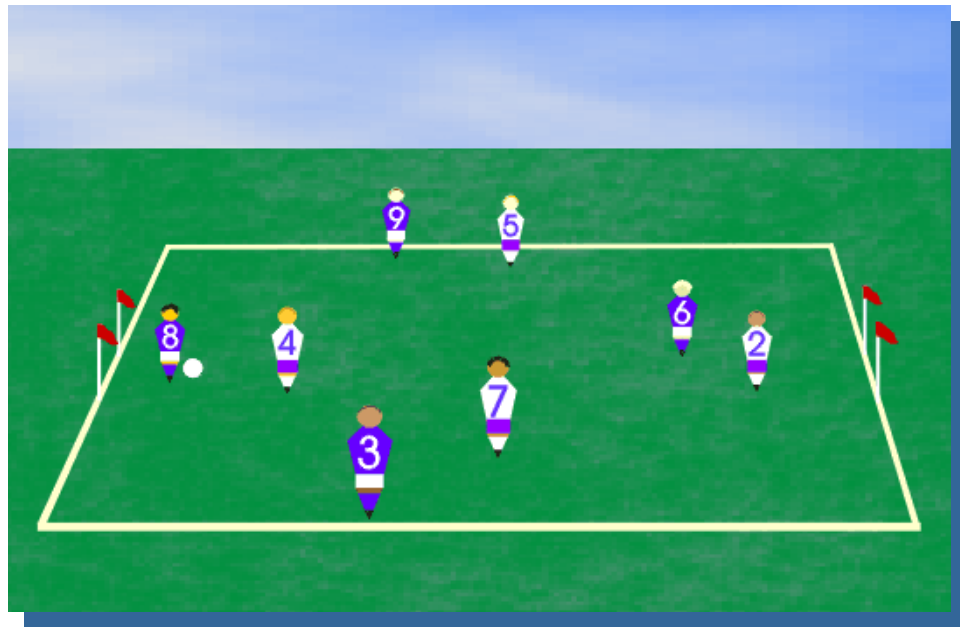


## 4 v 4 Technical/Tactical Functional Training



### 4 vs. 4 Basic Game

- Smallest form of real soccer.
- Contains all of the directions, lines and principles.
- Positional game.
- Introduces tactical solutions.
- Two goals opposite each other.
- Adjust size of field and/or goals.
- Larger goals require better defending.
- Most common use of this training tool.

Within the 4v4 game several aspects of all four components of the game can be taught. Certainly specific soccer fitness will occur in this environment, so the coach is able to apply the S.A.I.D. principle here. Furthermore many types of mental skills can be taught and/or reinforced while playing 4-on-4. The majority of coaches will likely give their attention to various tactics and techniques when using four-a-side as a coaching tool. Here are the details of what could be taught within those two components of the game.

### ***TECHNIQUE***

- Dribbling – including take-overs
- Heading – all types
- Passing
  - Bent passes
  - Chip pass
  - Combination passes
    - Double pass

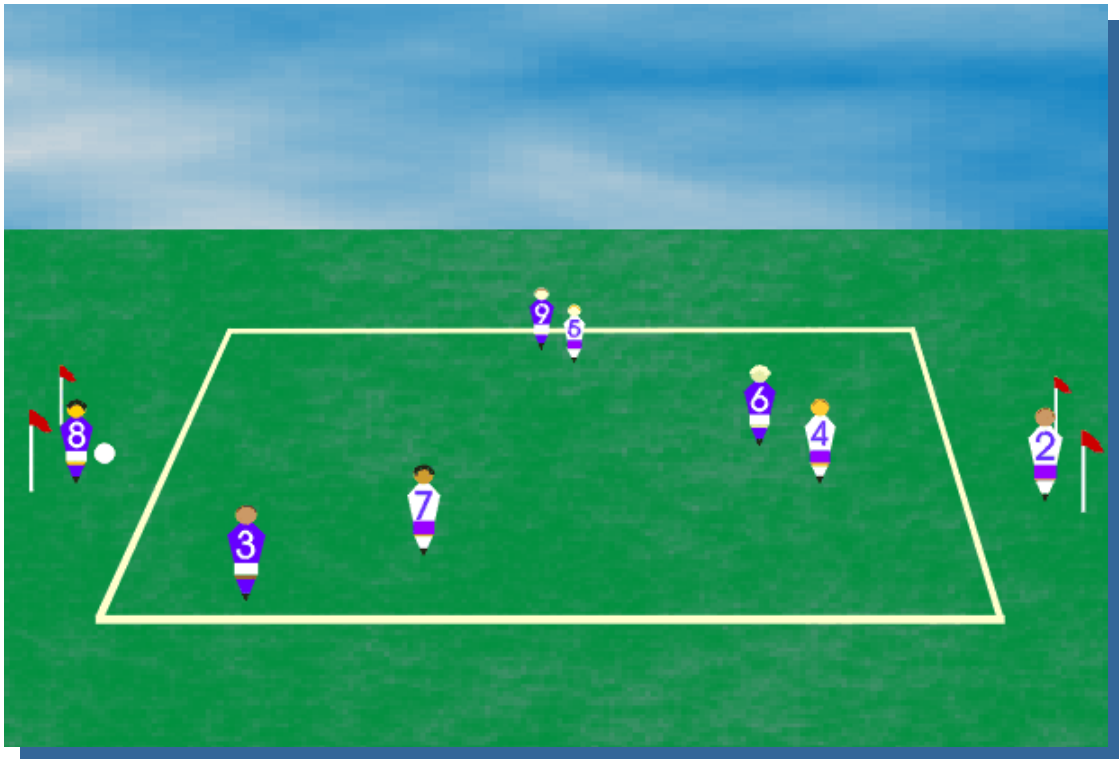
## US YOUTH SOCCER

- Passing off of checking runs
- Wall pass
- Flicks
- Heel pass
- Instep driven pass
- Knock-offs
- Push passes
  - Backwards
  - Diagonal
  - Square
  - Through
- Toe poke pass
- Receiving – all types
- Shooting – all types
- Tackling – all types
- Throw-ins

### ***TACTICS***

- All Principles of Play
- Roles of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> attackers and defenders
- Individual tactics
- Small group tactics
- Fundamental team shape
- Restarts
- Man-to-man or zone defense
- Direct or indirect offense
- Horizontal compactness
- Vertical compactness

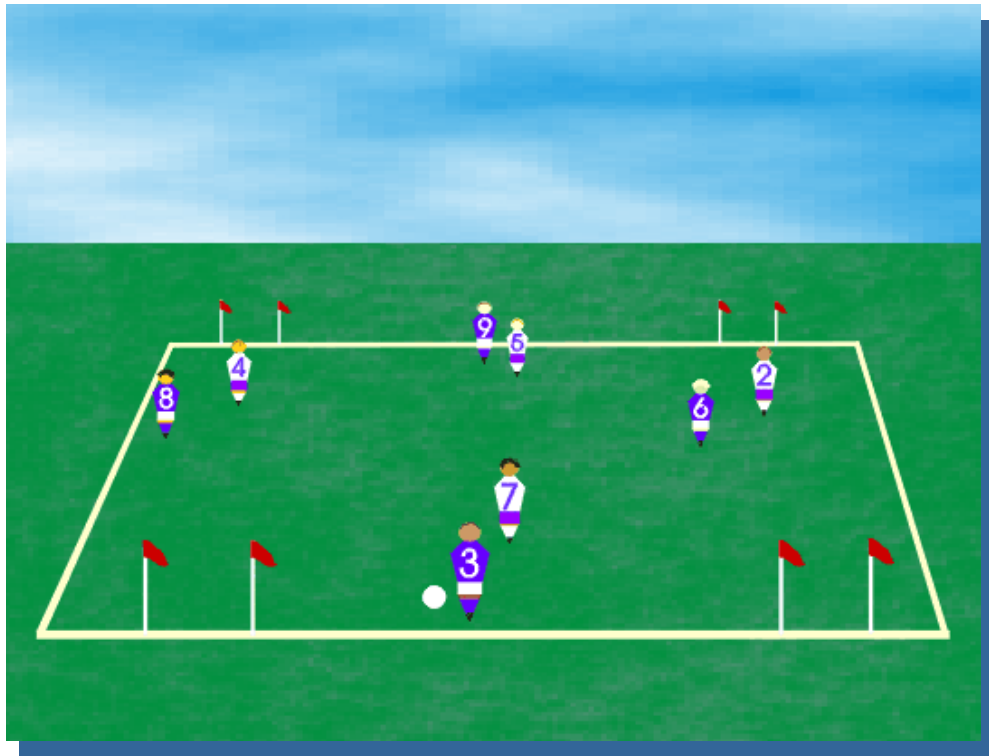
## US YOUTH SOCCER



### Recessed Goals

- Creates neutral zone.
- Forces long range shooting.
- Can create uneven numbers on the field.

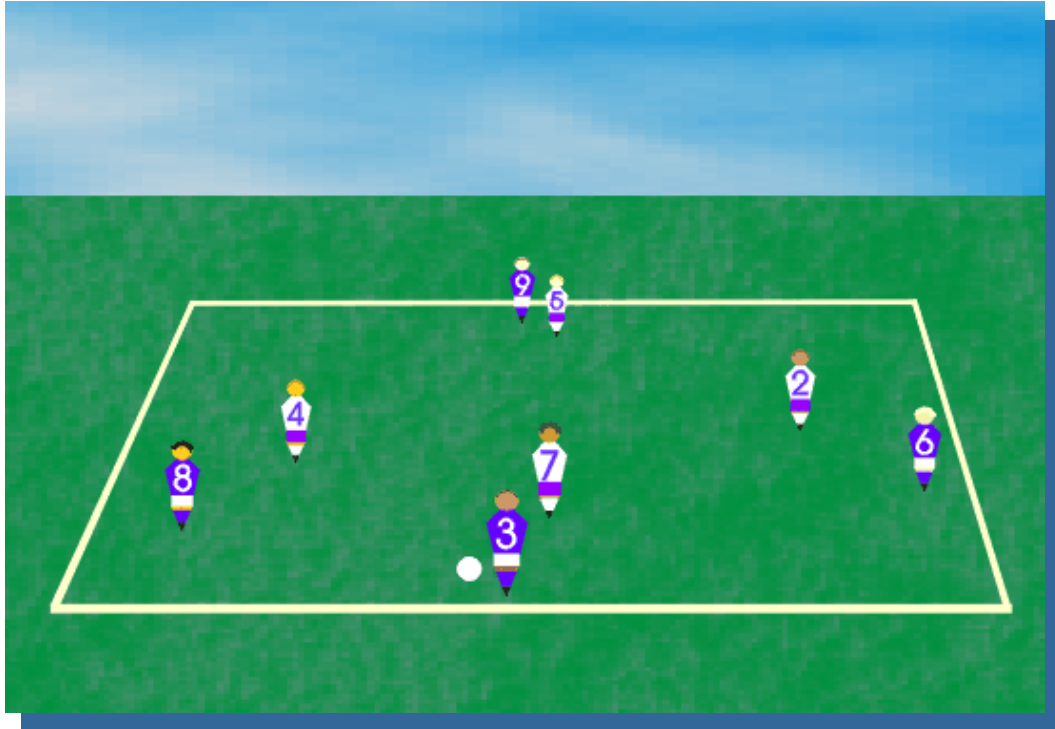
## US YOUTH SOCCER



### 4 Goal Game

- Creates opportunities to play across the field.
- Field is wider than long.
- Awareness of space and numbers.
- Clear zonal responsibilities.

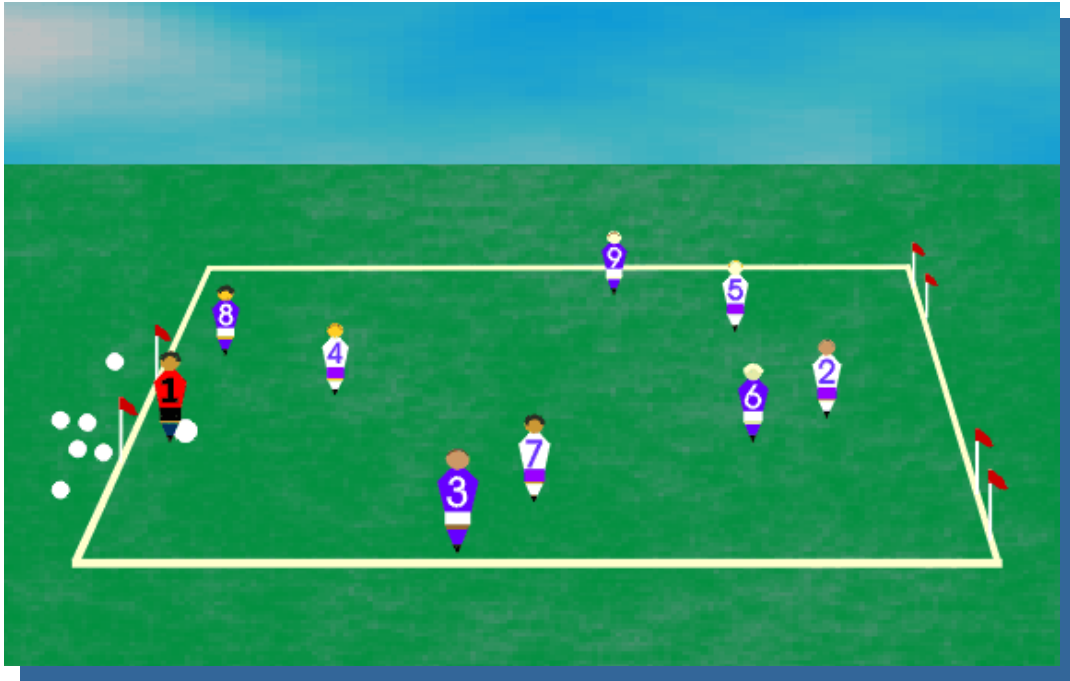
## US YOUTH SOCCER



### Line Soccer

- Creates midfield situations.
- Lengthens the field.
- Slows tempo.

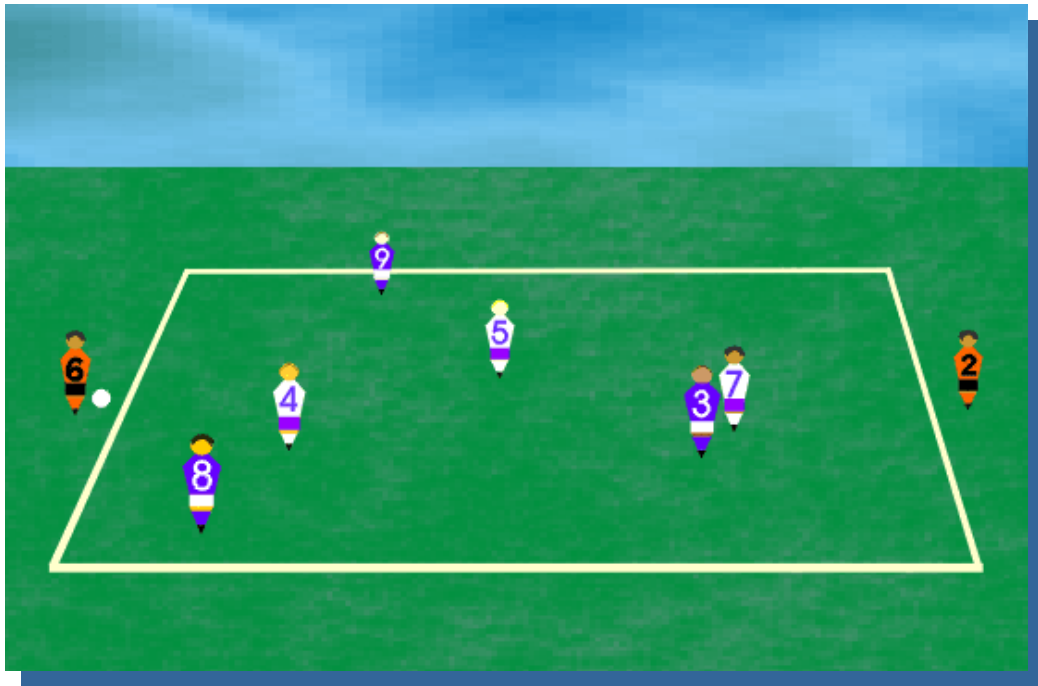
## US YOUTH SOCCER



### Combined Goals

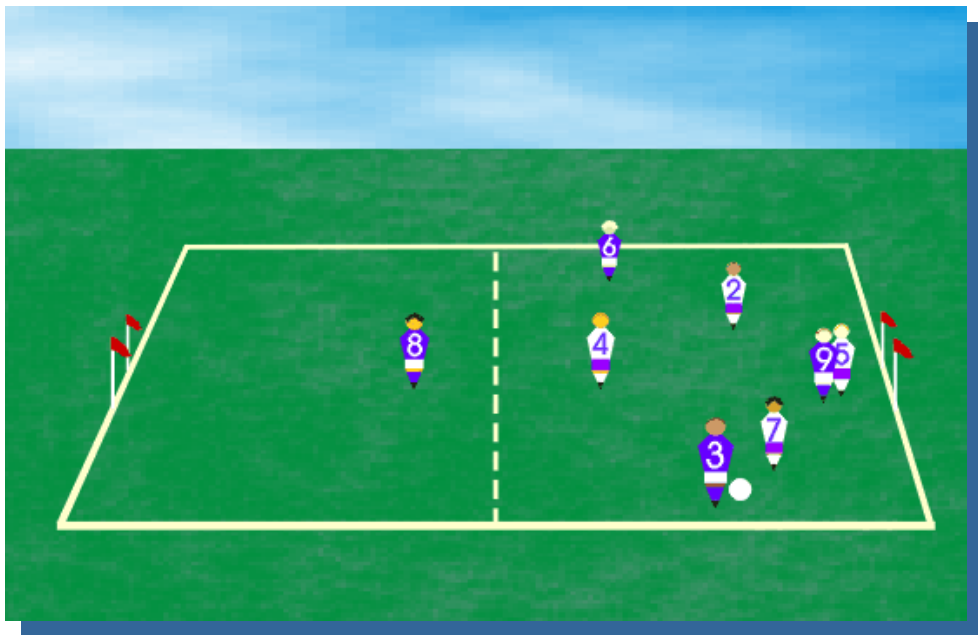
- Different goals create different needs.
- Can be used in unequal numbers games.

## US YOUTH SOCCER



### Targets

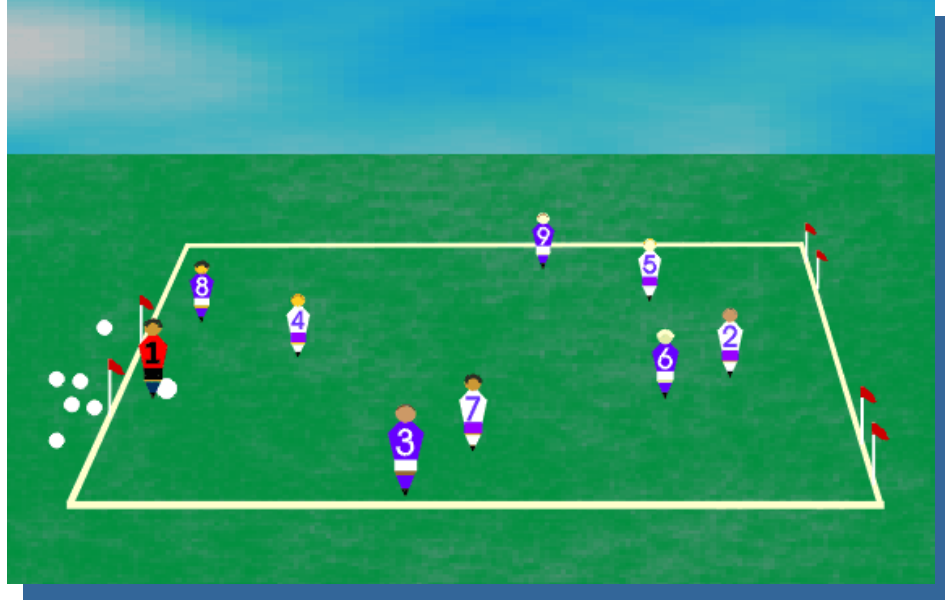
- Adds mobility.
- Creates a high speed game.
- Good training for concentration.



### Free Form Games

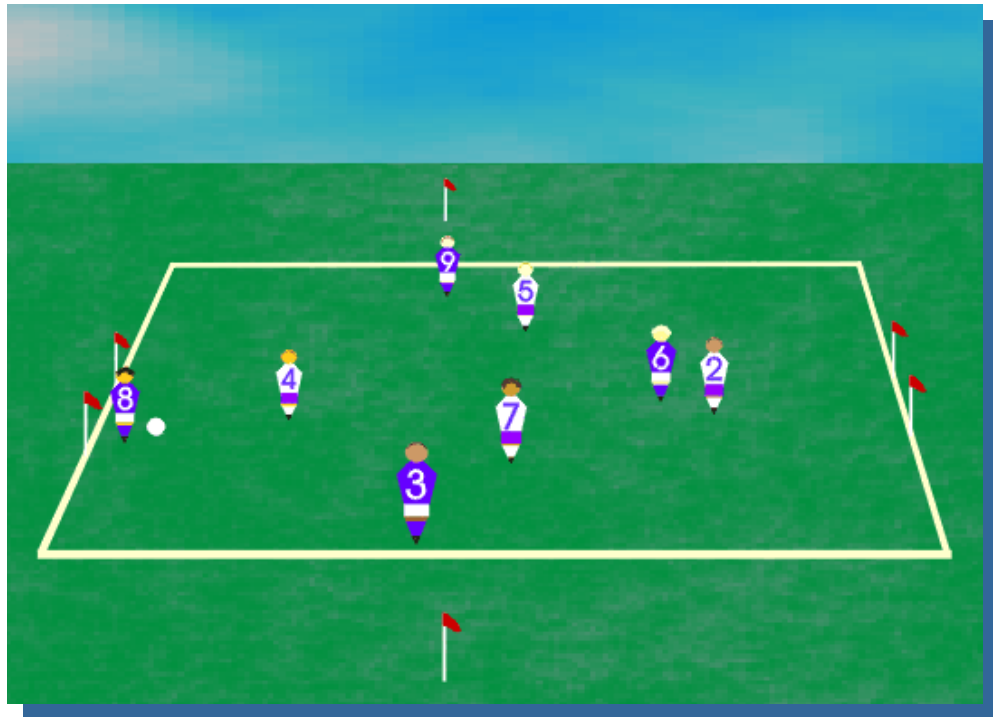
- Rules don't interrupt the flow of play.
- Rules apply for both teams.
- Good for one general lesson.

## US YOUTH SOCCER



### Restarts

- Leads into learning point.
- Increase difficulty level.
- Quick turn around for game mentality.

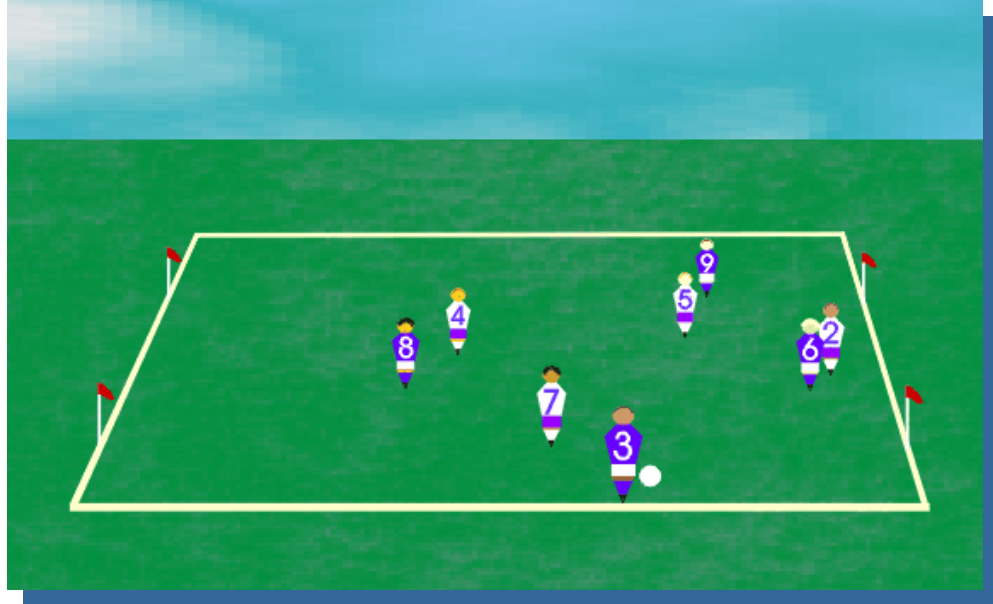


### Consequence Games (Conditions)

- Reward positive behavior.
- Punish negative behavior.
- Teaches ownership.



## US YOUTH SOCCER



### Limiting Factors (Restrictions)

- Modifies behavior.
- Creates specific pictures and situations.
- Applies to both teams.
- Do not use rules that detract from the lesson.
- Do not interrupt the game.

Sam Snow  
Director of Coaching Education  
US Youth Soccer