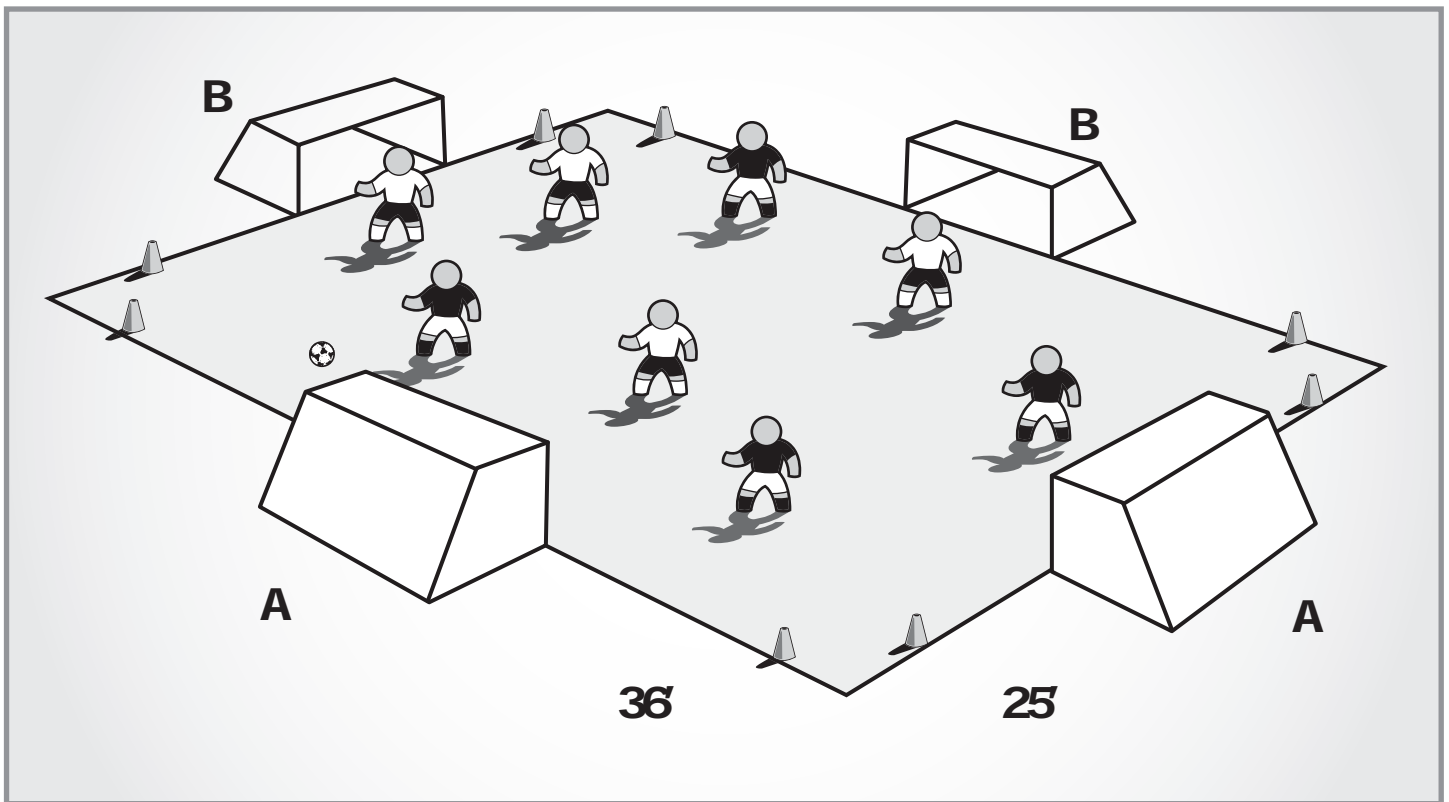


# Game to Four Goals

(Ages 9 -14)



## THE GAME

This game is used for U-10s to get them used to looking both ways, for U-12s to recognize numbers up and numbers down situations and for U-14s to switch the point of attack and speed of play. It could be also used to improve the defenders shifting and narrowing the field. Set up the field by dividing players into two teams of four players each. Both teams defend and attack two goals. The game lasts 20-30 minutes and the object of the game is to score on two small counter goals. The team that scores more goals wins.

**FIELD SIZE:** 25' long by 36' wide, with one 5' counter goal at each corner of the grid.

## COACHING POINTS

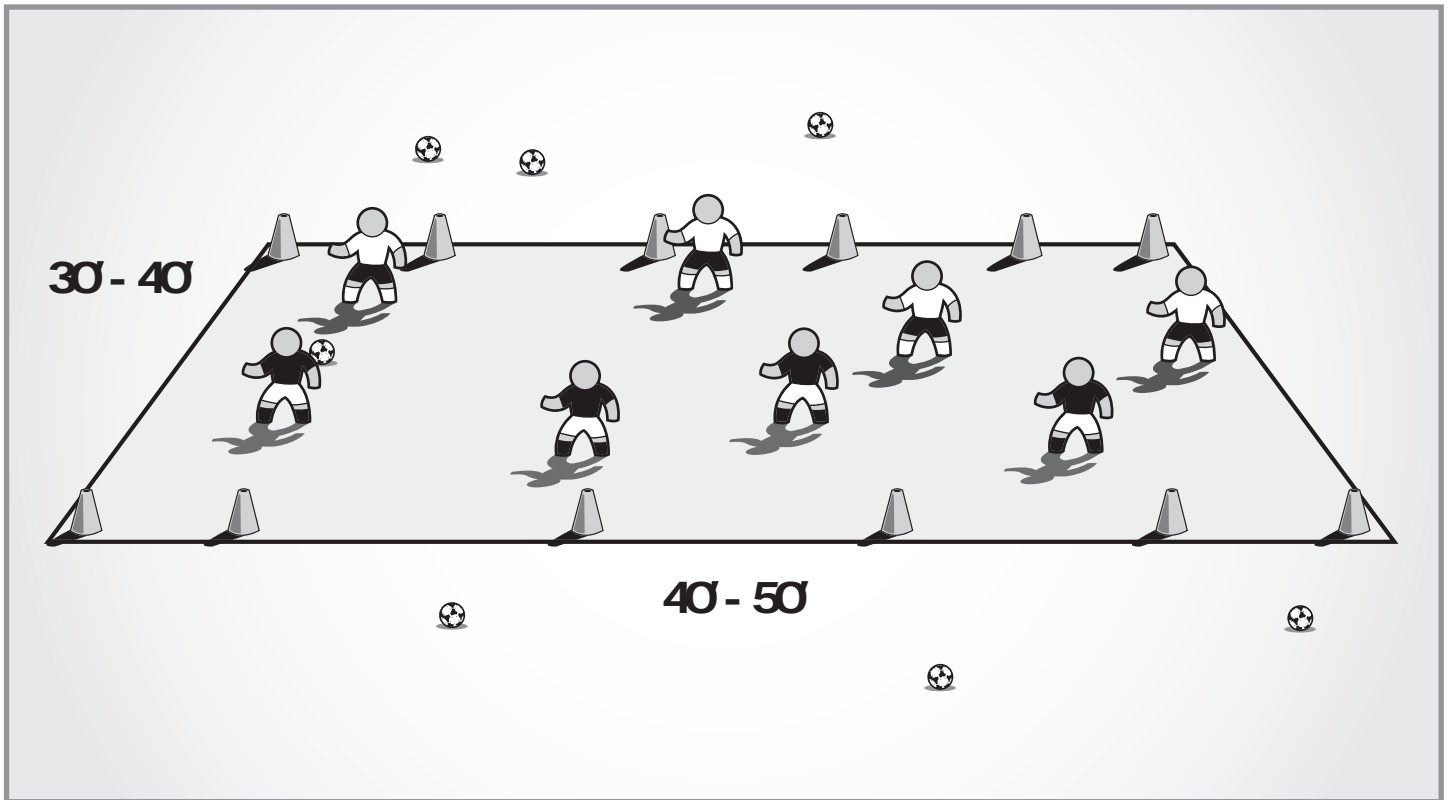
- First touch
- Preparation
- Looking both ways
- Playing the ball back then forward
- Coaching the movement off the ball by the two neutral players

## VARIATIONS

- U-10s - 4v4
- U-12s - 4v4 + 2
- U-14s - 4v4 + 2, the two neutral players must switch the ball whenever they receive it, everybody plays with a two-touch restriction.

# Six-Goal Game

(Ages 4-6, 12)



## THE GAME

Each team defends three goals and attacks three goals. Normal possession rules apply for balls that go out of bounds. Score is kept.

FIELD SIZE: 30'-40' long by 40'-50' wide

## COACHING POINTS

### ATTACKING

- Keep possession of the ball, make the defenders earn the ball instead of "giving" it to them
- Maintain good width to unbalance the defense
- Change the point of attack quickly

### DEFENDING

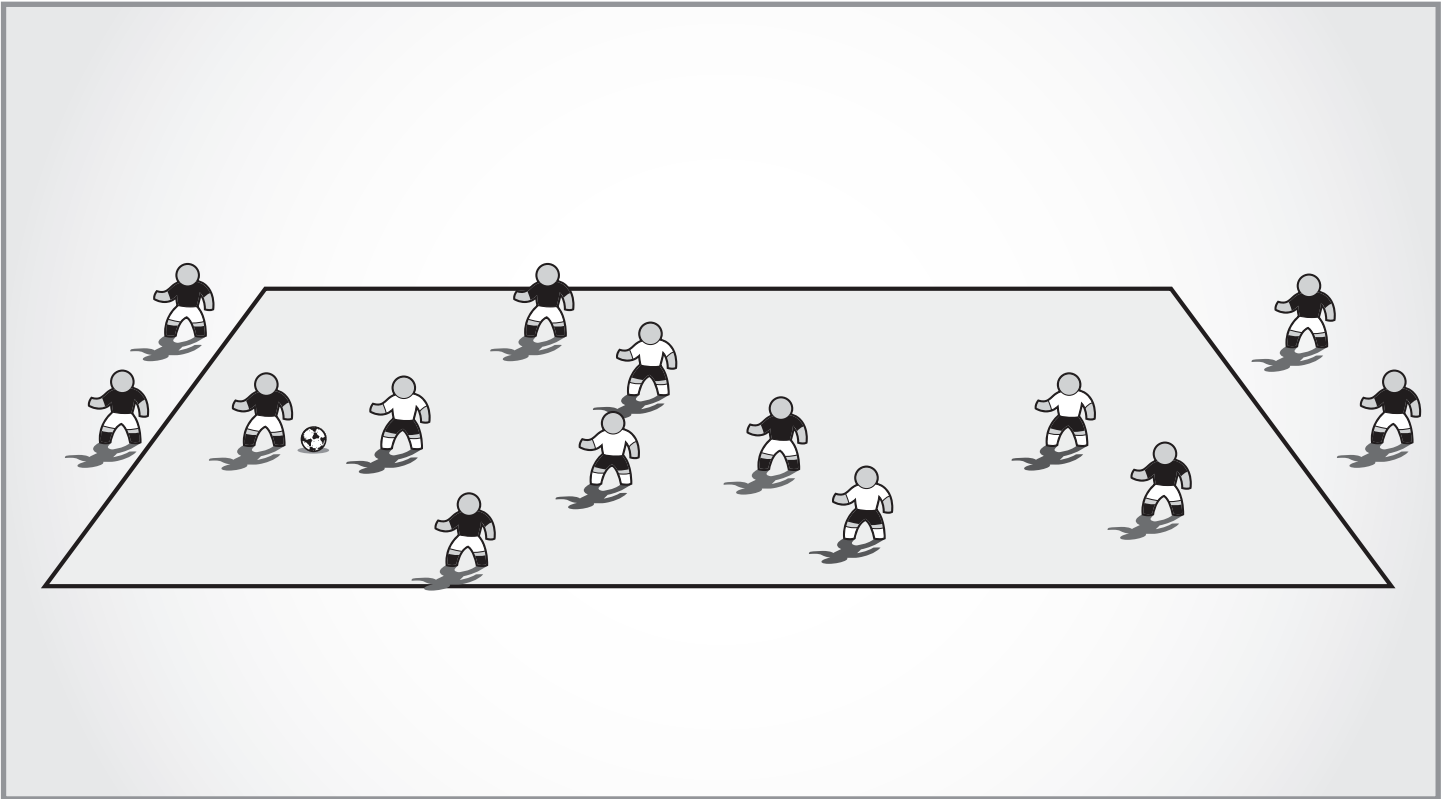
- Players must play a zone since defending three goals
- First defender must stay balanced and not "lunge" in, keeping the ball under pressure
- Make sure goals are covered first
- Provide good cover
- Keep spaces between the defenders tight
- Keep balanced as a team; if players overlap their zones, the attacking team will quickly switch the field and score

## VARIATIONS

- Play with four goals
- Play with no goals, scoring instead by dribbling the ball over the line or by stopping the ball on the line
- Play with a field that is longer than it is wide

# 5v 5 with Targets

A uthor — Sam Snow — U.S. Youth Soccer Director of Coaching Education



This is a favorite of mine. In this game the team in possession (here the black team) scores a point whenever it can play the ball to one set of targets and then, in the same possession, play the ball successfully to the set of targets at the other end of the field.

The reason I like this game so much is that it does several things; first it makes possession directional. There is a purpose for the possession, get to both sets of targets.

Second, the 360-degree nature of the game means both the team in possession and the team defending have to transition each time the ball is played into a target. Both teams are constantly trying to get into better positions to either help or defend the ball.

Finally, it is economical. It requires good technique. It requires good decisions. It forces all players, including the targets, to think in advance of the ball. Clean technique, good decisions equal improved speed of play.

## OPTION S

- 1) Put touch restrictions on the team with the ball
- 2) Put touch restrictions on the targets.

## COACHING POINTS

- 1) Coach the shape of the team. To support the ball well, the ball must always have a right, a left, a short through option and a longer through option.
- 2) Coach the shape of the player, the player needs to open himself to the field (e.g. backside to the outside) to be able to play the ball with the fewest touches.