

FIRST TO FOUR

Session Objective:

Looking for players to find space and use awareness of the playing area to create and score goals. Players need to show good problem solving in possession and out of possession to win the game. Fast transition to catch opponent out of position.

Progressions:

1. Dribble through the scoring gates.
2. Pass to a team mate through the scoring gate.

Coaching Points:

- Good movement to create passing options
- Create good passing angles
- Quick combinations
- Firm Passes.
- Support the player on the ball
- Be creative
- Act fast on transition

Duration:

15 minutes

Ability:

Development

No of Players:

6+

Technical/Tactical

Passing
Receiving
Body Shape
Awareness
Movement
Scanning
Finishing

Physical

Fast Tempo
Fast Mind
Running
Tackling
Twisting/Turning
Protecting the ball

Psychological

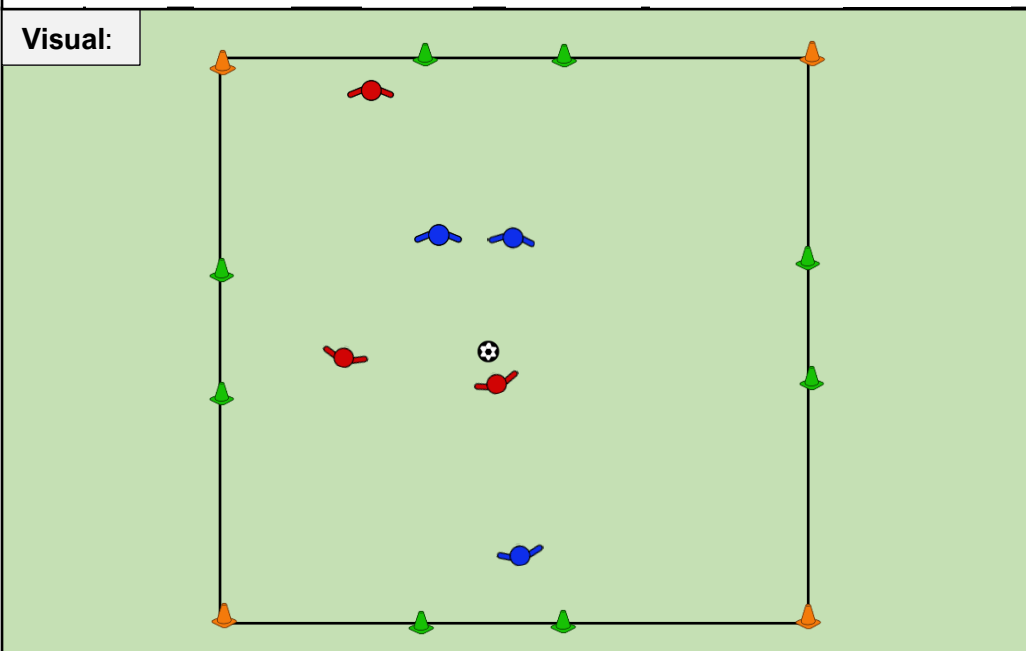
Decision Making
Thinking ahead
Problem Solving
Positioning
Movement

Social

Communication
Teamwork
Fun
Competition



Visual:



Description:

In a 26 x 26yd area set up as in the visual.

Coach starts. Teams must score in each of the 4 goals to win the game. Once a goal has been scored in one of the goals, then that goal is out and not needed again, any further goals in that goal will be discounted.

If a team scores they retain possession.

X3 Games

Equipment:

Balls

X3 Blue Bibs

X3 Red Bibs

X4 Dome cones to create playing area

X8 cones to create scoring gates.