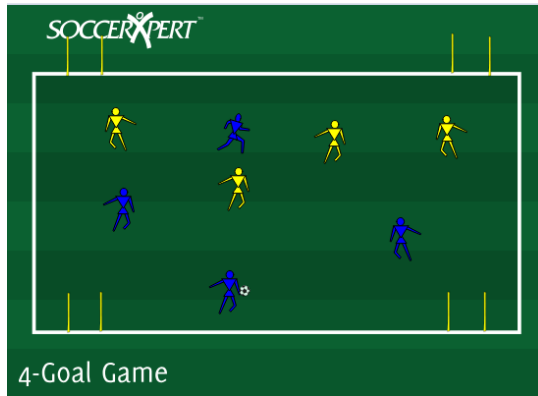




Drill Quick Glance

Age: 9+	Field: 25x35
Players: 4-16	Time: 20 min.
Difficulty: Medium	Focus: Possession
Keeper: No	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Training Sticks

4-Goal Game

Objective:

The 4-Goal Game drill simulates match conditions, encouraging players to switch the point of attack while maintaining team shape. This drill focuses on quick ball circulation to retain possession and balance the field to prevent counterattacks. The objective is to develop players' spatial awareness, movement, and strategic positioning under game-like pressure.

Setup

1. Create a rectangular field with dimensions around 25x35 yards (adjust based on the number of players and their skill level).
2. Place two goals near the corners of the long side of the field (totaling four goals, two for each team to defend and attack).
3. Divide players into two teams. A 3v3, 4v4, or 5v5 setup works well for this drill.
4. Each team defends two goals and attacks the two goals on the opposite side.

Instructions

1. The teams start in the middle of the field, and the coach plays a ball to begin the game.
2. The objective is to score in one of the opponent's two goals while defending both of your own.
3. Players can score in either of the two goals they are attacking, which forces the defending team to be aware of multiple threats and cover both goals.
4. The game focuses on quick transitions between defending and attacking, as the ball can switch directions rapidly.
5. When a goal is scored, restart the game quickly by having the coach play in another ball.
6. Rotate players frequently to keep everyone involved and ensure each player gets practice in attacking and defending situations.

Coaching Points

- Attacking players must decide quickly which goal to target based on the defensive setup.
- Defending players must communicate and position themselves effectively to cover both goals and block passing lanes.
- Encourage quick decision-making when attacking; players should assess which goal is more open and position themselves accordingly.
- Focus on defensive positioning and communication. Players should work together to cover both goals and prevent the attackers from having easy options.
- Teach players to transition quickly from defense to attack and vice versa.
- Promote creativity in attack, encouraging players to try different ways to create space and open up a goal-scoring opportunity.

Variations

- Limit touches for attacking players (e.g., two-touch maximum) to force quicker decision-making and movement.
- Add neutral players (jokers) to create a numbers-up situation, giving the attacking team an advantage.
- Increase the number of players (e.g., 6v6 or 7v7) to work on positioning in larger spaces.
- Change the goal sizes to increase or decrease the challenge for attacking and defending.