



Conditioned Small – Sided Game: Width

Four Goal Game



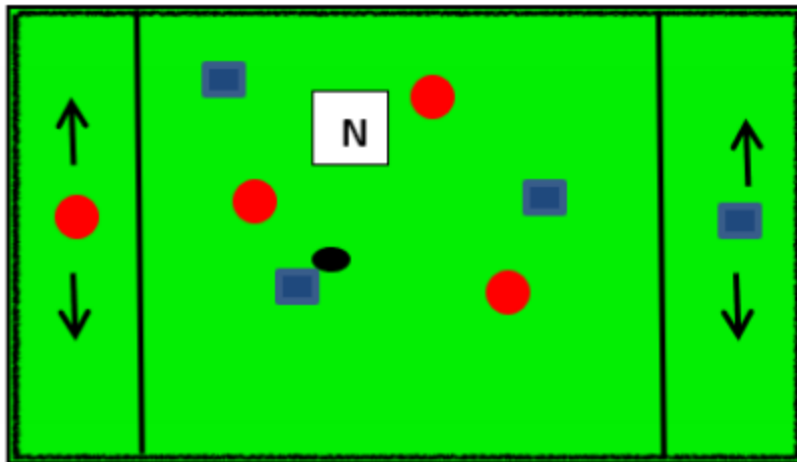
Principle: Width (Change the point of Attack)

Organization: 35x25m field with two goals at each end.

Procedure: Two teams of 3 or 4 attack opposite ends and try to score in either net in the attacking third. When one goal is being covered encourage play across the field to attack the opposite net.

Variation: Coach step in and play as a neutral player. Use target players on the end line to change the point of attack so team can score on the other net.
(Diagram Below)

3 V 3 + N to Targets



Principles: width, depth and penetration

Objective: to look for opportunities to play forward (penetration)

Target: successful pass to Target player is a goal. Procedure: While keeping possession, look for opportunities to play the ball forward to your target player (player in zone). A successful completion equals a goal. Coach restarts the play from the sidelines to keep the game going.

Coaching pts: When Why and how can I go forward?