

30 Street Games

Taking 4v4 Games Back To The Streets



Ben Trinder



**“You’ll discover more
about a person in an hour
of play, than in a year of
conversation”**

- Plato

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Introduction

Firstly, thank you for downloading this book.

Like many youth coaches across the world, I am fascinated by Dutch coaching methods and the way their youth coaches use 4v4 small sided games, alongside high quality technical coaching, to develop their players. The Dutch youth development system has an unrivalled conveyor belt of talent for many years now.

This idea of organising the children to play in, and take ownership of, small sided games, engaging them in different problem solving scenarios, has inspired me to collate my ideas for this book. What you will see in the following pages is nothing new and a lot of these games are based on playground games we all used to play as kids at school and in local parks.

Modern research shows that playing 4v4 games is statistically proven to increase the amount of opposed touches young players have on the ball. More specifically, 4v4 research shows an increase in the number of passes, dribbling opportunities, 1v1 exposure and goal scoring opportunities by as much as 200% when compared to 7v7 and 9v9 games. In my opinion, 4v4 games are a vital practical learning tool in any young player's development, at any level of the game.

All the games in this book are aimed at young players in the pre-academy and foundation phase - 6 to 11 years old. Although, all games can be used or adapted to suit older players and adults.

I hope you enjoy the sessions and content of the book.

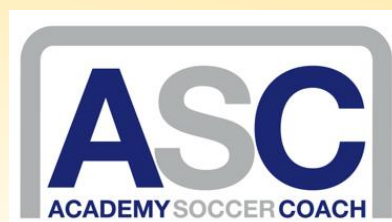
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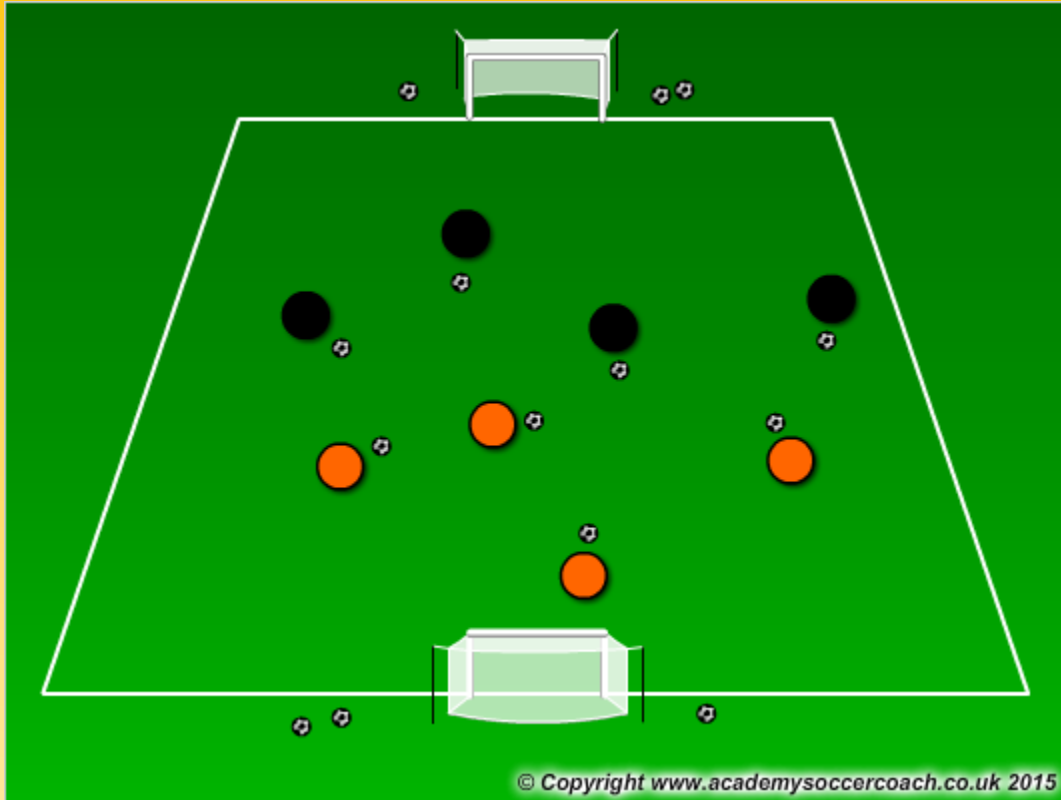
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Ball Each Game

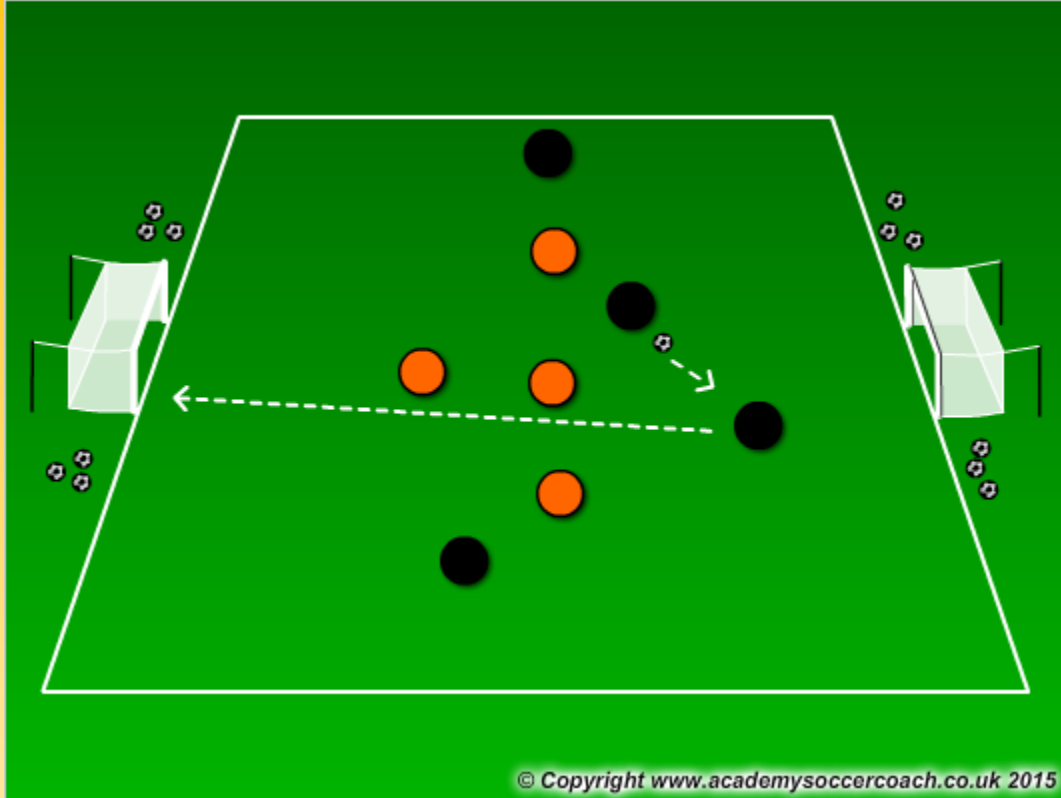


Set up – 20x20 pitch. 2 goals

The Game – Two teams, all players start with 1 ball each. The aim is to score as many goals as possible until there are no footballs left on the pitch. If a ball goes off the pitch, players can restart with a pass or a dribble.

Progressions – Add a 5 yard finishing zone to challenge players.

Shoot on sight

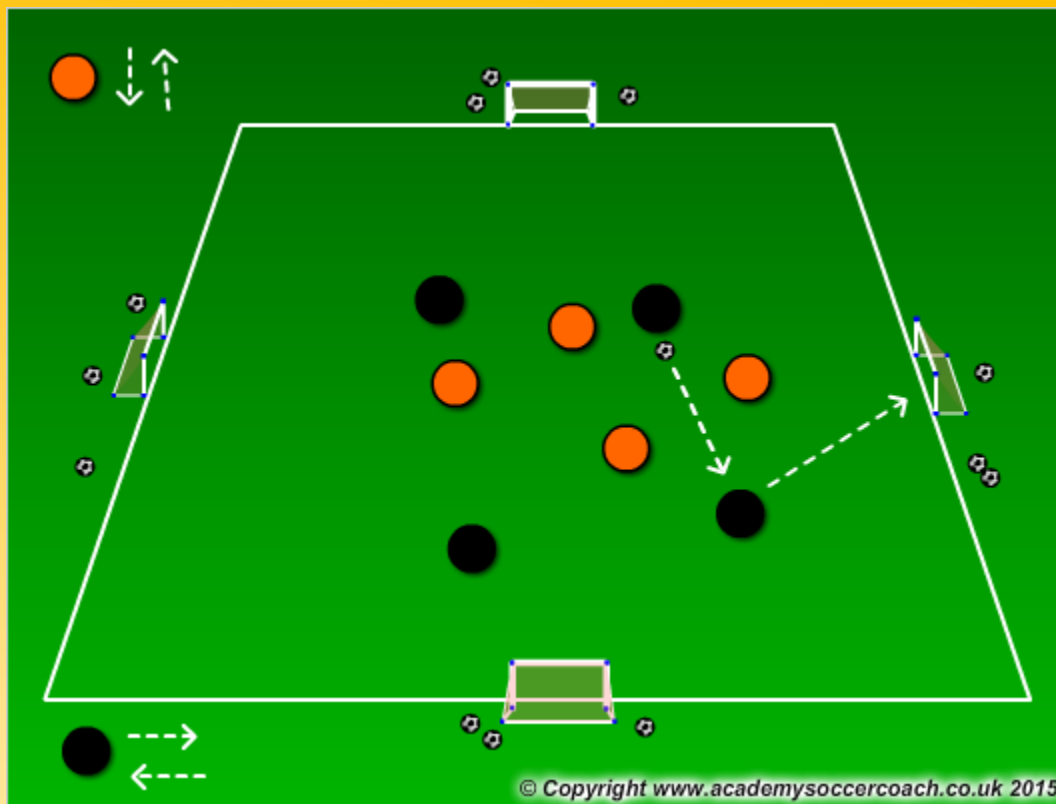


Set up – 20x30 yard area (wide pitch). 2 goals.

The Game – 4v4 game on a short and wide pitch to promote quick shooting when there is time to do so. The width allows both teams to keep possession until the time is right to shoot at goal.

Progressions – First time shooting/finishing to challenge the players shot selection. For example, to curl or to drive the ball.

North/South v East/West

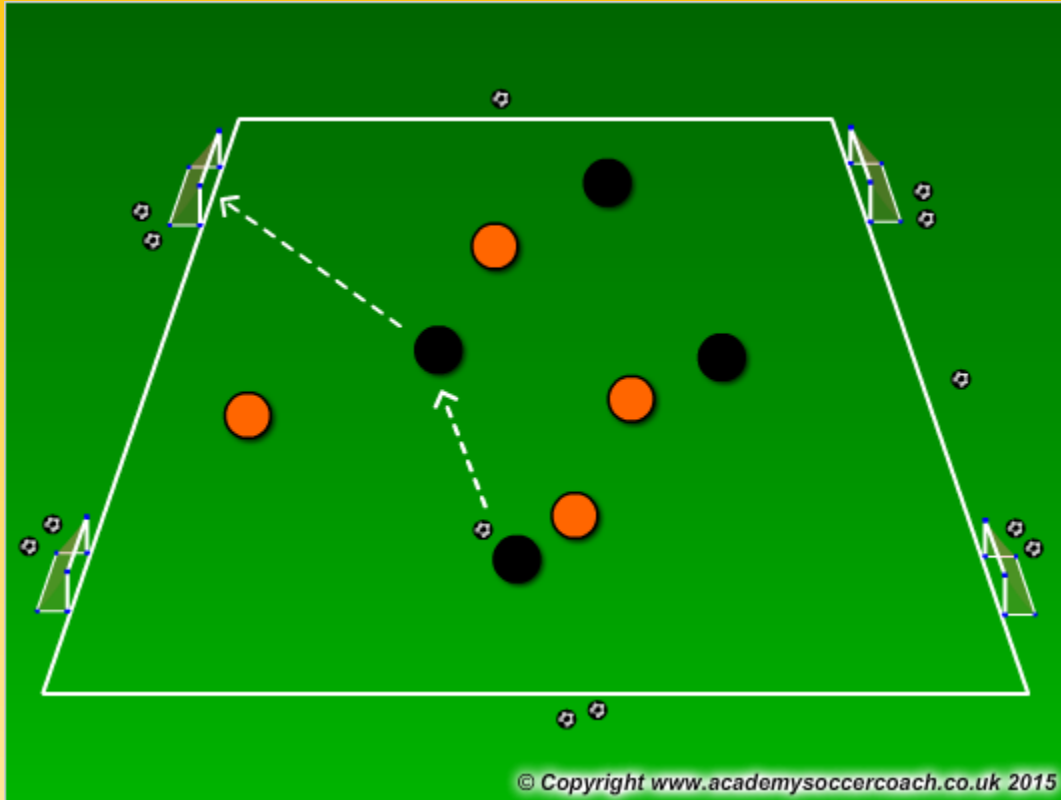


Set up – 20x20 pitch. 4 mini goals.

The Game – A 4v4 game. When they have the ball, the orange team can score in the top and bottom goals. When the black team have the ball, they can score in the goals on the left and right.

Progressions – Add finishing zones to encourage players to go past defenders.

First Time Finish

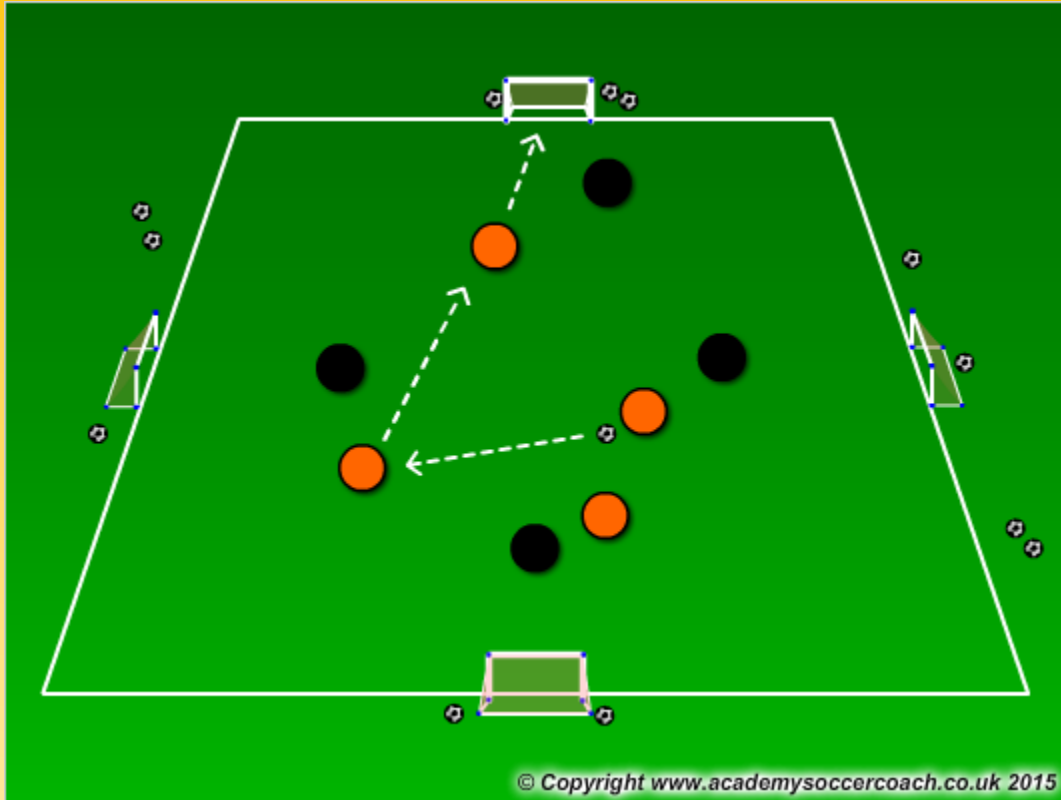


Set up – 20x30 yard wide pitch. 4 mini goals.

The Game – 4v4 with both teams attacking and defending 2 mini goals. The objective is to create chances to score where the scorer can finish with his first touch, paying attention to how he strikes the ball.

Progressions – Add finishing zones all the way across the pitch, or even boxes around the goals, to encourage positive attacking.

All 4's

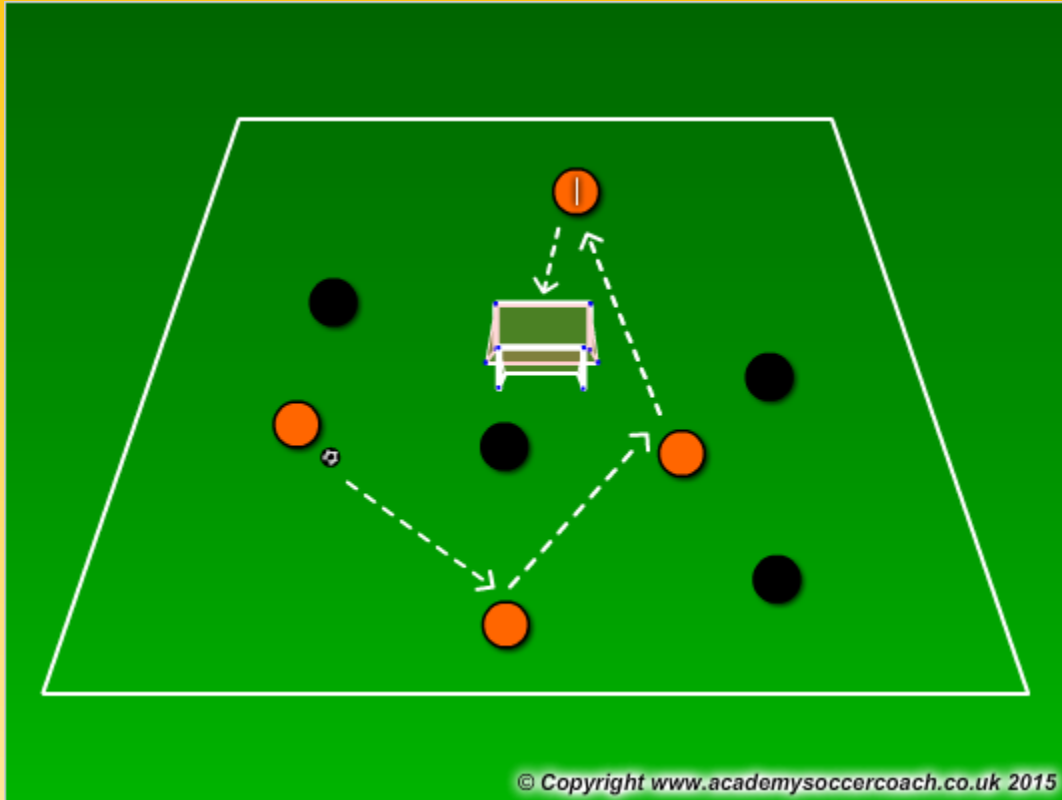


Set up – 20x20 area. 4 mini goals.

The Game – 4v4 playing into any of the four mini goals placed on each side of the pitch. To win the game, a team must score in all four of the goals. When a goal is scored, the coach passes a new ball in to the team who scored and we play on.

Progressions – Give both teams a different order they must score in. Or condition the game so that no player can score twice, all 4 players in a team must score to win the game.

Back 2 Back Goals



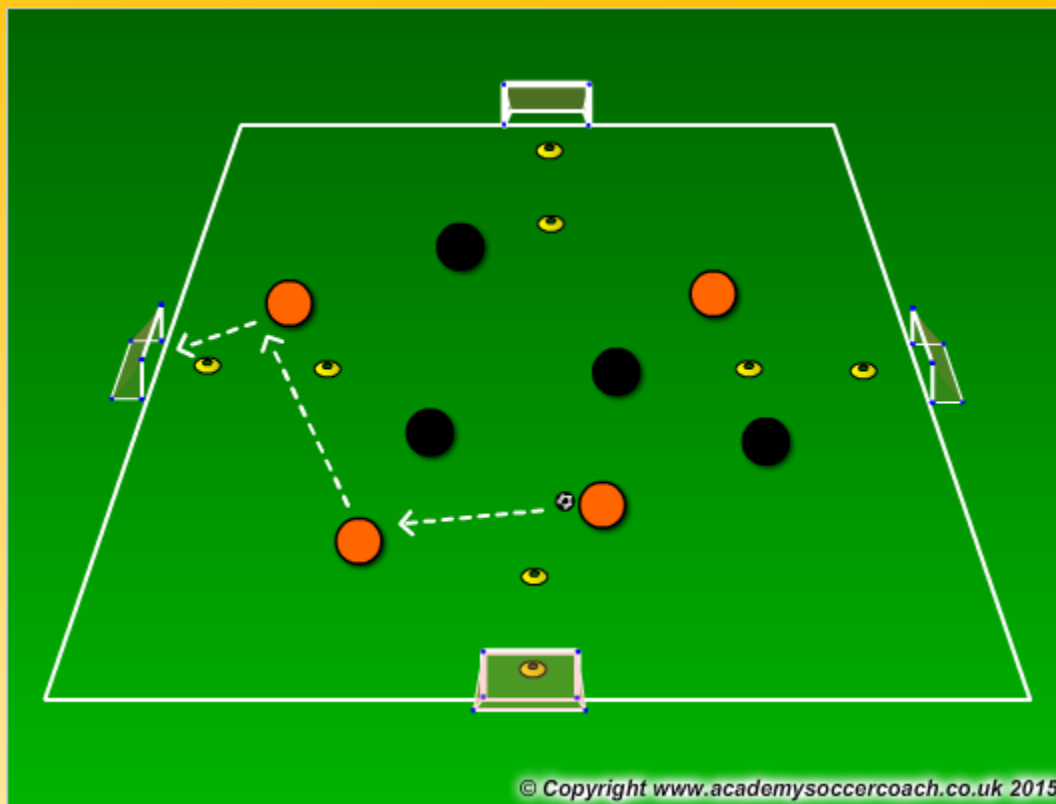
Set up – 20x20 yard area. 2 mini goals.

The Game – 4v4 game. When a team has possession of the ball, they can attack and score in either of the two goals placed back to back in the centre of the pitch. If the ball leaves the pitch the coach restarts play by passing to the nearest player.

Progressions – Add 2 more goals in the centre allowing teams to score on all four sides.

“Sweaty Goal” Game

(Inspired by the FIFA computer games)

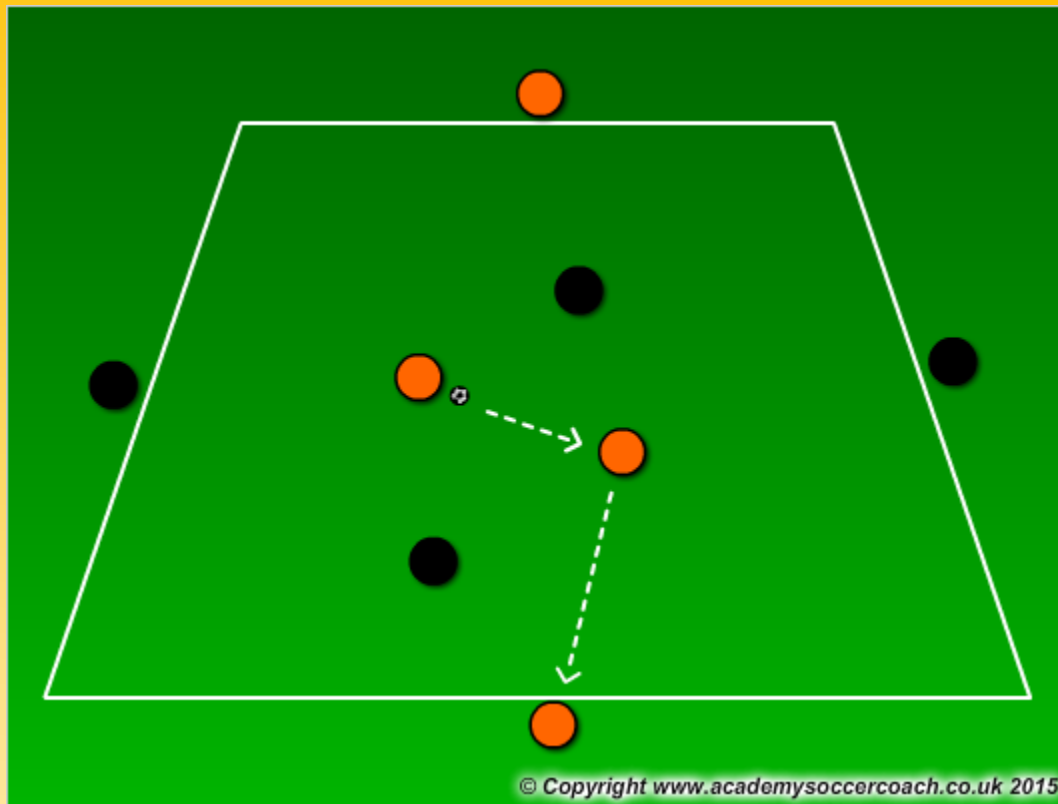


Set up – 30x30 area. 4 mini goals. 8 flat markers.

The Game – 4v4 with both teams able to attack all four goals. Players must create opportunities where a pass can be played across goal, between the flat markers, to a team mate who can then score with one touch. Like a “sweaty” goal on FIFA (Ask your players).

Progressions – Score in all four goals to win or every player must score for your team to win.

Risk it or keep it

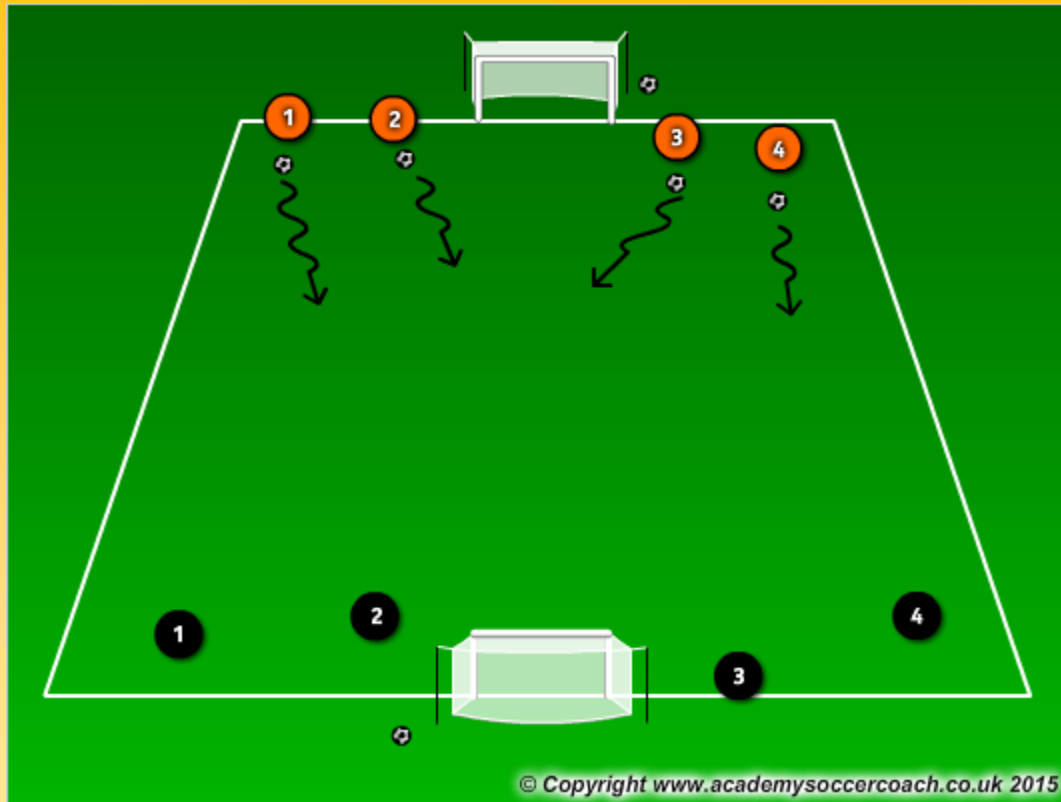


Set up – 20x30 area.

The Game – Each team has two target players who play on opposite sides of the area and two players in the centre. The objective of the game is to combine centrally to create opportunities to play out to their target players and score.

Progressions – When a central player passes to a target player they switch roles. The target player can dribble or pass back in.

1v1 Chaos to 4v4

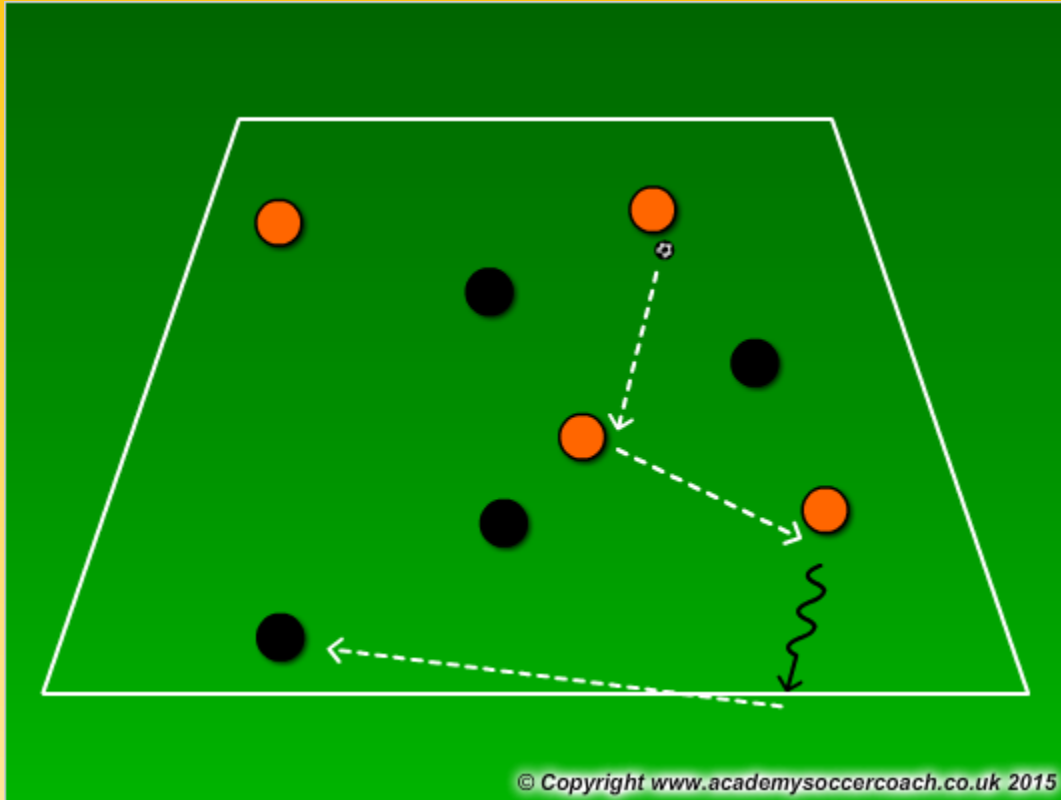


Set up – 20x30 area. 2 goals.

The Game – Both teams start from their goal line and are matched up 1v1 against their opponents. Orange team start with a ball each. They aim to score in the bottom goal while the black team aim to win the ball and counter attack to score in the top goal. The scorer of the final goal must return to his own goal to get a bonus ball. Once he is back on the pitch we play 4v4 until a goal is scored.

Progressions – Add finishing zones or condition players to do a skill or trick to beat their defender before they can score.

End Line Recovery Game

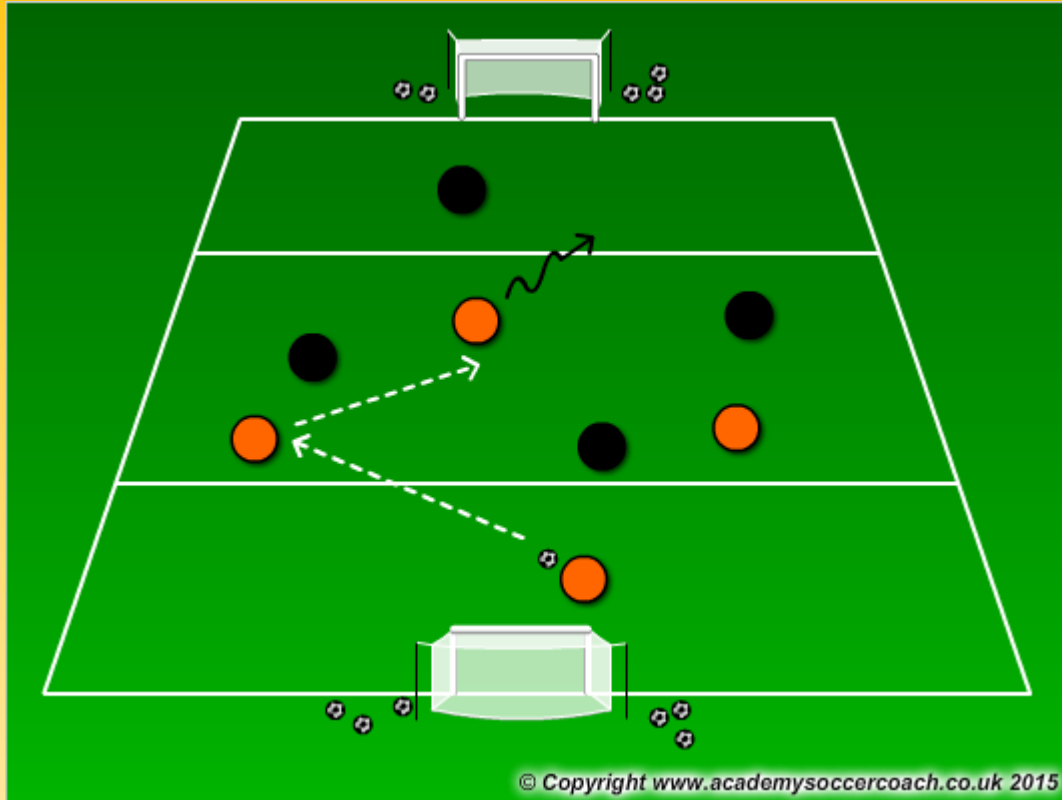


Set up – 20x30 area.

The Game – Two teams play 4v4 and score by stopping the ball on the end line. Immediately after a player scores he must pass to an opposition player, who's team temporarily have a 4v3 advantage. The player who has just scored needs to react and recover to help his team mates quickly.

Progressions – Play a one two before scoring or score from a third man run.

4v4 to 1v1 Game

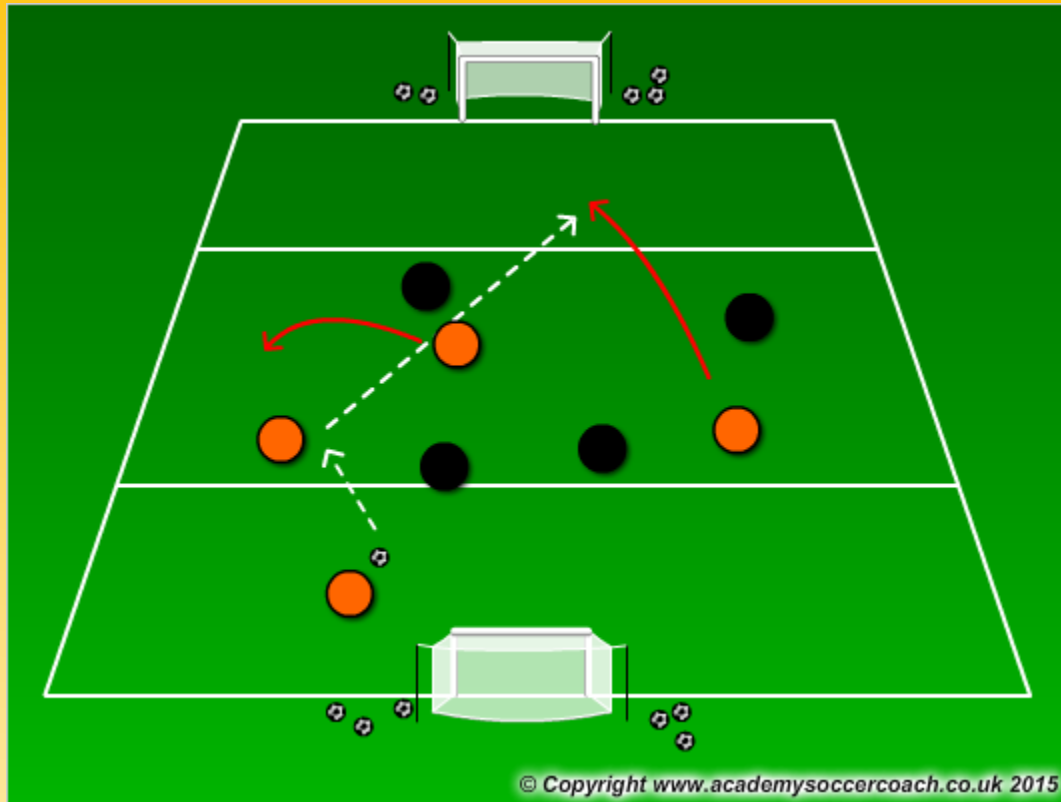


Set up – 20x30 area. 2 goals.

The Game – 4v4 game with a 5 yard line placed in front of both goals. Both teams place one player in the end zone to defend their goal. To score, teams must combine to free up one player to dribble into the opposing end zone and play 1v1 to goal. If a goal is scored, play re starts with a free pass from the defender.

Progressions – Once an attacker enters the end zone he has 5 seconds to score or the opposition gain possession.

Through Ball Game

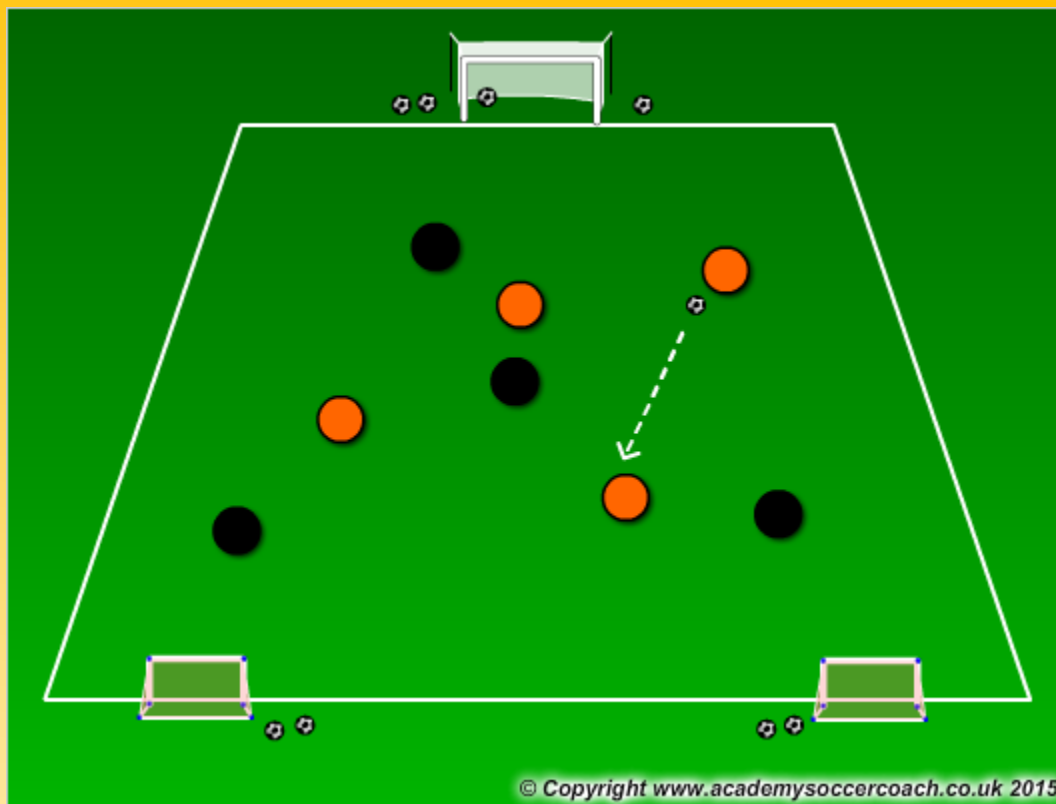


Set up – 20x30 area. 2 goals.

The Game – 4v4 with a receiving zone placed 5 yards in front of both goals. Players can enter the zone they are defending freely but must only enter the attacking zone if they are receiving a through ball. Teams score by playing a through ball into the zone for a team mate to run onto and score. One defending player can follow the attacker.

Progressions – First time finishing in the receiving zone OR teams look to drop a ball over the top into the receiving zone for a runner to score.

“Change Ends” Game

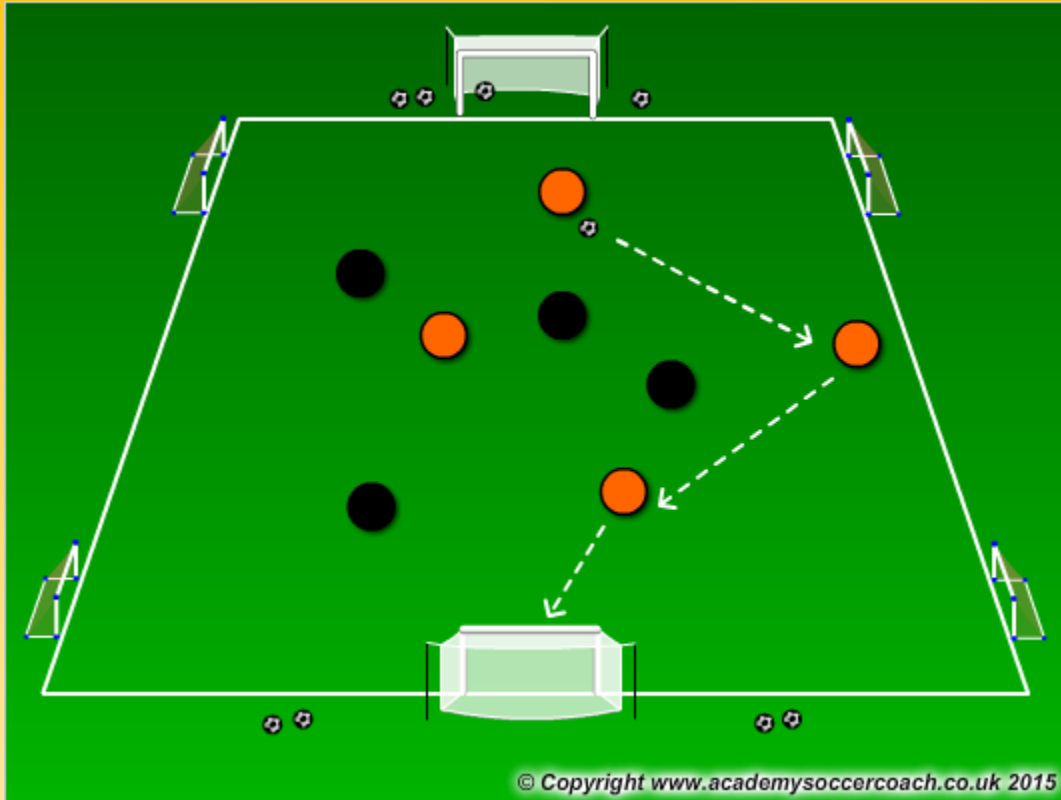


Set up – 20x30 area. 2 mini goals. 1 goal.

The Game – 4v4 game starting with oranges attacking the smaller goals and the black team attacking the large goal. At any given time the coach can call “change ends”. Both teams must react quickly then attack the opposite goal(s).

Progressions – After the “change ends” call – ALL players must leave the ball then run to touch their new goal line. The first player back to the ball wins possession.

“New Game”

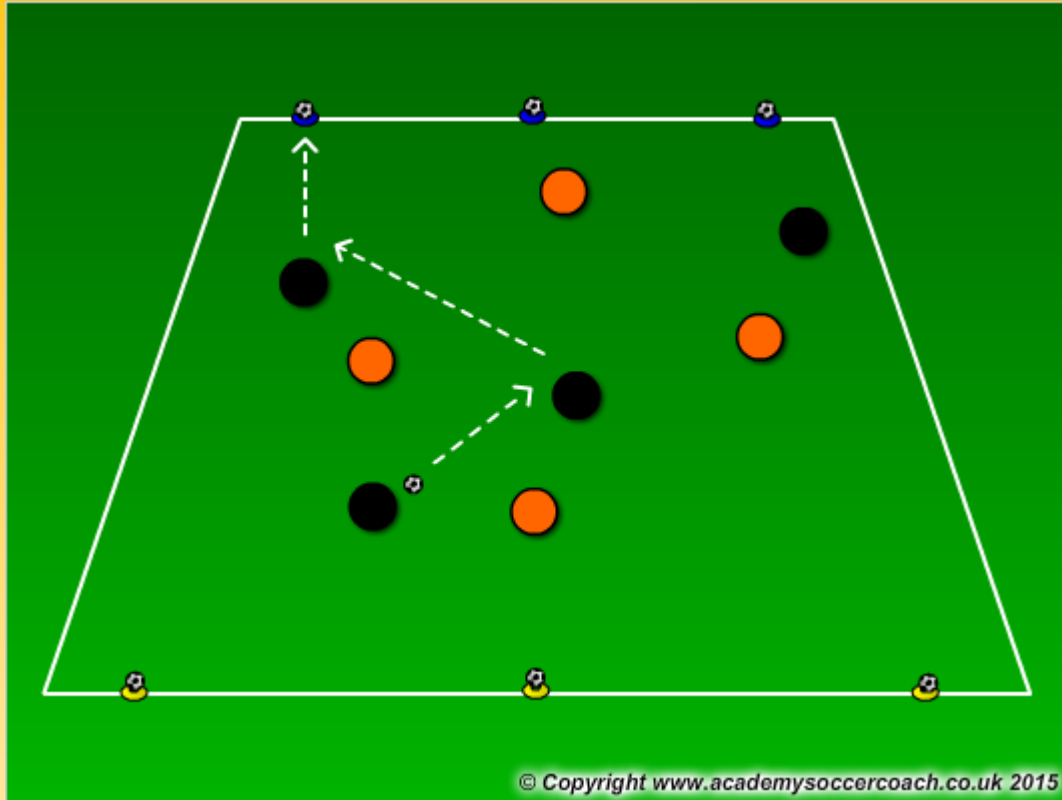


Set up – 20x30 area. 4 mini goals. 2 goals.

The Game – A 4v4 game played into large goals. When the coach calls “New game” both teams move to defend the goals on the left of where they are currently attacking. The game does not stop. Players must react quickly so they can defend or attack, depending on who has the ball.

Progressions – Add different targets, e.g end lines, knock ball off a cone or receiving zones.

Accuracy Game

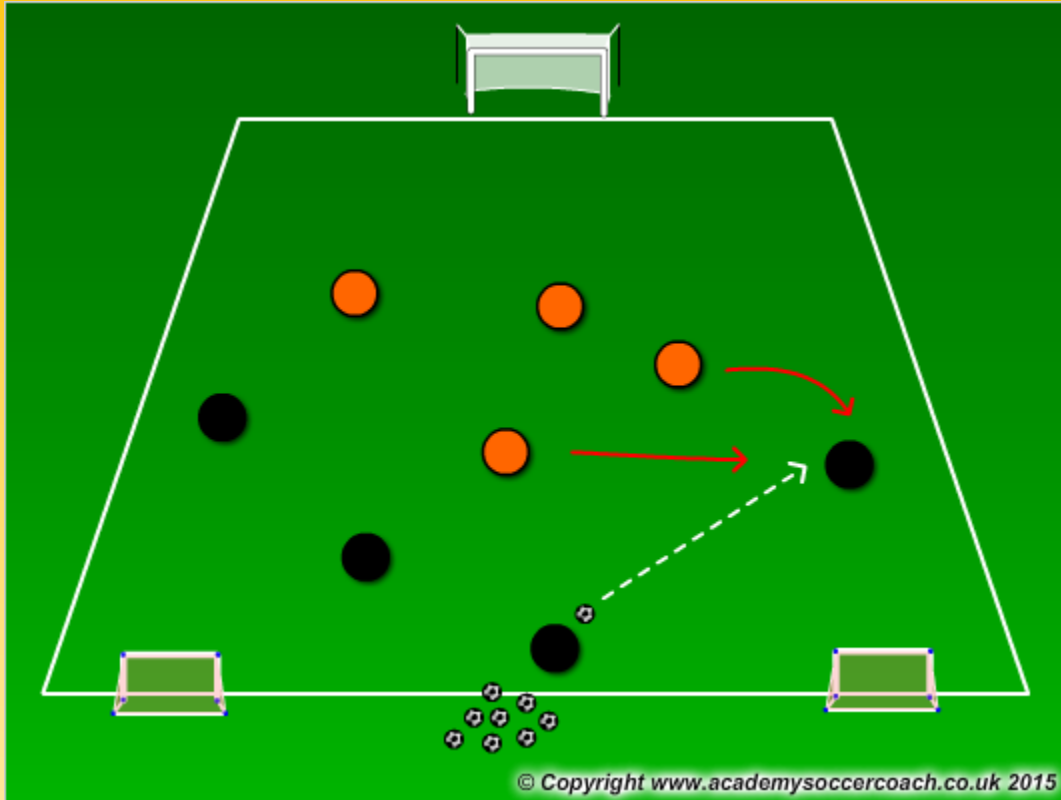


Set up – 20x20 area. 6 cones with a ball on each one.

The Game – 4v4 game. Both teams score by accurately knocking one of their target footballs off it's cone. When a player scores, he is responsible for replacing the ball he has just knocked off the cone.

Progressions – Play until one team has knocked down all three of their footballs.

Clean Sheet Game

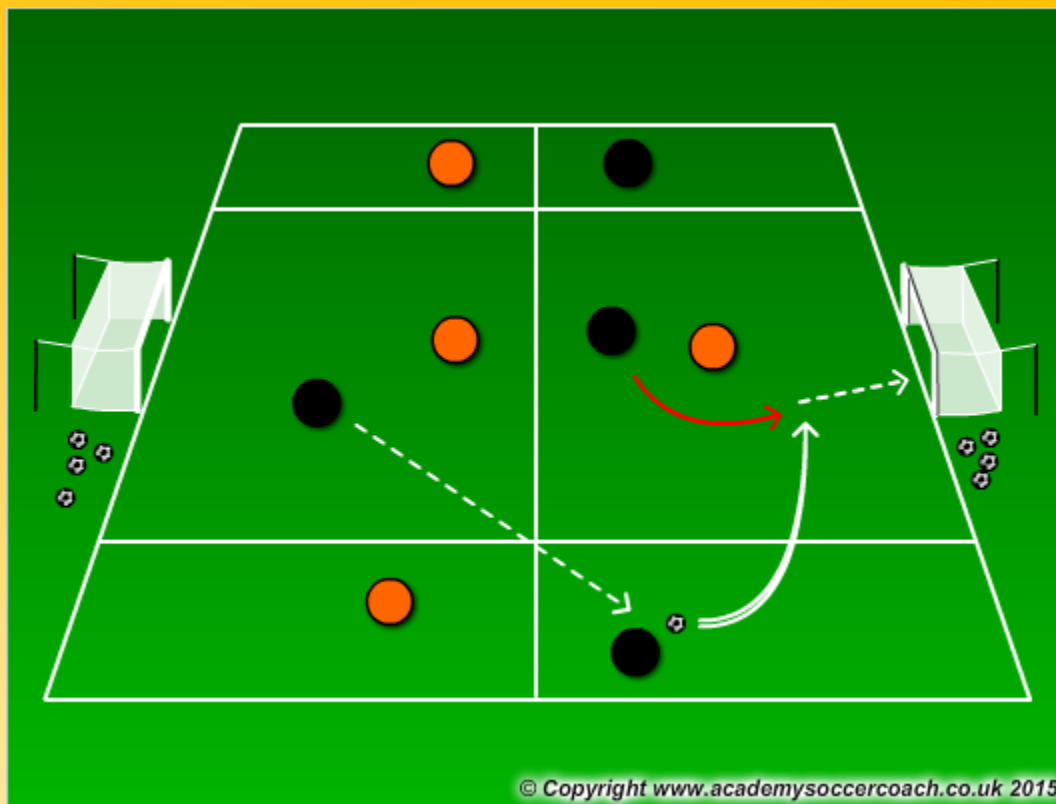


Set up – 20x30 area. 1 goal. 2 mini goals.

The Game – 4v4 game. Play always starts with the attacking team taking a new ball from their goal line. The oranges must defend for their lives by pressing, intercepting, blocking and winning the ball to counter attack when they can. If they keep a clean sheet, they win the game.

Progressions – The defending team defend the two smaller goals.

Crosses Game

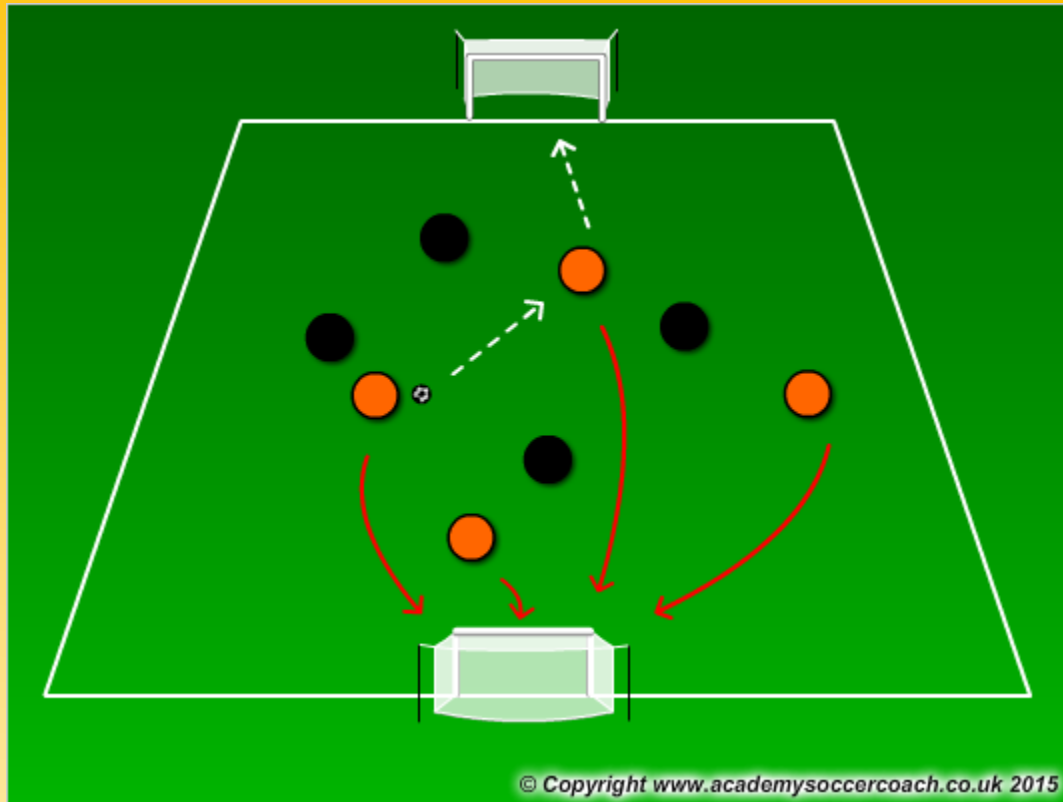


Set up – 20x30 area. 2 goals. 2 5 yard channels marked as shown.

The Game – 4v4 continuous game. Both teams can have 2 players in wide channels, although nobody on the pitch is “locked in”. The objective is to create opportunities to deliver the ball from wide positions into scoring areas for attackers to score. Make sure your players rotate and take up different positions.

Progressions – Volley = 2 goals or Diving Header = 2 goals

Score & Run Game

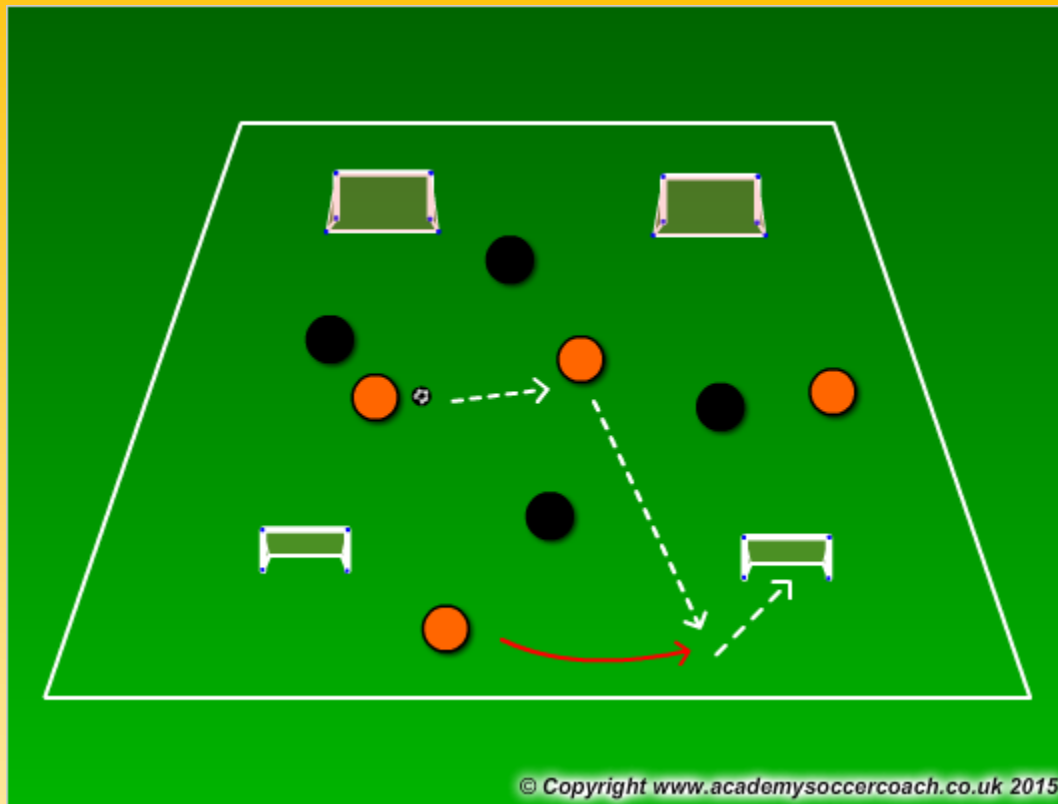


Set up – 20x20 area. 2 goals.

The Game – 4v4 game played with both teams attacking and defending large goals. When a player scores a goal, all players on his team must run and touch their own goal frame. The opposing team can attack straight after conceding a goal.

Progressions – Add 5 yard finishing zones in front of the goals to encourage positive attacking play.

Four Corner Game

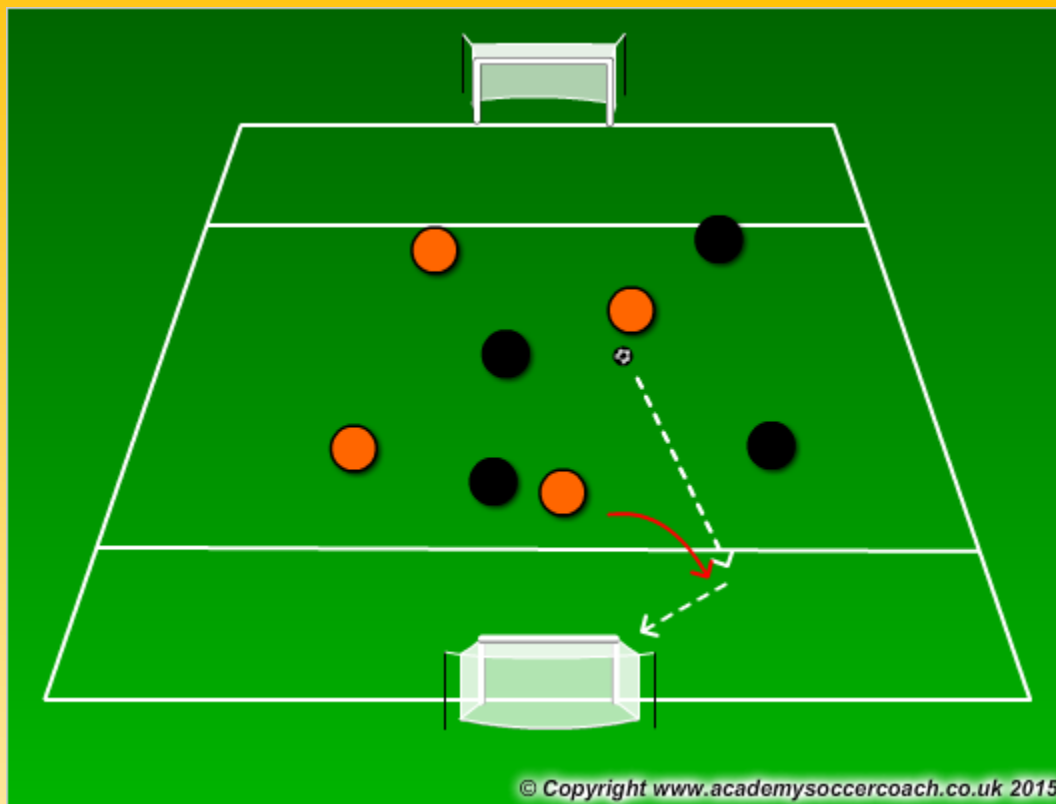


Set up – 20x20 area. 4 mini goals.

The Game – 4v4 game with 4 mini goals facing the goal lines, 2 at each end. Both teams can score in any of the goals. Teams have to solve the problem of having the goals facing the wrong way.

Progressions – Play a directional game with black team attacking top goals and orange attacking the bottom. Coaches could even ask teams to attack diagonal goals.

Score & Play On

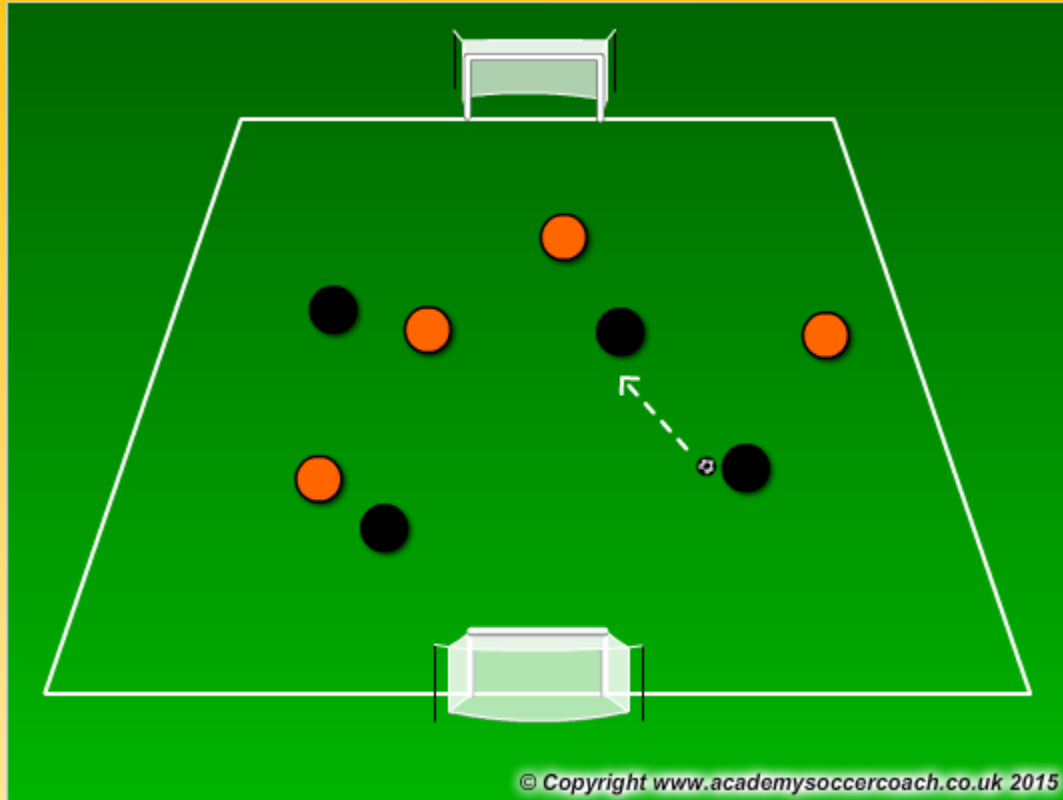


Set up – 20x30 area. 2 goals.

The Game – 4v4 game with both teams attacking a goal. To score, the attacker must be inside the finishing zone. When a team score a goal they must retrieve the ball and immediately play the opposite way. Players will need to think ahead and position themselves to help their team react to what happens next.

Progressions – 5 minutes, only headers count. Coaches could also use volleys, one touch finishes or weaker foot finishes.

Secret Goal

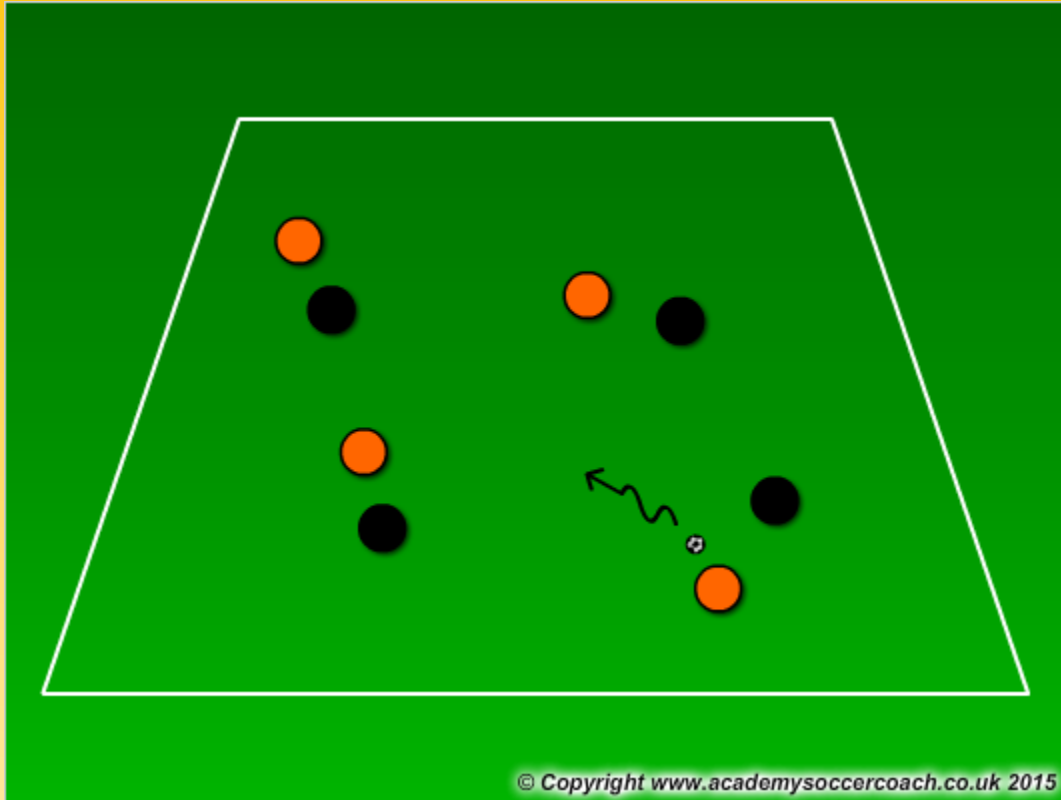


Set up – 20x30 area. 2 goals.

The Game – A normal 4v4 game played into large goals. Both teams decide on a “secret goal” – this could be a 1 touch finish, a team goal, a volley or something very different. They must tell the coach what they decide on. Let them decide. Both teams then play for a given time until a “secret goal” is scored.

Progressions – Secret goals must involve more than one player OR continuous play with “secret goals” counting double.

Skills = Goals

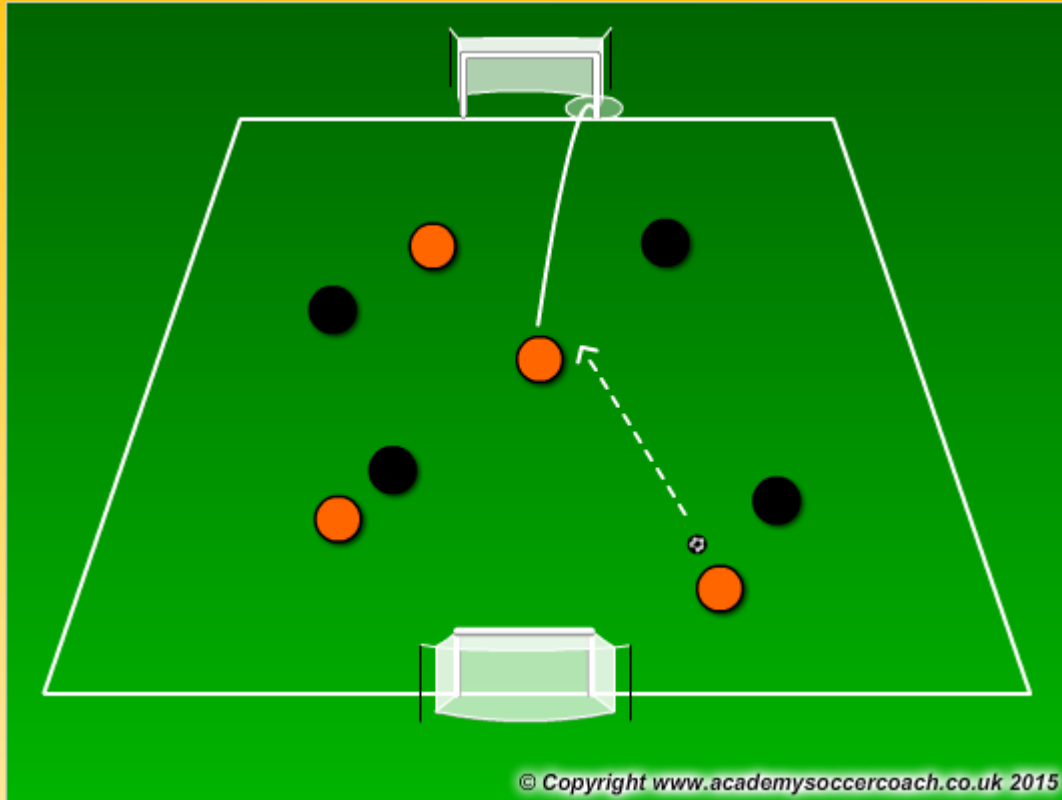


Set up – 20x20 area.

The Game – 4v4 with one ball. No goals. Teams score points by performing skills, the more outrageous – the more points players win. Make sure you agree on a maximum score for one skill. Play for 5-10 minutes.

Progressions – Give each team (or let them decide on) a “Bonus Skill”. If they can perform this skill in the game they get double the maximum score.

Goalpost

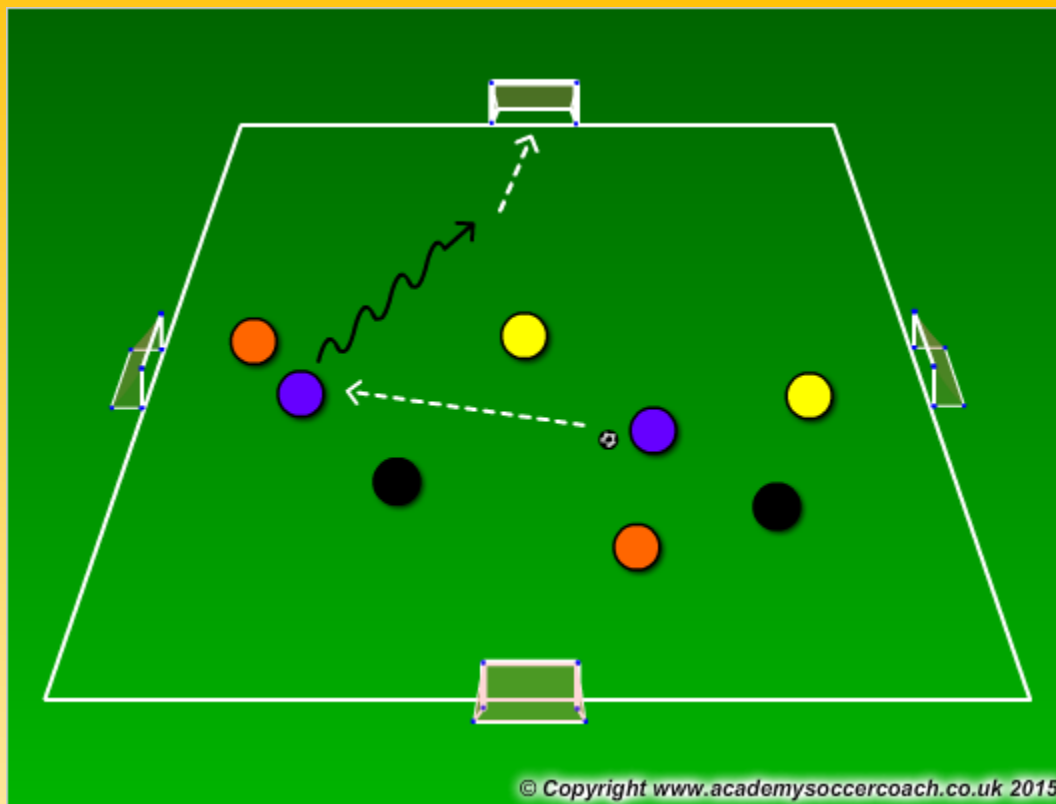


Set up – 20x30 area. 2 goals.

The Game – A normal 4v4 game with a twist. To score, both teams must hit the framework on the goal they are attacking. The game is played on a first to 3 basis. Hit both posts AND the crossbar, in any order, to win. No goalkeepers.

Progressions – Both teams aim for the same part of the goal, e.g crossbar. First to hit it wins the game. Then move on to the posts.

World Cup Doubles

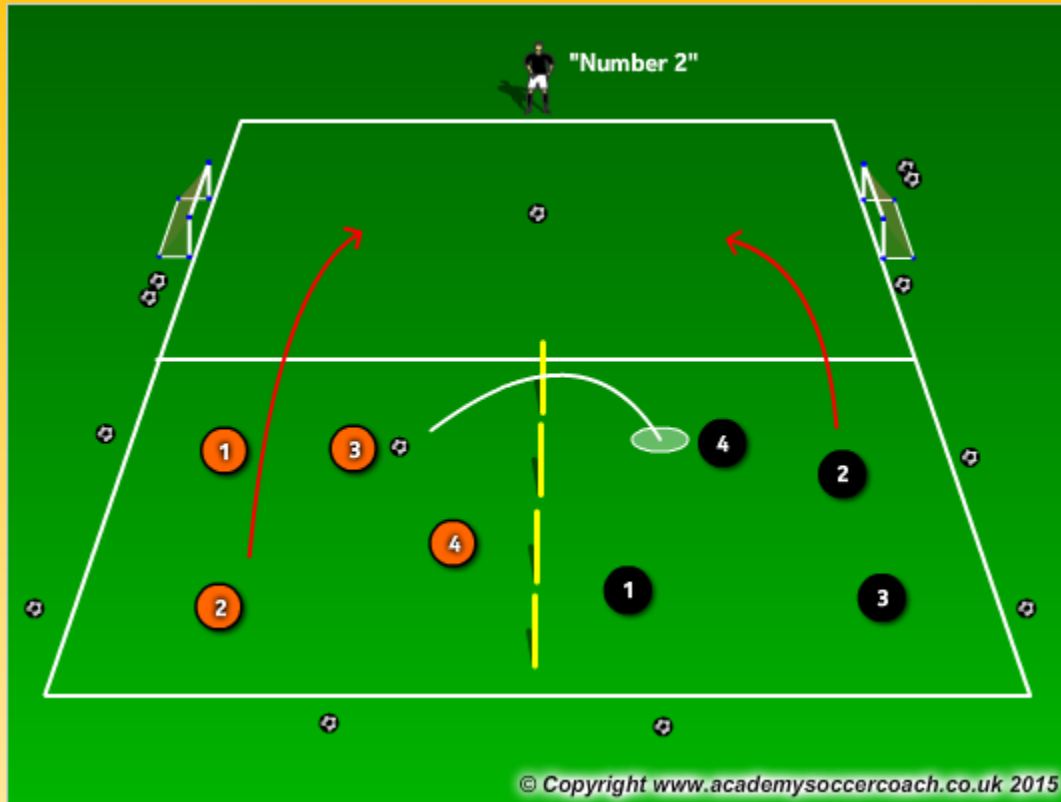


Set up – 20x20 area. 4 mini goals.

The Game – 2v2v2v2 – Players in pairs. Play for a 5-10 minute period. Like the classic playground game “World Cup Doubles” – The pairs choose a famous team and a player each. First to score a goal goes through to the next round. Teams leave the pitch as they go through. The last team to score are eliminated.

Progressions – As rounds go on, teams have to score more goals to win, e.g first round = 1 goal, second round = 2 goals.

Tennis to 1v1

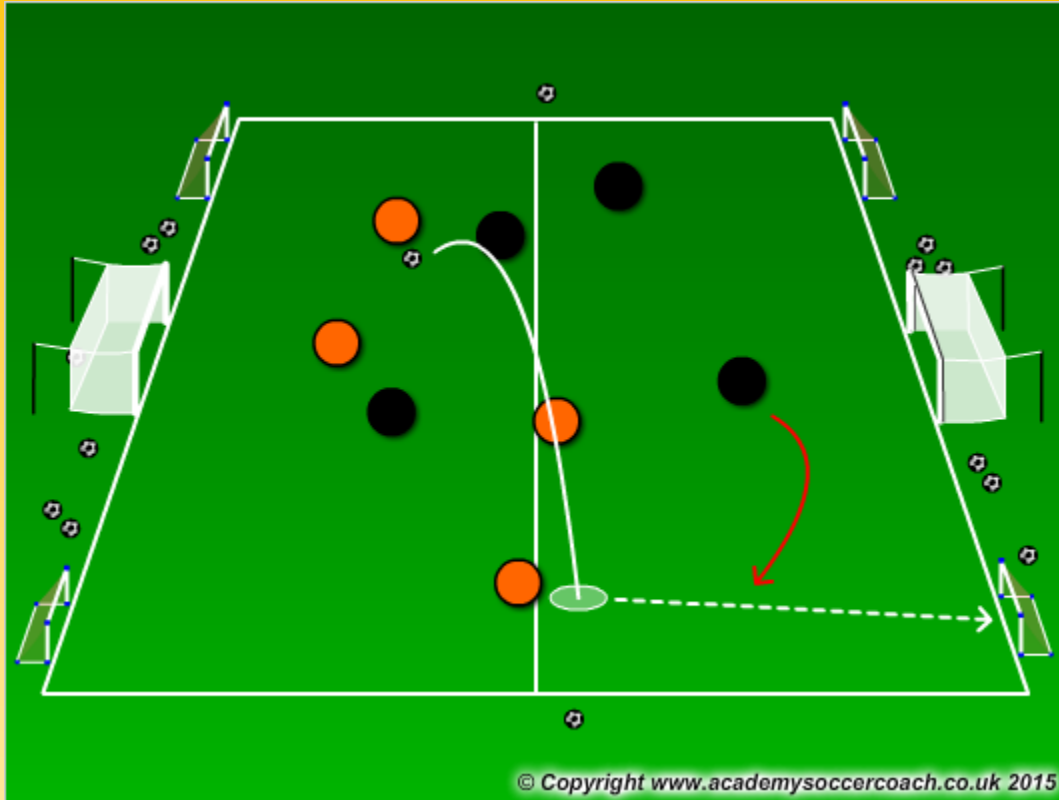


Set up – 20x30 area. Poles or volley ball net.

The Game – Start with 4v4 one bounce tennis. Number the players in both teams 1 to 4. The coach calls a number during the tennis game and those players sprint to the 1v1 pitch to play first to score. Quick reactions win the games.

Progressions – Call players so they play with or against an overload, e.g Black 1 and 2, Orange 4.

Switch Play Game

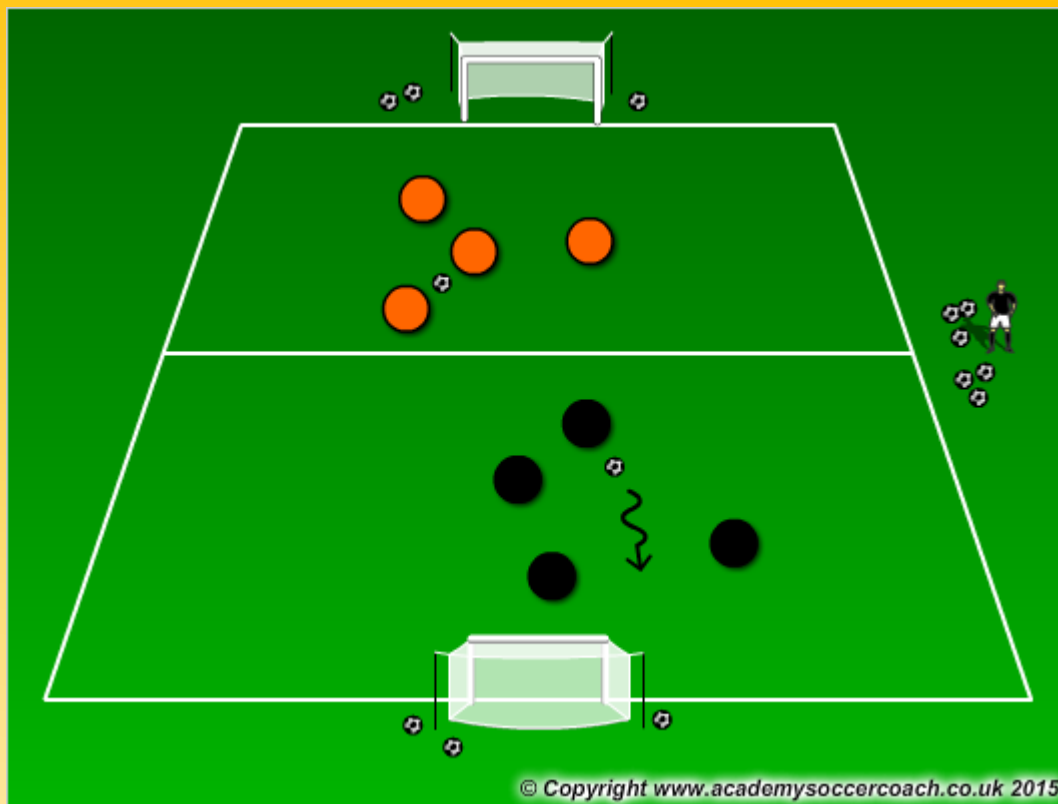


Set up – 20x30 area. 2 goals. 4 mini goals.

The Game – 4v4 game played on a wide pitch. Both teams have 3 goals to attack and 3 to defend. Score in the big goals from long range or try to switch play and score in one of the mini goals from inside the opposition's half of the pitch.

Progressions - Flip the rules around so the players can only score in the mini goals from inside their own half and must switch play to shoot at the large goal from inside the opposing half.

Singles to 4v4

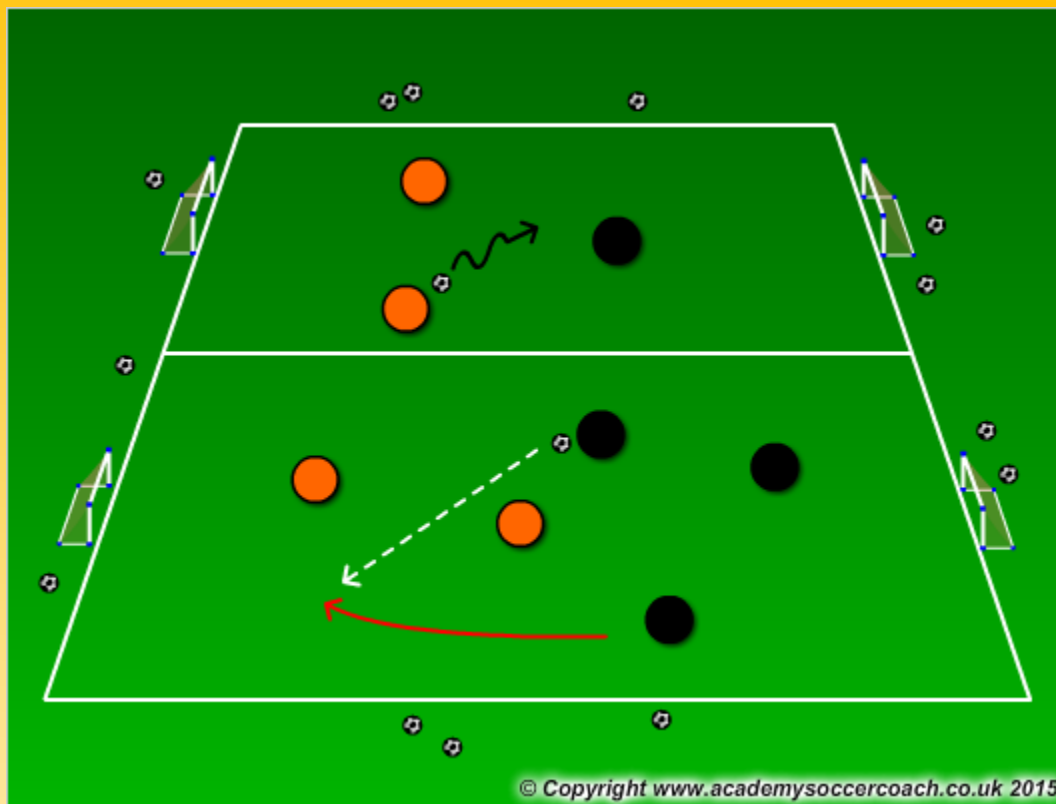


Set up – 20x30 area. 2 goals.

The Game – The pitch is divided in half with both teams occupying one half each. The oranges and blacks play a game of singles attacking the goal at their own end of the pitch. When the coach calls “4v4” and rolls a ball into play both teams have to react. First to score gets a point for their team.

Progressions – During the singles game, have two orange and two black players at each end.

Overloads

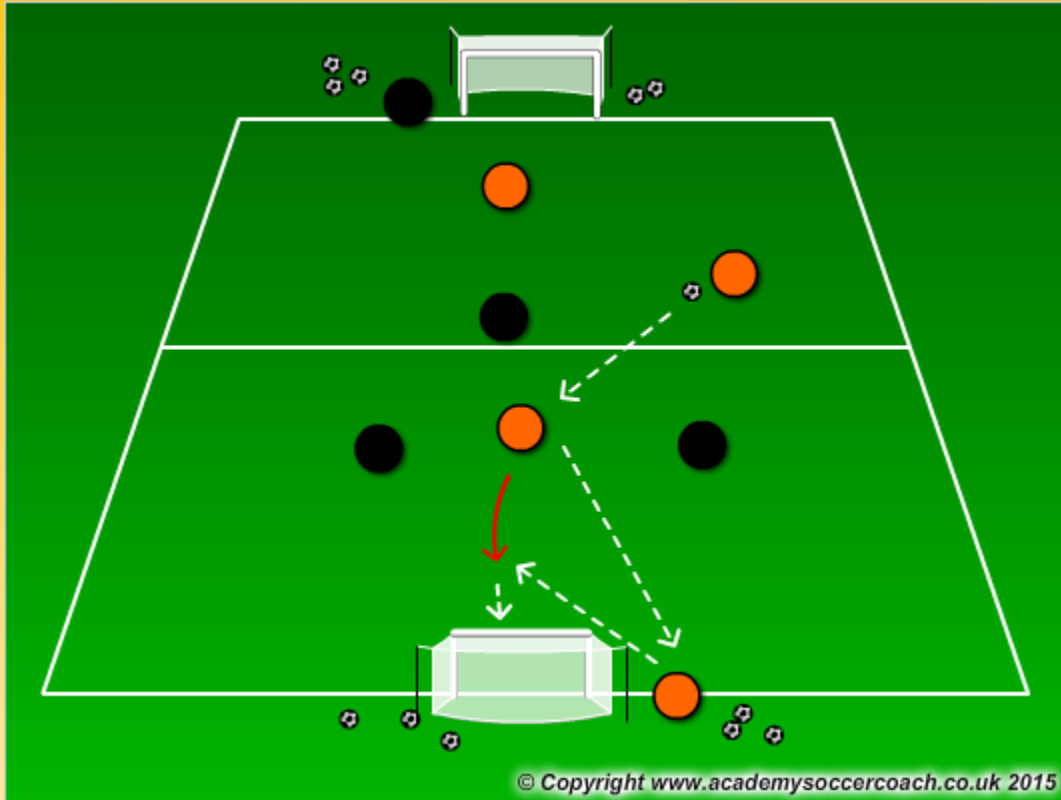


Set up – 20x30 area split in half. 4 mini goals.

The Game - Run two games side by side arranging players so that one team outnumbers the other either 2v1 or 3v2. At different points in the games, call two names. These players must swap pitches. Ask players to keep scores in both games.

Progressions – Add finishing zones. Or call “4v4” and play a first to 3 game on the whole area, with both teams attacking and defending 2 mini goals.

Heads & Volleys

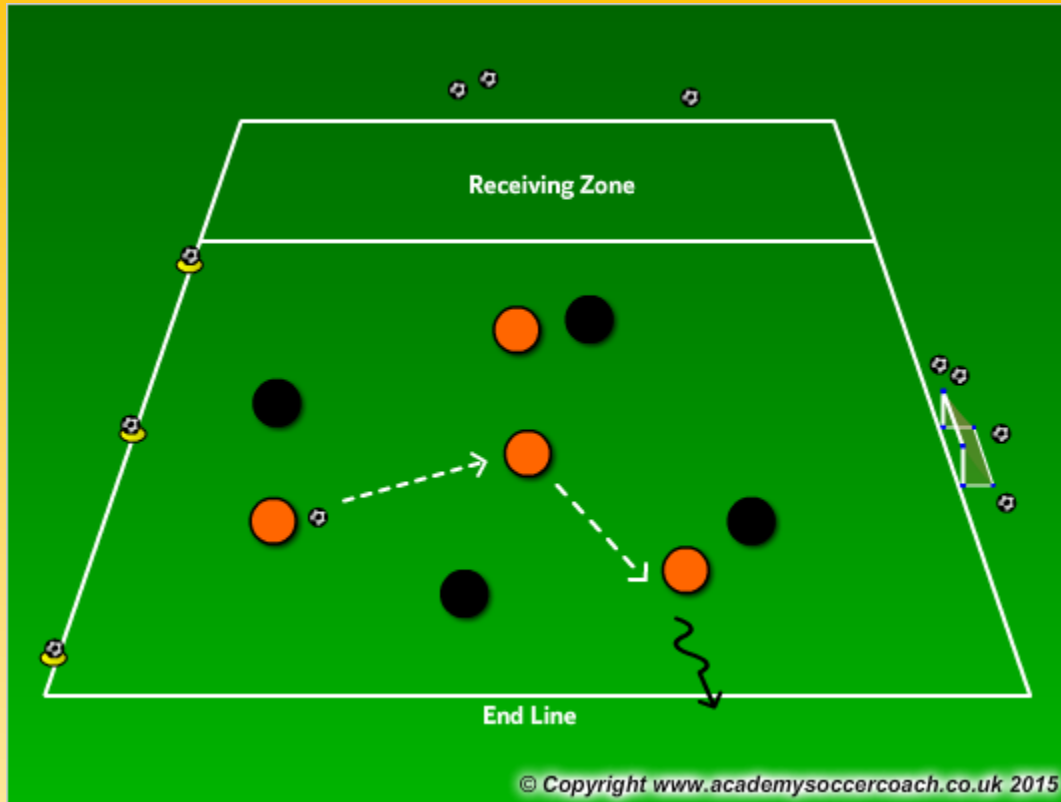


Set up – 20x30 area. 2 goals.

The Game – 4v4 game. Both teams have a server positioned next to the goal they are attacking. The 3 players on the pitch combine to play to their server's hands. They then make a run towards goal. The server will throw the ball for a header or a volley and the runner must try to score.

Progressions – Add a finishing zone. The runner calls head or volley.

Mission Possible Game



Set up – 20x30 area. 1 mini goal. 3 cones with a ball on each one.

The Game – 4v4 game with four different missions integrated into the game. At the top, receive a pass in the receiving zone. On the right, score in the mini goal. At the bottom, stop the ball on the end line and on the left, knock one of the footballs off it's cone. Teams must complete all four missions to win.

Progressions – Both teams are challenged, individually, to complete each objective in a chosen sequence.

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