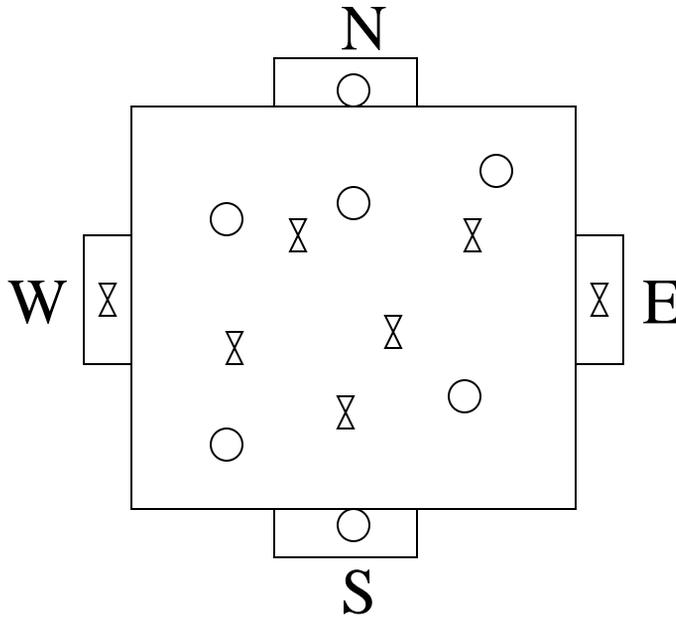




# CC United Soccer: 4 goal game related practice



4 Goal game related practice: Area of field 40 x 40 yards, 4 goals, 5 yards wide on each side of field north south, east and west. This practice works well with 14 players 7 v 7. The **O** players play from north to south and south to north. The **X** players play east to west and west to east. A good supply of balls at each goal is recommended. Reduce the dimensions to accommodate fewer players or younger players.

### ***Objective of the game :***

The O players in possession playing from north to south combine to get the ball to their target player. Having scored a point for getting the ball to the south target player they immediately attack the north target player. The O team are allowed to pass back to the south target player but only as a supporting player. No point is scored and the target player remains in the target area.

The objective for the X team is to gain possession and play from east to west and achieve the same objectives as the O team.

Play is continuous. if the X team plays the ball out of play it is returned in to play by a pass in from the O team and visa versa.

### ***Coaching points: Tactical:***

This practice creates awareness factors for the players as the ball is in constant transition from defense to attack. Players have to be aware of their role in the game and be aware of the position of their team-mates. Creating and retaining space, good communication between players is of up most importance.

### ***Coaching points, Technical:***

The practice demands good passing skills, close control when receiving the ball, and changing direction with quick good balanced movement

### ***Summary***

The CC.United staff adapted this training session from the winter clinics and found it very well received by the players as they are playing the game and in an intense situation being asked to make quick decisions and actions. This practice is hard work and requires short breaks to allow players to recover.

If the numbers allow the coach may involve 3 teams with two playing and one resting creating an aerobic session workout for the players. 2 five minute playing sessions and 1 five minute rest period.

This is a high intense session that can be both fun and challenging for your players.

***Good luck JT***