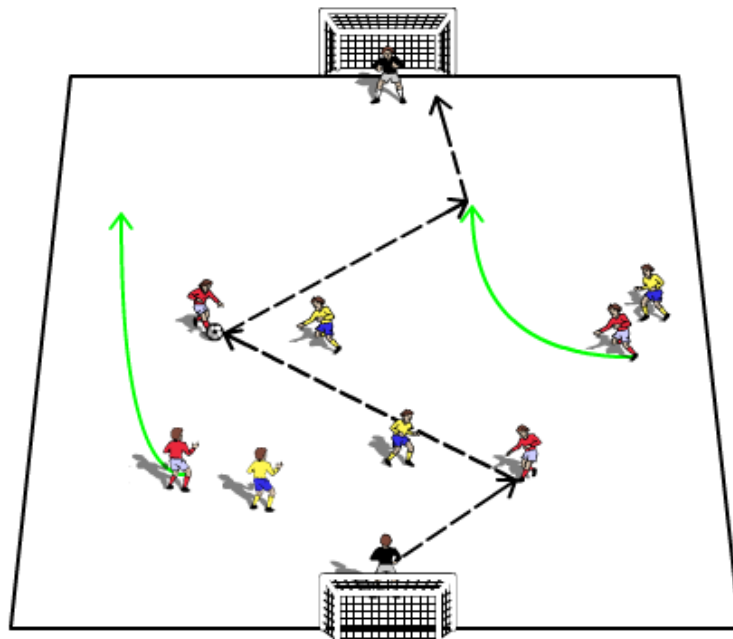




YESsoccer

Small Sided Games

GAME 1: 4v4 + Goalkeeper



Game Description

The 4 v 4 game is set out as above with the players encouraged to be in a basic diamond shape.

The coach should allow players to express themselves and encourage creative player movements in 1v1 situations. Minimum coaching from the sidelines.

Objectives

Introduce the basic shape with the striker encouraged to stay long, giving the team length. Width is provided by the two wide players and depth comes from the deeper central player.

Coaching Points

Attacking

- Go forward when you can
- Help the player with the ball by moving into space
- Use the full width of the pitch when your team are attacking
- Encourage good technique (passing, control, shooting etc)
- Long and Wide diamond shape to create space

Defending

- Try to win the ball back quickly
- Help the defending player by offering cover in space behind
- Short & Narrow Diamond shape
- Work together to deny space