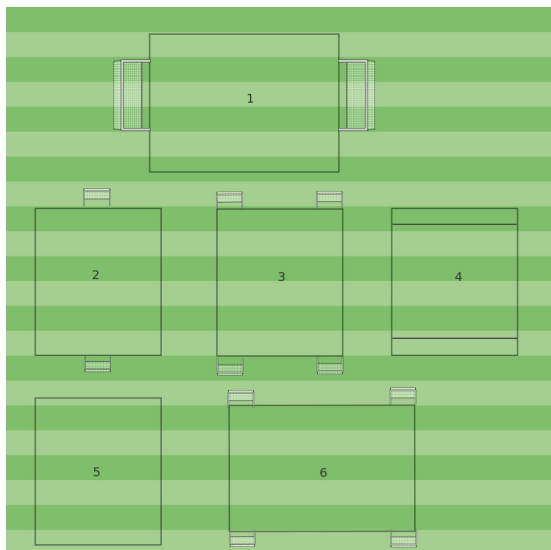


TRAINING EXERCISE

4v4 Palooza



Attacking Principles



U5 to Senior



to Players



Intensity:



00:00 min

(x 00:00 min, 00:00 min rest)

Objective

Various 4v4 games to teach the game of soccer through play

Description

Divide teams up accordingly by numbers (4v4 is best) 1/2 the teams in pinnies, 1/2 not in pinnies Play 5-6 min games, rotate pinnies one way and non-pinnies another way Teams may play each other more than once, but it will be on a different field
Field 1: 35x25 5v5 to big goals
Field 2: 30x25 4v4 to small goals
Field 3: 30x25 4v4 to wide goals
Field 4: 30x25 4v4 end zone game (pass and receive in end zone)
Field 5: 30x25 4v4 line game (dribble across the line to score)
Field 6: 25x35 4v4 wide field game

Key Points