

4 GOAL GAMES

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4 goal games are a great way to improve a footballer's technical and tactical skills, as well as their physical conditioning.

These games are typically played on a smaller pitch with fewer players, which allows for more touches on the ball and more opportunities to practice specific skills and tactics.

GENERAL

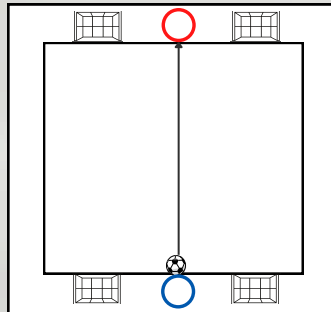
In this sheet, I will present our top 4 goal games that can help footballers improve their game. Each game is designed to focus on a specific aspect of the game, such as passing, shooting, dribbling, pressing, or defending.

I have left out pitch sizes as these can vary depending on the level of player you are working with and variables like this are best judge by you, their coach.

I haven't included many coaching points as these exercises can be used to coach many aspects of the game.

1v1 to Goal

DRIBBLING & FINISHING

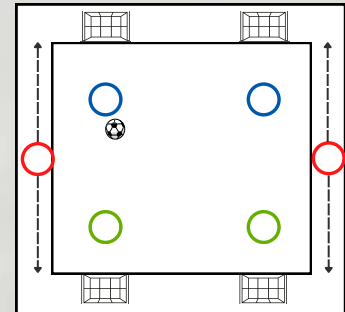


Set up a small pitch with 4 goals at opposite ends. Player 1 passes to player 2, who tries to dribble past their opponent and score in either of the goals.

The player who scores stays on the pitch.
Player who concedes rotates out.

2V2+2

PASSING & MOVEMENT OFF THE BALL

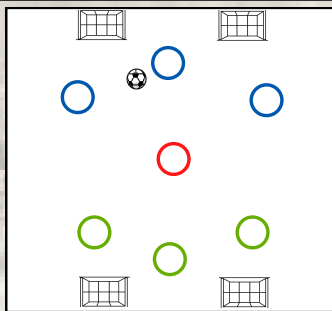


Divide the players into 3 teams of 2. Blues play greens, with the team in red being the "jokers", who play with the team in possession.

The team with the most goals after 2 minutes stays on, losers swap with the reds.

3V3+1

IMPROVE DEFENDING

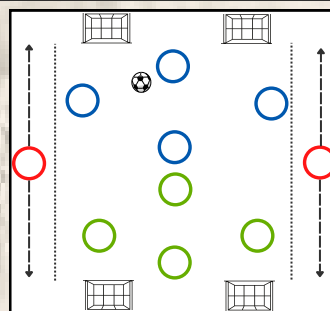


3v3 with a joker, who plays with the team in possession.

If you find that defending teams are sitting deep, then introduce a rule that X number of passes equals a goal.

4V4+2

SWITCH THE POINT OF ATTACK

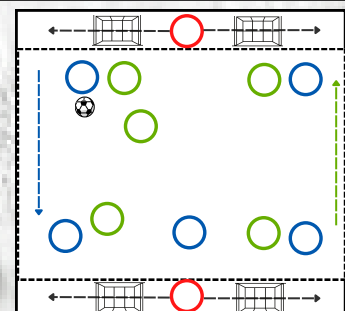


4v4 with 2 jokers, who play with the team in possession.

Can teams use the wide players to move the defenders and then quickly switch the ball across to a free player?

5V5+2

PLAY OFF A CENTRAL PLAYER

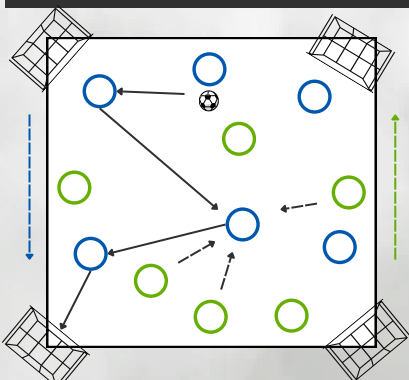


5v5+2, who play with team in possession.

Can teams retain possession & penetrate via the jokers? Teams need to "play off" the joker at the opposition goal via forward runs.

6V6

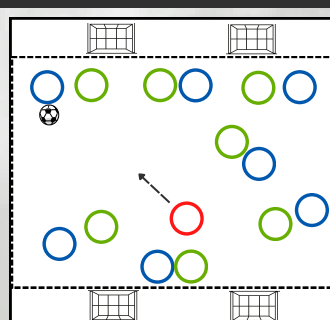
PLAY IN TIGHT SPACES



6v6 on a pitch that is tight enough for pressure to be applied to the player on the ball. Teams need to score in the corner goals (hang coloured vests/bibs on the goals to help the players). Can you play into the middle to attract pressure and open up space wide?

7V7+1

PLAY IN THE POCKET



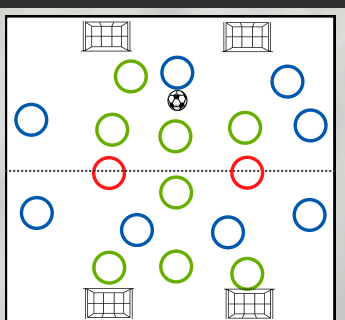
Set up a small pitch with 4 or 2 goals. Divide the players into 2 teams of 7, with 1 joker starting in the center of the pitch.

The joker plays as a false nine, dropping deep to receive the ball & create space for the other players.

The team that scores the most goals wins.

8V8+2

COORDINATED PRESSING



4v4 in each half but the ball can only be transferred forward into the other half via the 2 jokers.

This encourages the team defending in the opposition half to cover passing lanes and coordinate their pressing.

4 goal games are great! I use them all the time because players love them and they teach so many aspects of the game. If you add rondos and positional play exercises to the mix, then you supercharge your training sessions.

If you ever need further help with coaching, then you can speak to me via www.360tft.com or my [Online Community](#)