

4v4 with Servers: Re-circulating your attack!



The Set-up: (as pictured) Designate 3 teams of 4 by color (grey/white/red). Play on an area the full width of the soccer field x approximately 40 yards long. Use one large goal and three counter goals (pugg goals or discs). Coach should position him/herself in a manner that he/she can enforce the off-side law and observe the movements of the attacking team

The Exercise: The grey team begins the exercise by serving a ball into the white team who attacks the large goal defended by red. A live 4v4 ensues until a ball goes out of bounds or is scored. If red wins the ball they attack any of the three counter goals. Immediately after the ball is scored or has gone out of bounds, a white player should check back to a different grey server to collect a new ball. Coach can designate which Grey serves the ball in to make sure only one ball gets played at a time. The white attackers should adjust their runs to the new ball location while the Red defenders should reorganize themselves as well.

Focus:

- Finishing in the final third
- Readjusting your runs offensively
- Readjusting your position defensively
- Quick transition
- Fitness

Rotation: (each period should be 4 minutes long)

- Attack to Defense
- Defense to Server
- Server to Attack