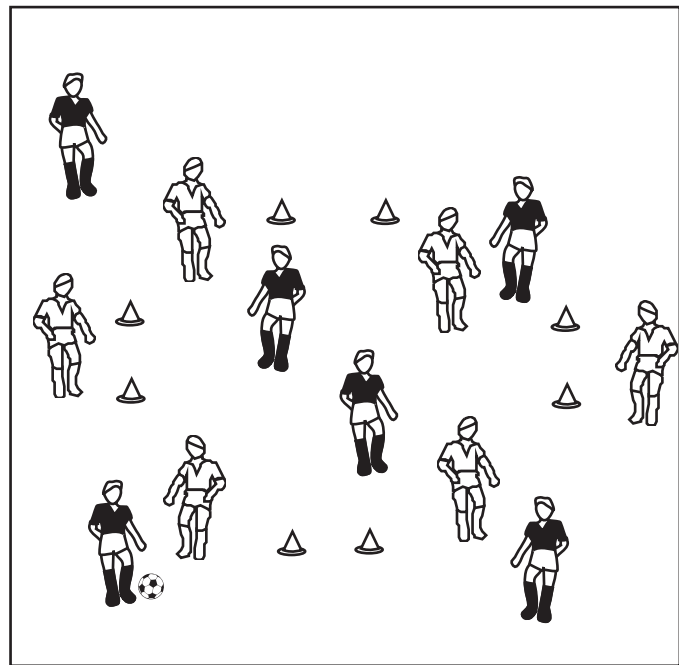
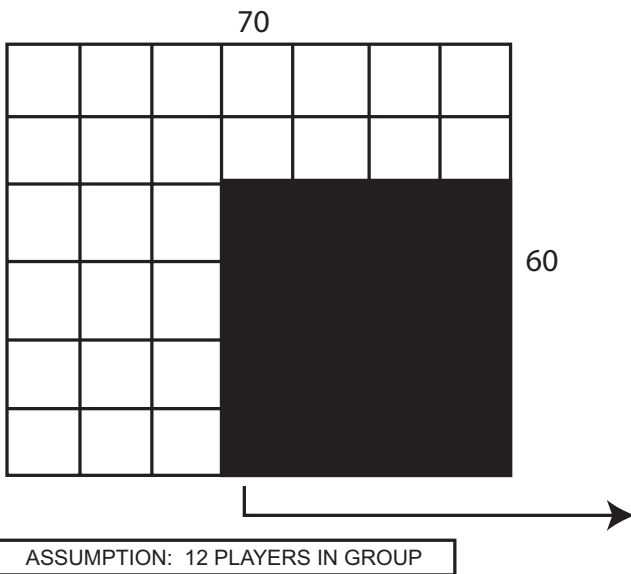


4 Goal Switch



Purpose

To develop passing and team play.

Organization

Set out a 40x40 yard area. Make four goals of six yards, eight yards in from the sidelines as shown in the diagram. Two teams of six start anywhere within the area and the game begins with coach passing the ball to the dark team.

Game Objective

Both teams try to score 1 point by passing the ball through either side of any goal to a player from their own team. Play is continuous and the first team to reach five points wins.

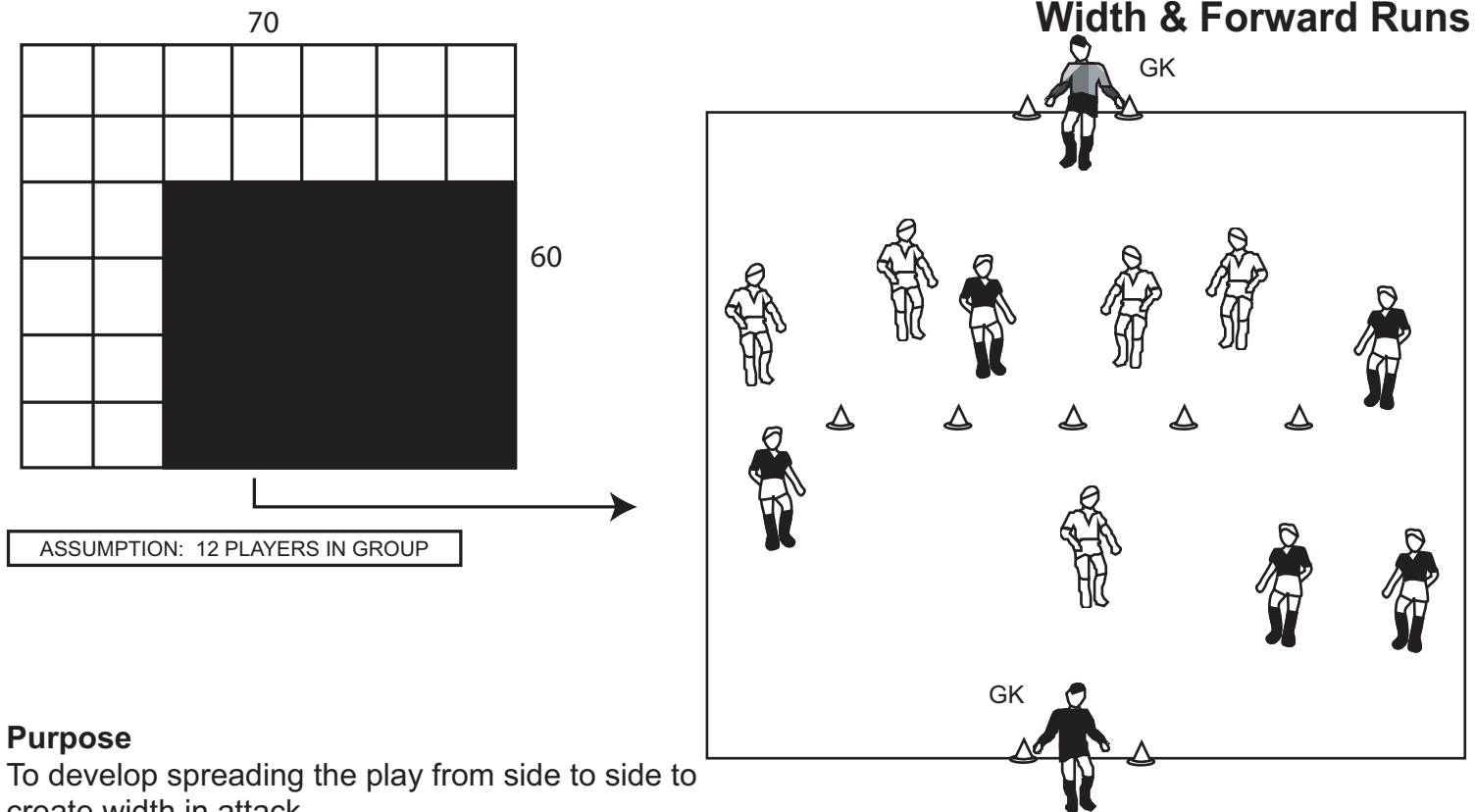
Progressions

1. Once a team has scored in a goal, they must score in a different goal next time.
2. Players have a maximum of two touches.
3. One team can only score in the outside of goals, the other team can only score in the inside of goals.

Key Coaching Points

1. Try to spread the field as long and as wide as possible when attacking.
2. Move the ball quickly and look for passes that split defenders.
3. Use good movement off the ball by creating 2v1 situations.
4. Communicate verbally and visually so other players know your position.

Passing & Support



Purpose

To develop spreading the play from side to side to create width in attack.

Organization

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards in from each sideline. Play 5 v 5 with a goalkeeper at each end.

Game Objective

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

Progressions

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

Key Coaching Points

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.