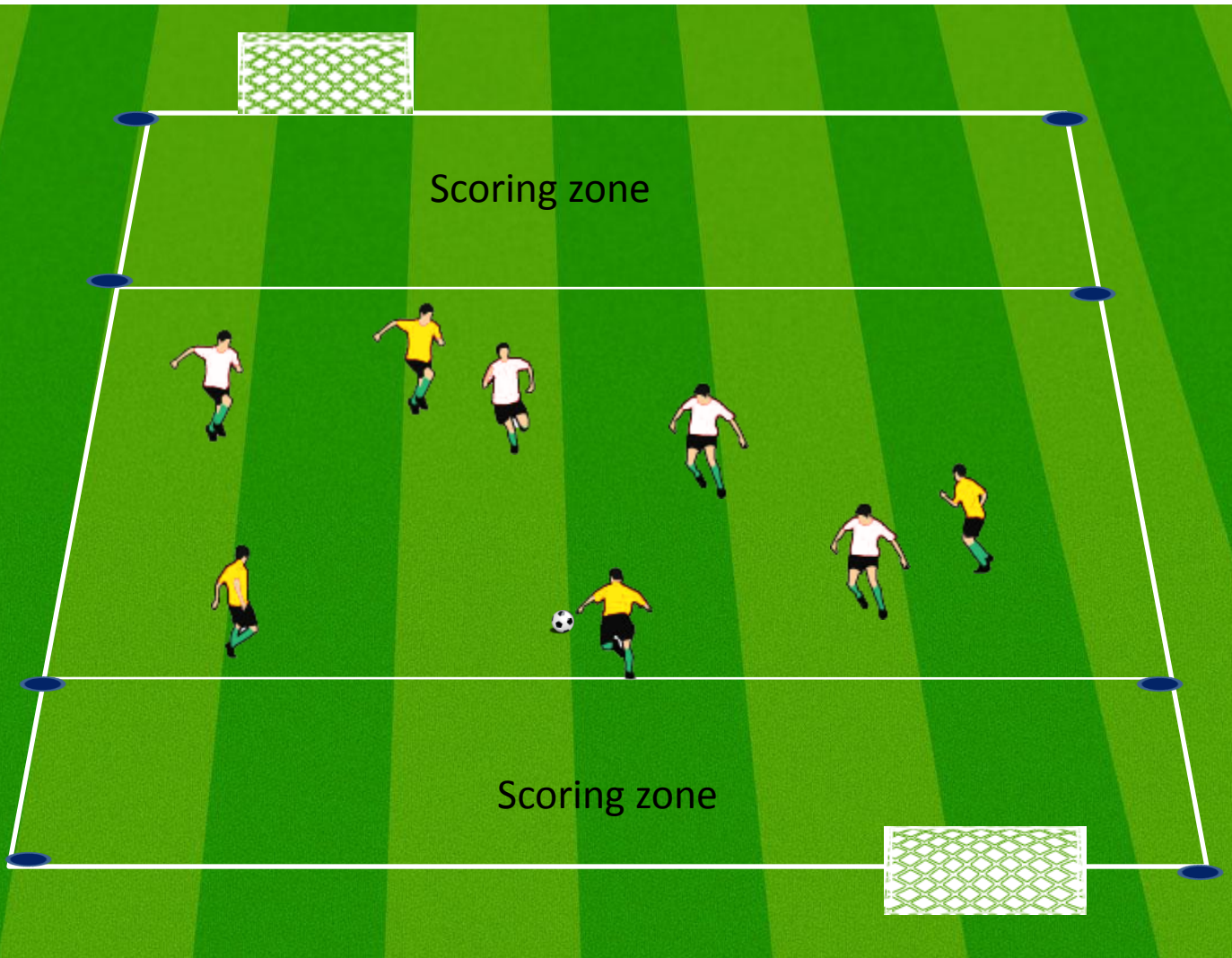
4 v 4 with 2 goals and 2 flags



Objective

- ⚽ Play 4 v 4 to score on the two wide goals or run thru the wide flag goals
- ⚽ Rotate teams every 8 attacks
- ⚽ Players constantly learning attacking and defending principles

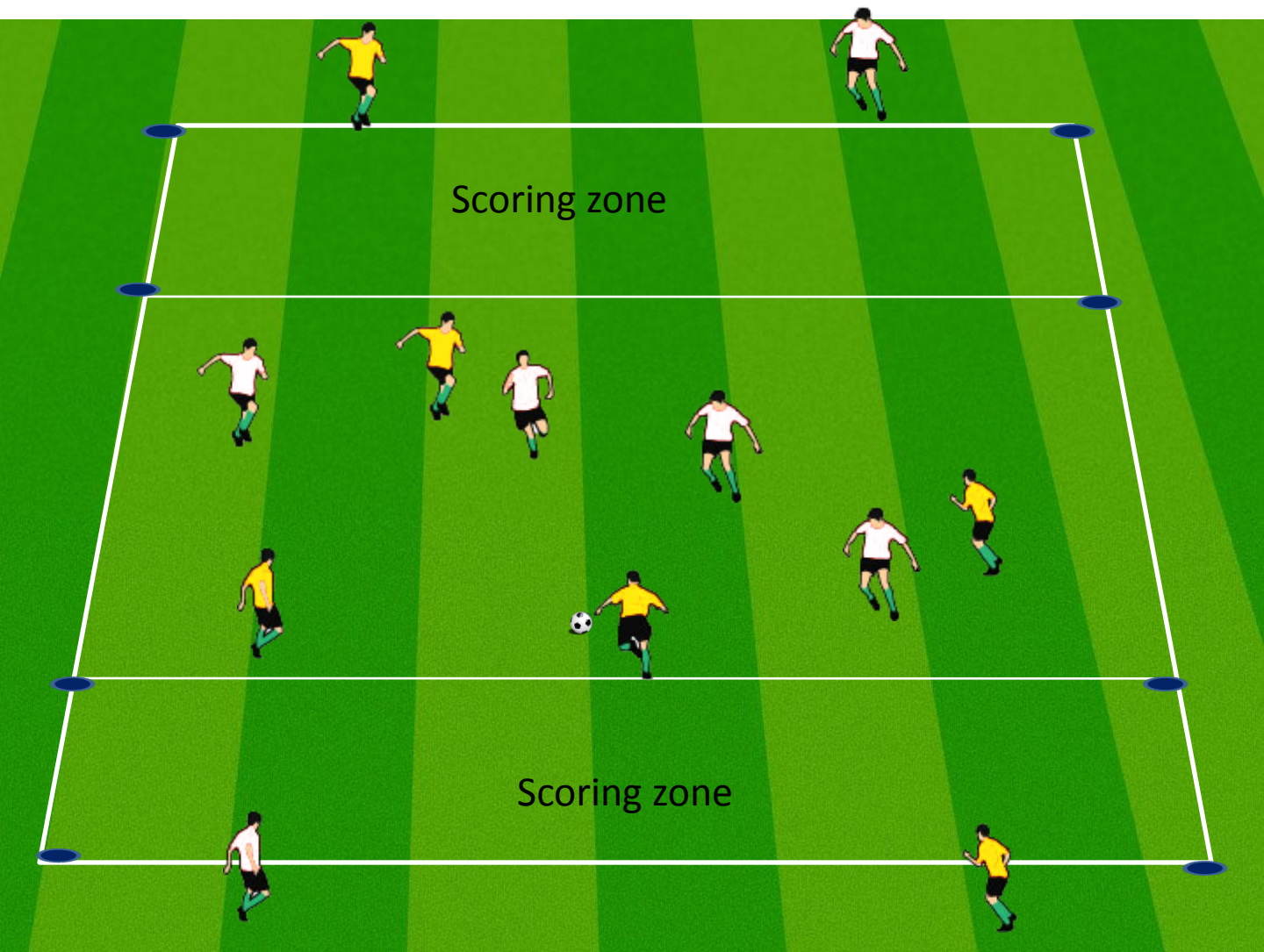
4 v 4 with two offset goals



Objective

- ⚽ Play 4 v 4 to score on the two offset goals
- ⚽ Players constantly learning attacking and defending principles in wide areas

4 v 4 with 2 end players

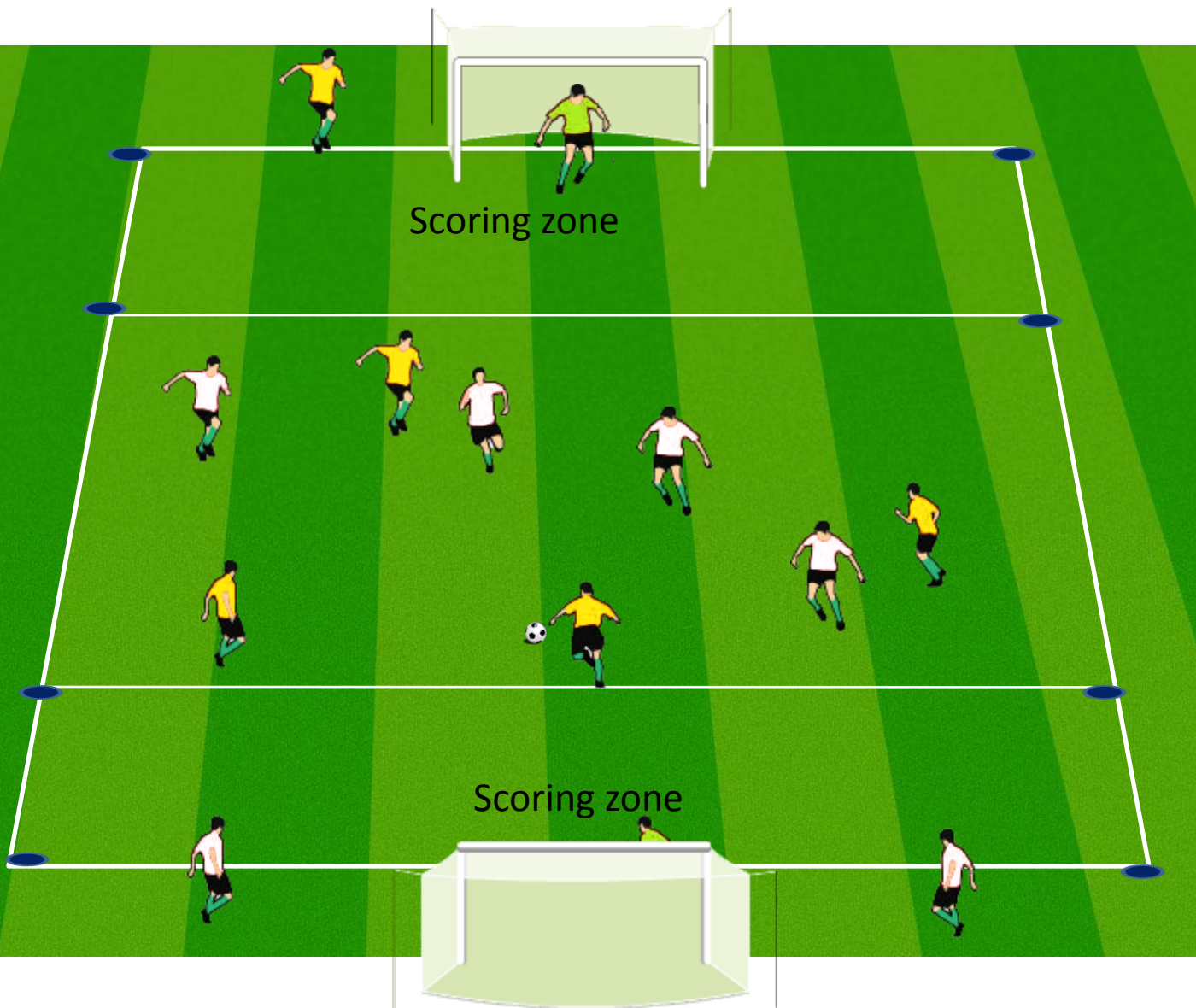


Objective

- ⚽ Play 4 v 4 to keep possession with 2 end players
- ⚽ After getting the ball to one end, quickly take advantage of poor positional play from defenders to score at other end

Progress to middle players changing positions with end players

4 v 4 + GKs with 2 end players

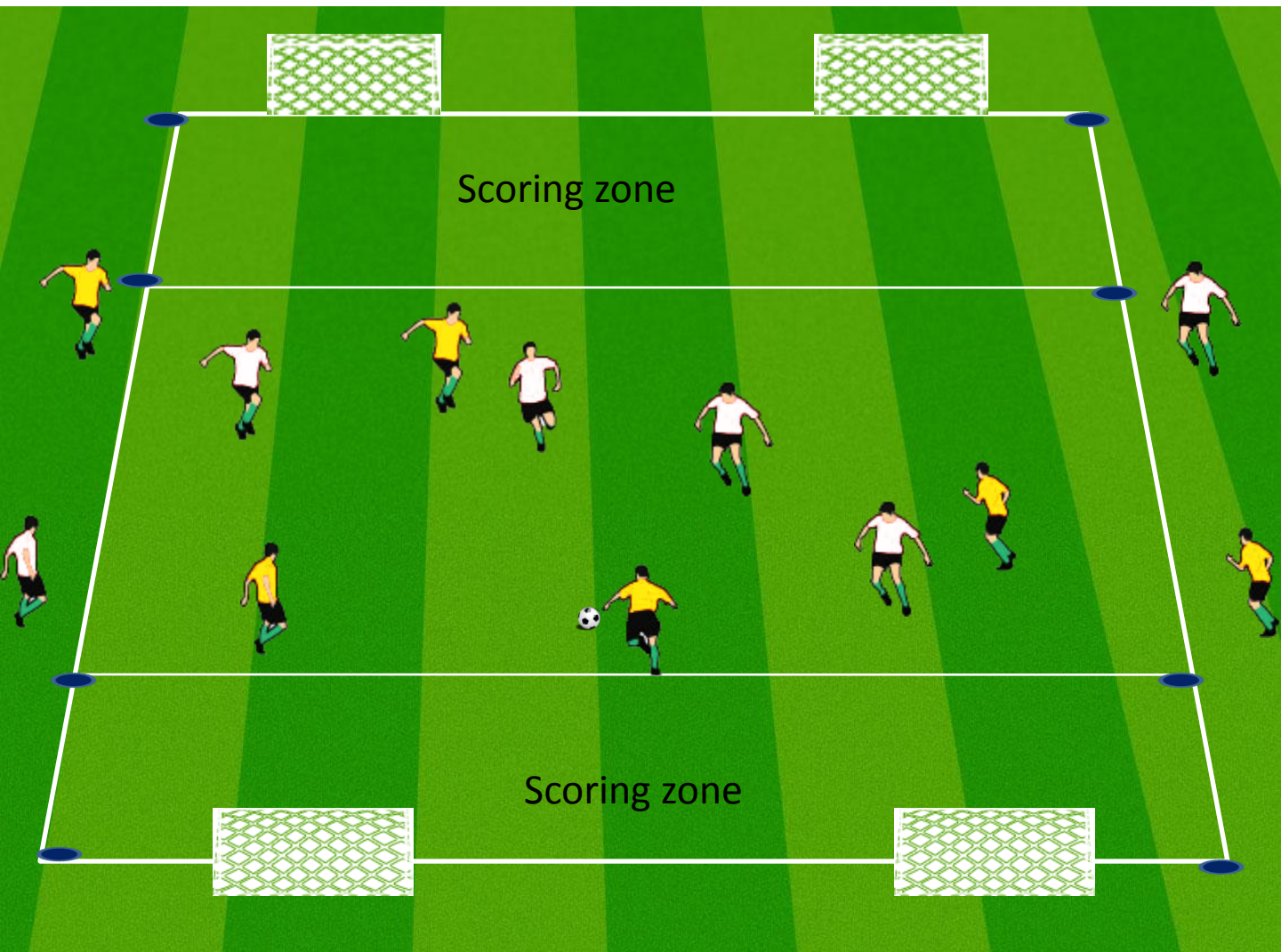


Objective

- ⚽ Play 4 v 4 to keep possession with 2 end players setting up shots
- ⚽ Rotate players every 4 minutes
- ⚽ Look for 1st time shots

Progress to middle players changing positions with end players

4 v 4 with 2 side players

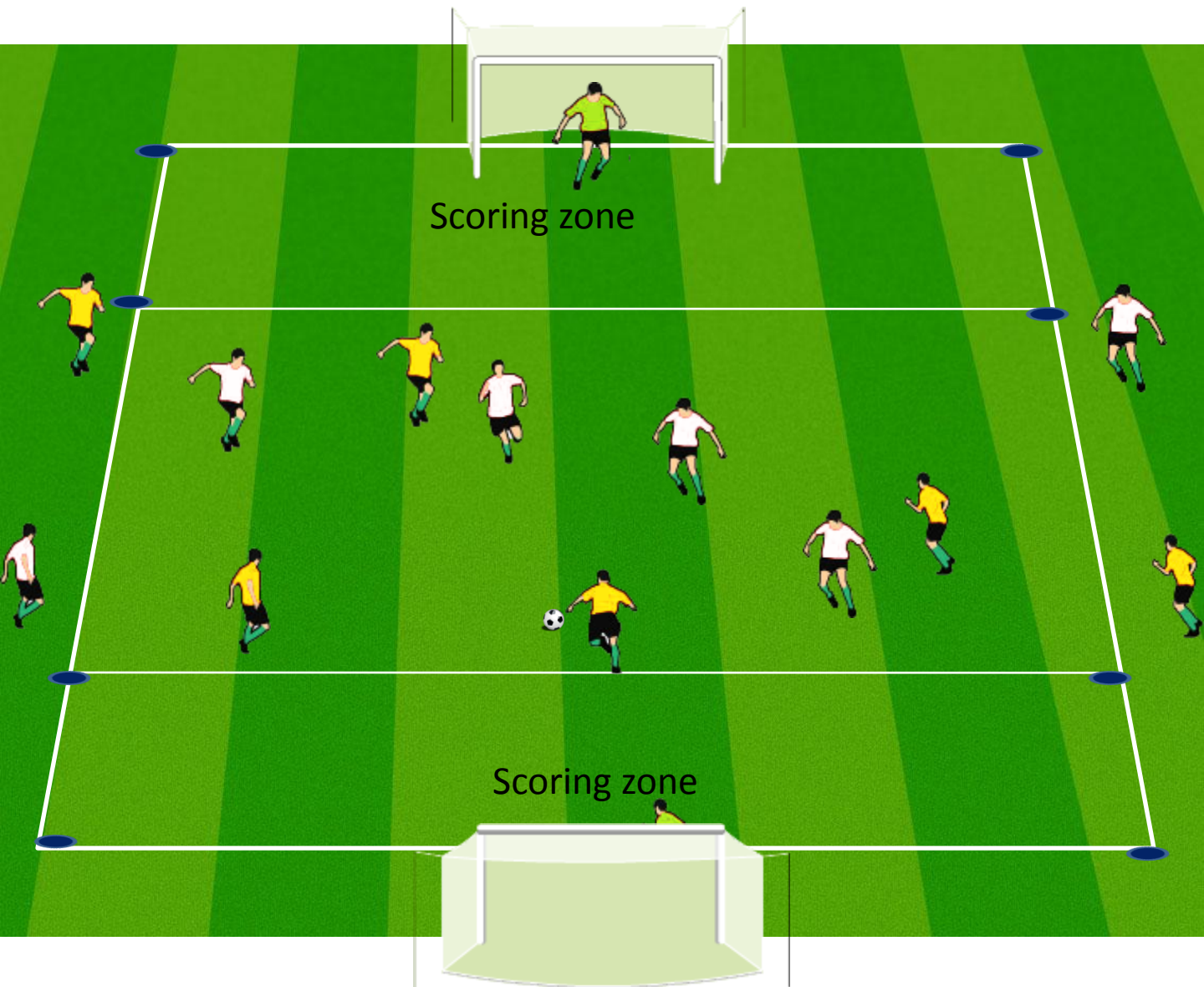


Objective

- ⚽ Play 4 v 4 to keep possession and score with side players as wall players
- ⚽ Score with thru pass to end zone and 1 or 2 touch finish

Progress to middle players changing positions with side players

4 v 4 + GKs with 2 side players

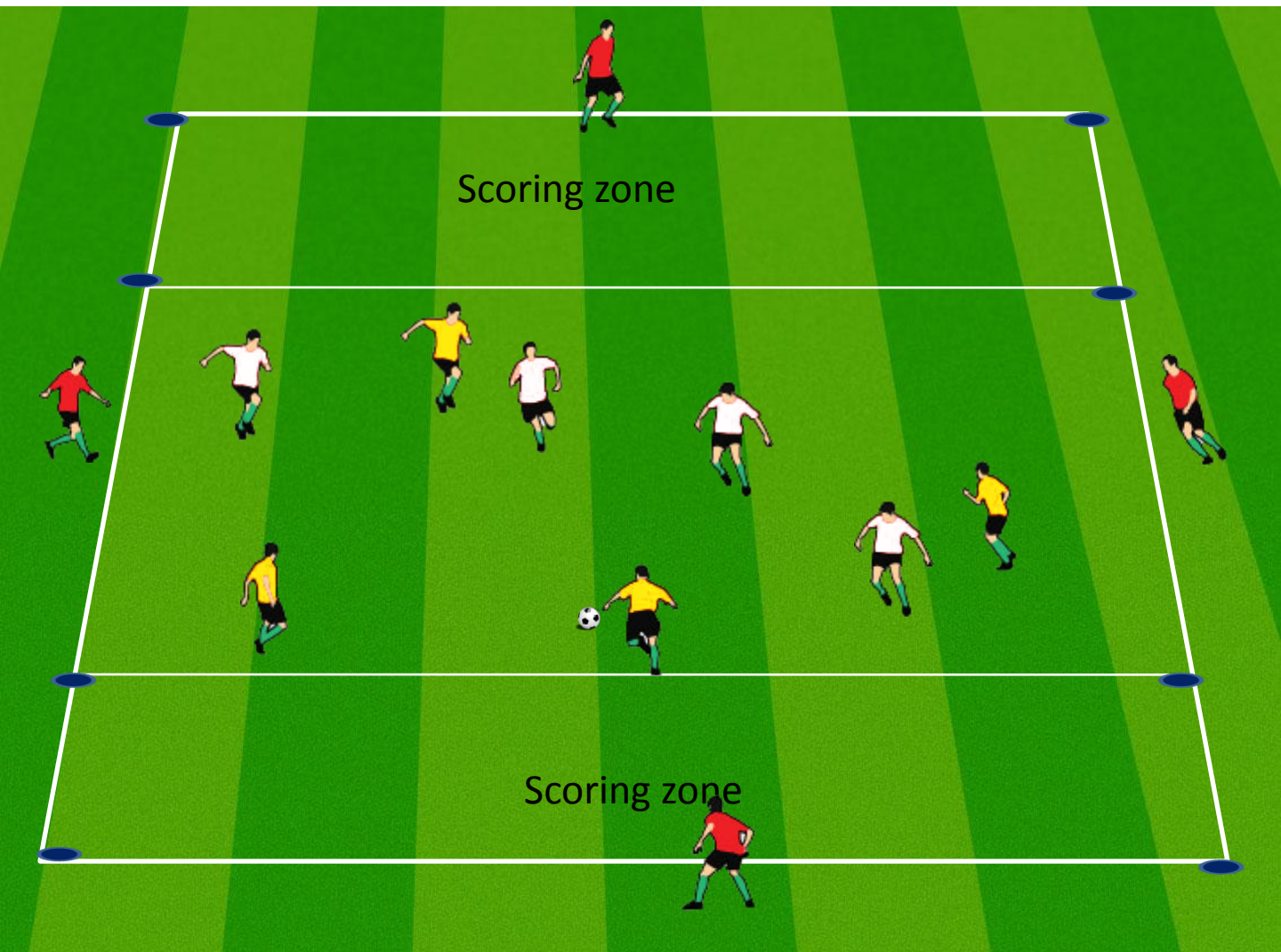


Objective

- ⚽ Play 4 v 4 to keep possession and use side players for build up purposes
- ⚽ Score with thru pass to end zone and 1 or 2 touch finish
- ⚽ Score with long shots

Progress to middle players changing positions with side players

4 v 4 + 4 possession



Objective

- ⚽ Play 4 v 4 + 4 to keep possession and score with set number of passes
- ⚽ Look to change direction of play quickly and safely
- ⚽ Look to split defenders with passes

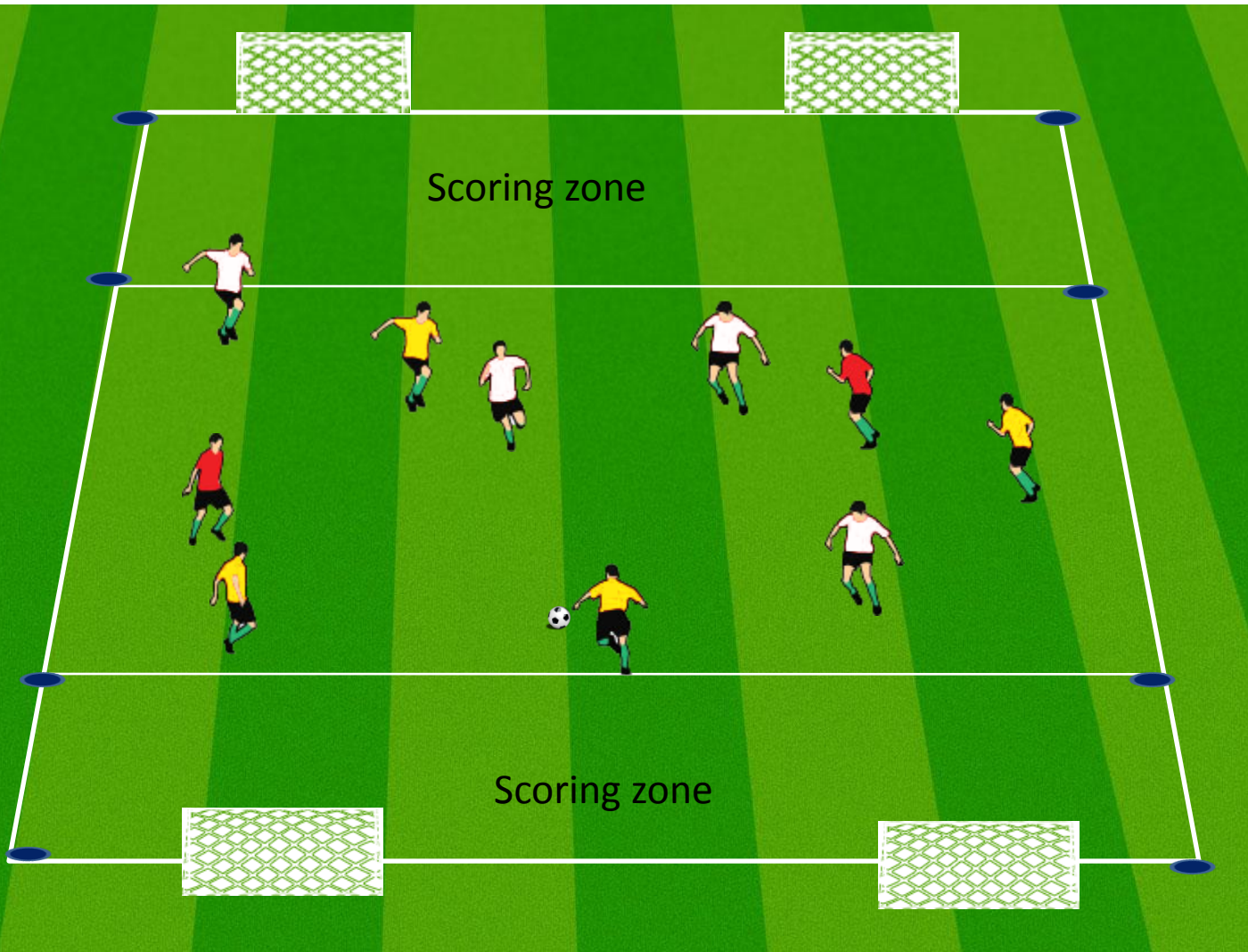
4 v 4 + 4 possession (2)



Objective

- ⚽ Play 4 v 4 + 4 to keep possession and score with set number of passes
- ⚽ Stay inside mid zone
- ⚽ Look to change direction of play quickly and safely
- ⚽ Look to split defenders with passes

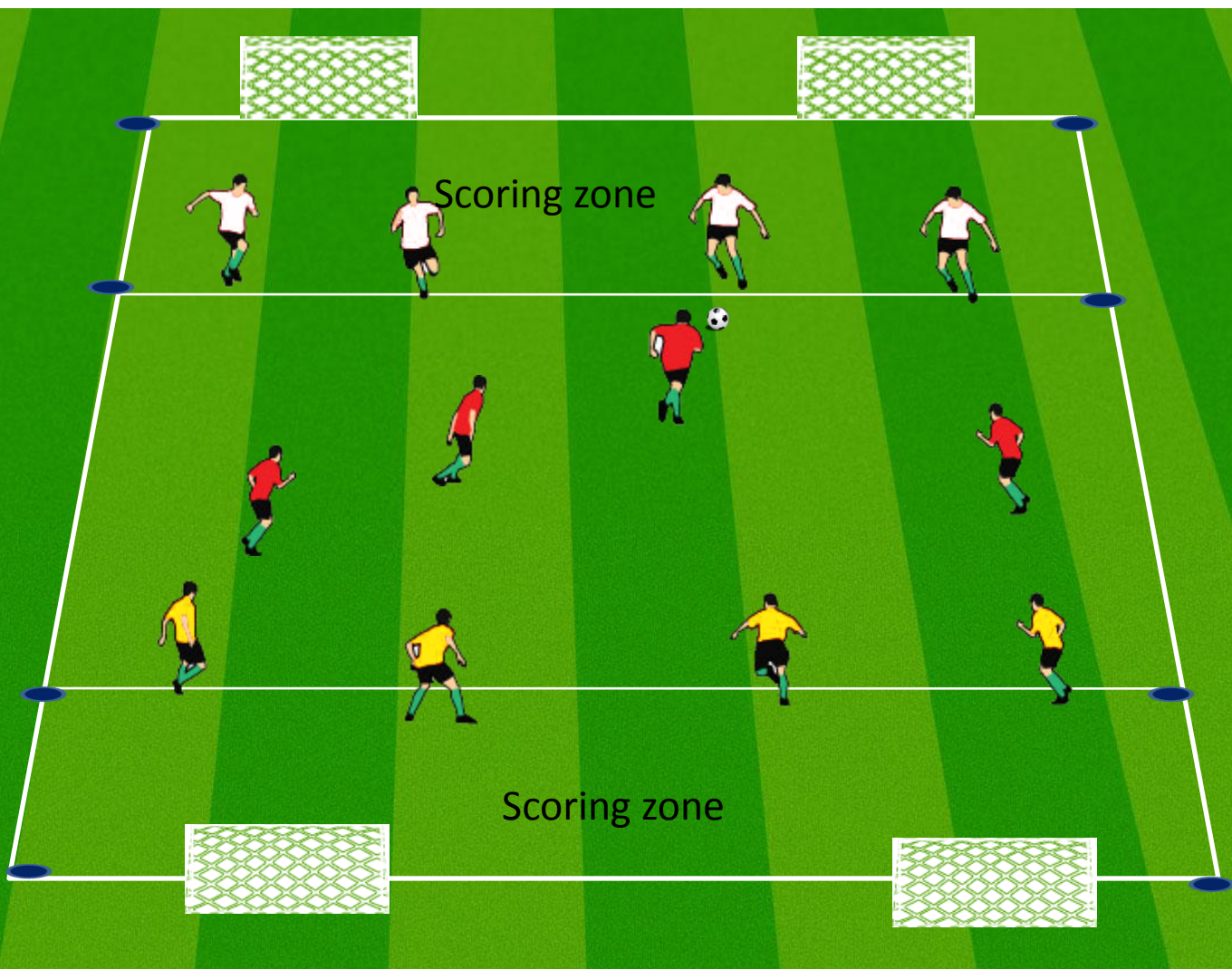
4 v 4 + 2 neutrals



Objective

- ⚽ Play 4 v 4 + 2 neutral players
- ⚽ Use overload advantage to build attacks
- ⚽ 4 defenders to look at defending principles

4 v 4 defending practice

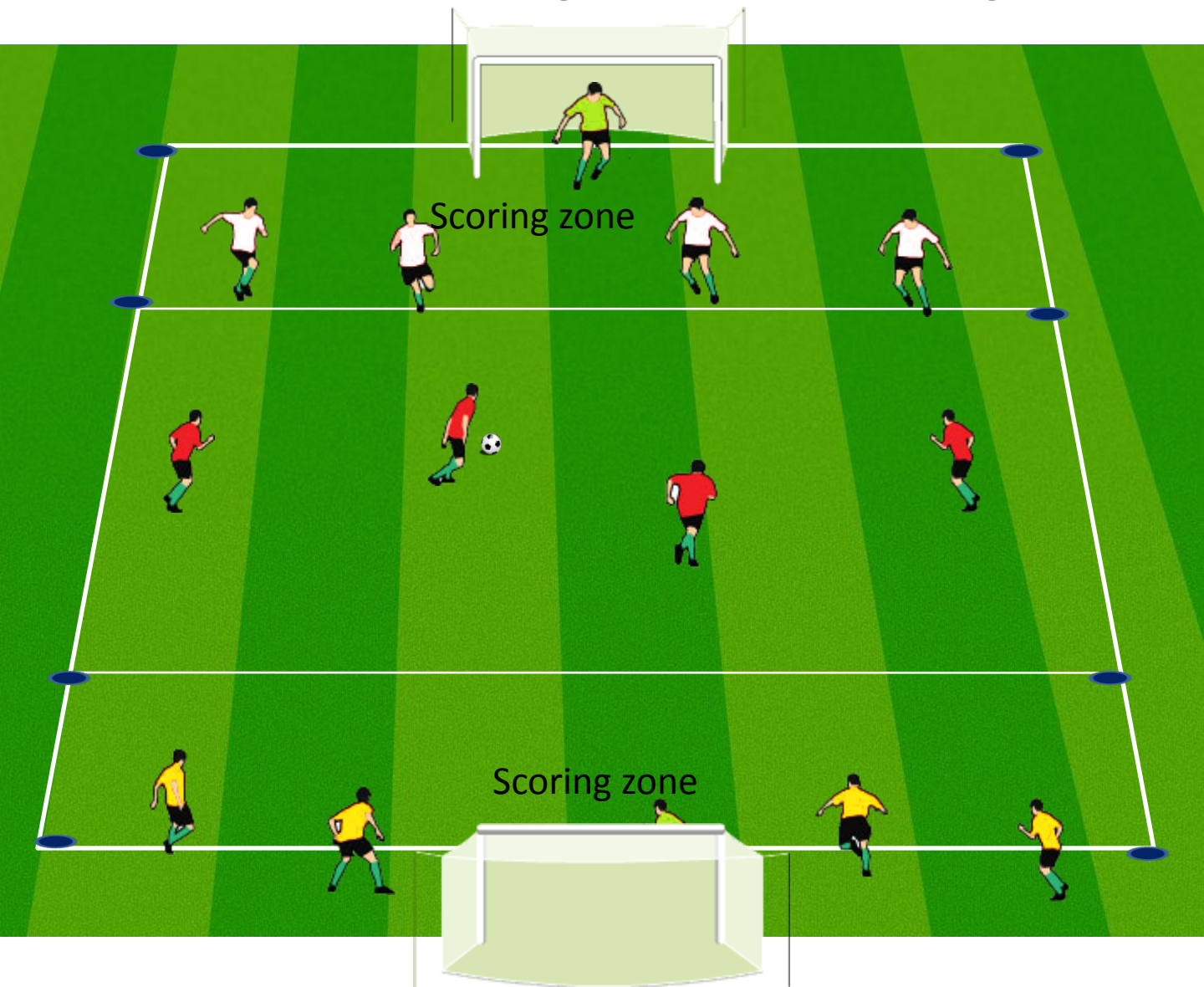


Objective

- ⌚ White players after 6-8 passes to each other, knock the ball thru the red defenders to the yellow players and then as a team close yellow team down
- ⌚ Red team will swap with whites
- ⌚ Yellow team repeat 6-8 passes and then pass thru whites for reds
- ⌚ Concentrate on pressure, support, cover, balance, dept of defenders

Progress to one team having 10 attacks (5 on each team then rotate teams)

4 v 4 defending practice on goal

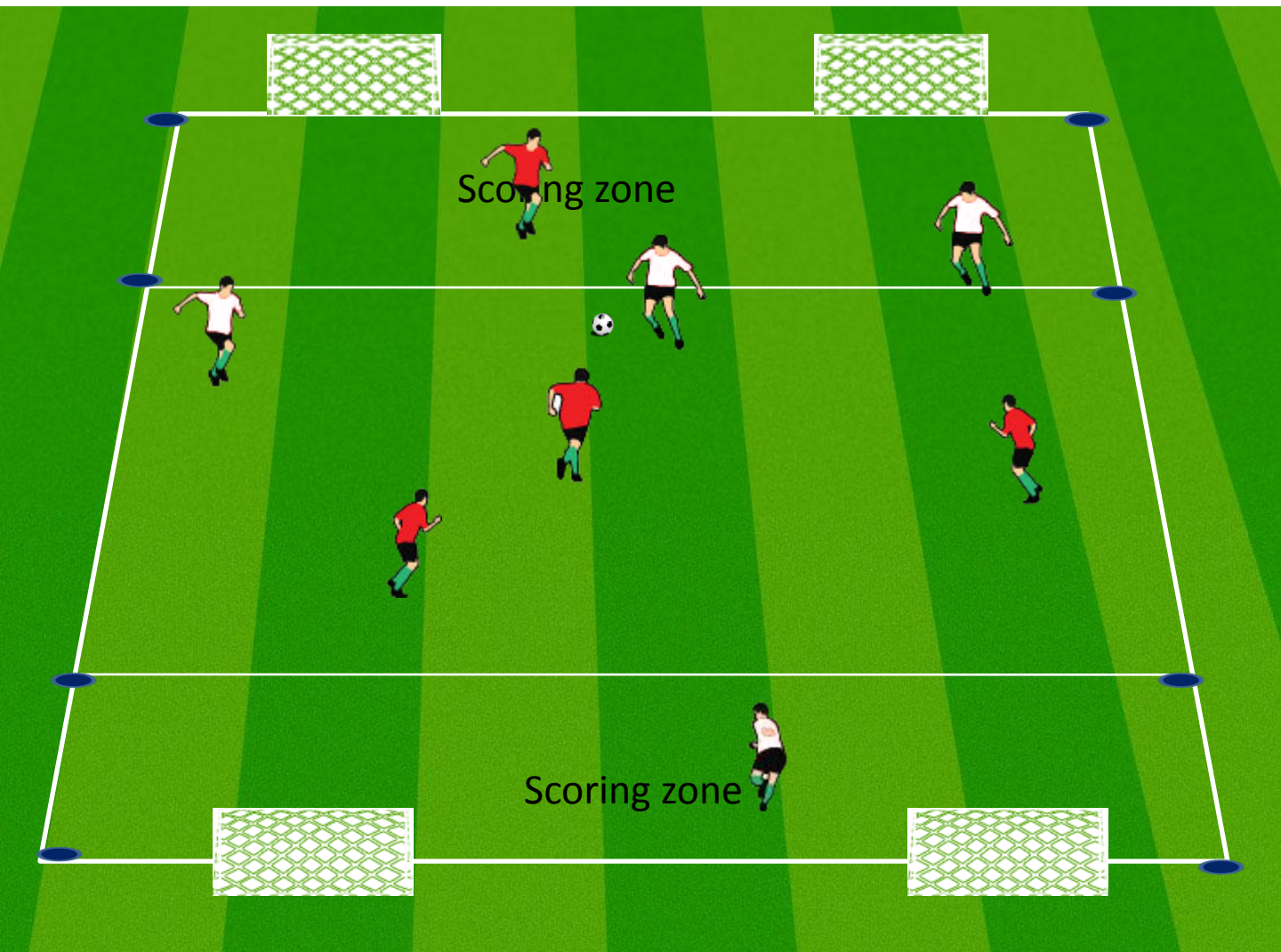


Objective

- ⚽ Reds take on whites and look to score
- ⚽ If whites win possession they attack the yellows
- ⚽ Continue this sequence
- ⚽ Concentrate on pressure, support, cover, balance, dept of defenders

Progress to one team having 10 attacks (5 on each team then rotate teams)

4 v 4 (with target player in scoring zone)

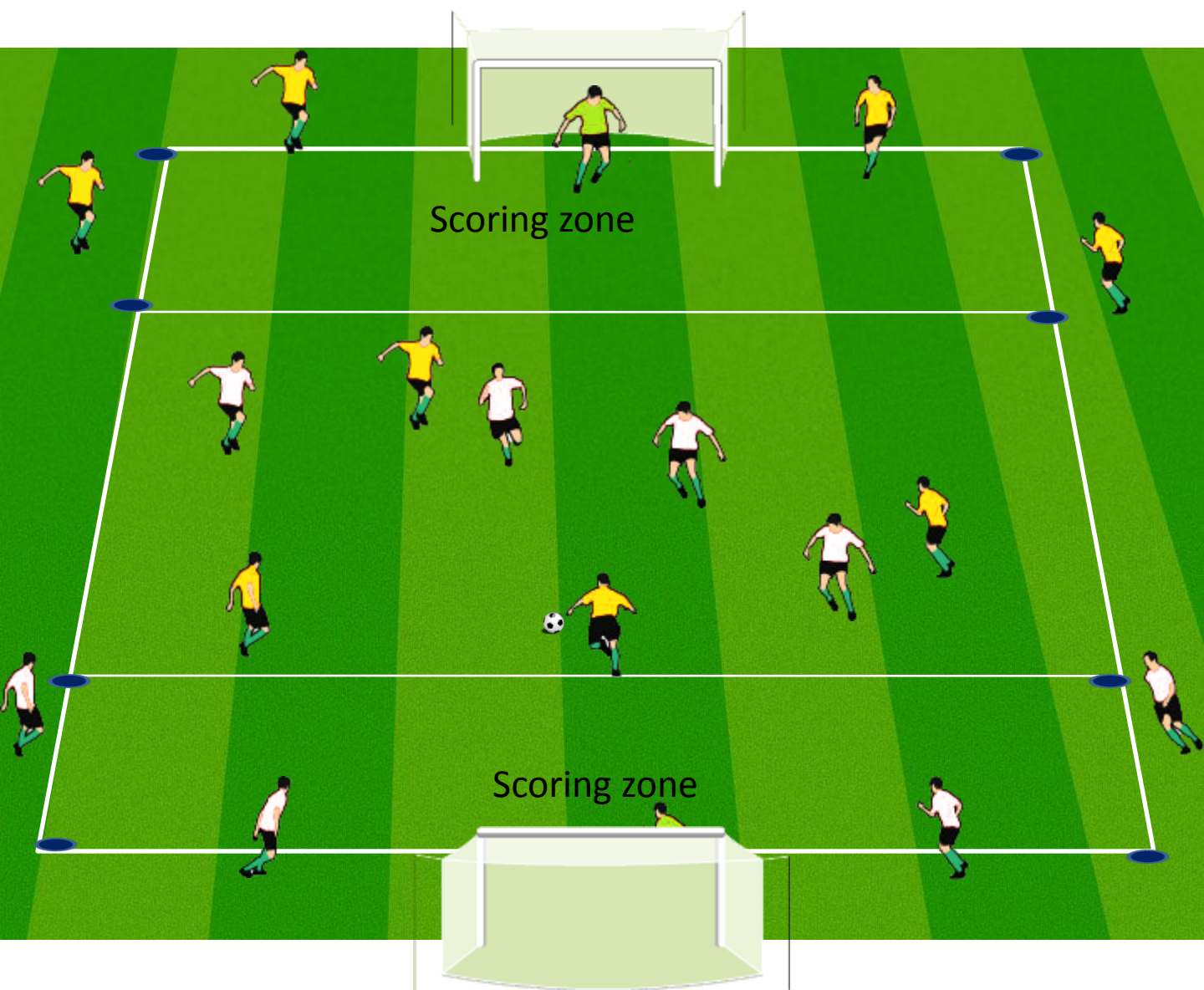


Objective

- ⚽ 3 v 3 in mid zone + target striker player inside scoring zone
- ⚽ Defenders must not enter scoring zone
- ⚽ Players in scoring zone to finish on 1 or 2 touch on either goal

Progress to striker linking with midfield passer to finish in scoring zone and defenders can now enter scoring zone

4 v 4 + 4 & GKs



Objective

- ⚽ Play 4 v 4 to keep possession and use side players for build up purposes and shots on goal
- ⚽ Score with thru pass to end zone and 1 or 2 touch finish
- ⚽ Score with long shots
- ⚽ Score with set ups

Progress to middle players changing positions with side players

4 v 4 in attacking box



Objective

- ⚽ Whites play 4 v 4 to combine and score
- ⚽ If yellow team win possession they now look to attack 2 wide goals
- ⚽ Rotate teams every 8 attempts
- ⚽ Continuous attacking and defending transitions

4 v 4 break out



Objective

- ⚽ Play 4 v 4 to keep possession and break out of mid zone to score
- ⚽ Progress to 2 players breaking out (one to cross and the other to finish)
- ⚽ Defenders need to keep good shape

4 v 4 + 2 neutrals break out



Objective

- ⚽ Play 4 v 4 + 2 to keep possession and break out of mid zone to score
- ⚽ Progress to 2 players breaking out (one to cross and the other to finish)
- ⚽ Continuous attacking and defending transitions

4 v 4 + 2 neutrals



Objective

- ⚽ Play 4 v 4 + 2 to keep possession and look for combination plays to score
- ⚽ Progress to 2 players breaking out (one to cross and the other to finish)
- ⚽ Continuous attacking and defending transitions

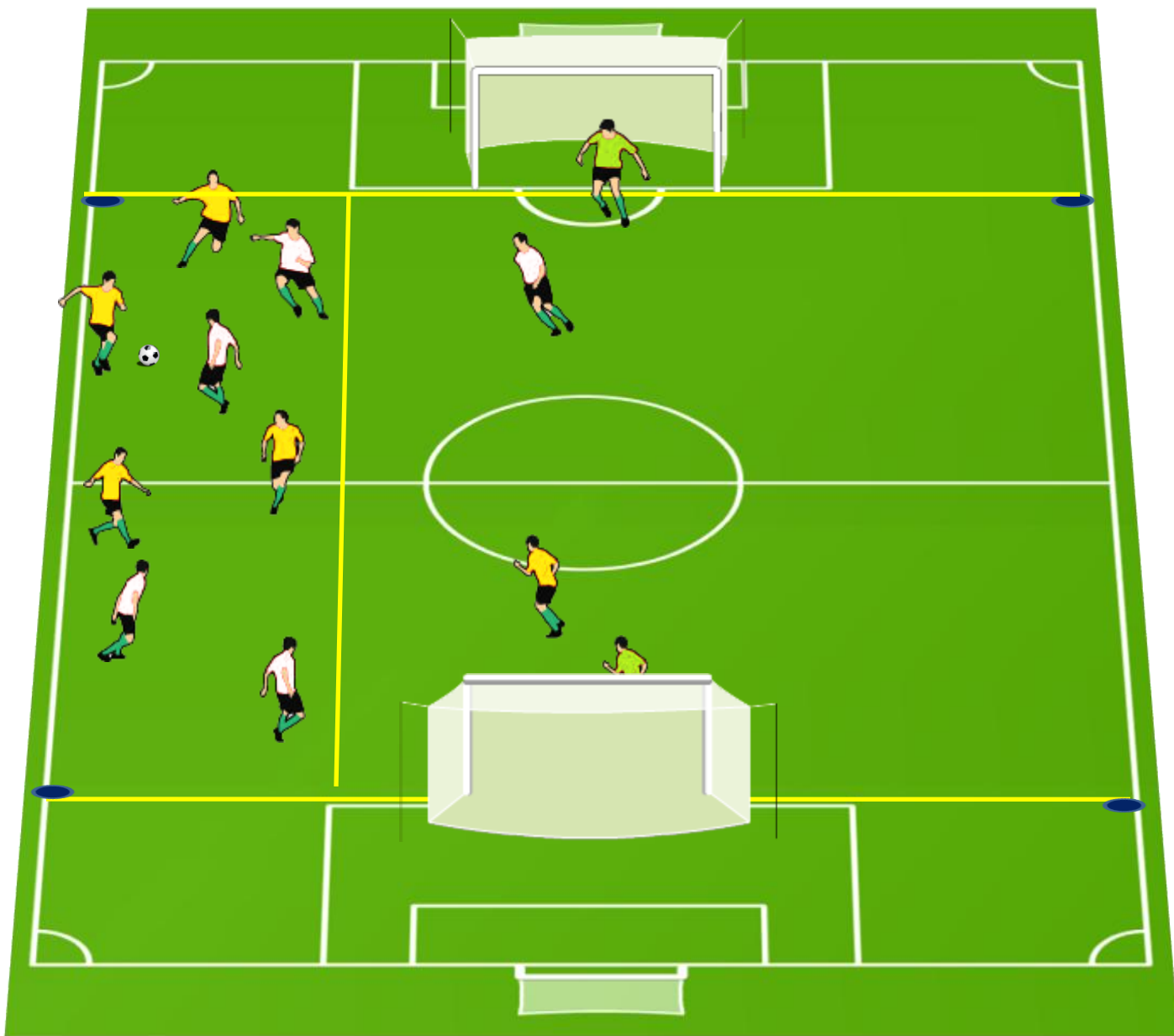
4 v 4 + 2 neutrals on wide goals



Objective

- ⚽ Play 4 v 4 + 2 to keep possession and look for combination plays to score
- ⚽ GKs have to protect both goals
- ⚽ Continuous attacking and defending transitions

4 v 4 + 2 strikers



Objective

- ⚽ Play 4 v 4 to combine for 6-8 passes before playing into striker
- ⚽ After completing passing into strikers all attacking players join him to score

Progress to adding defenders and then extra strikers. Use both wings.