



Drill Quick Glance

Age: 9+	Field: 40X30
Players: 10+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: YES	Type: Team
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

4v4 + Keeper to Full-Size Goals

Objective:
This drill simulates real match conditions by developing players' ability to attack, defend, and transition in small-sided play. It encourages quick decision-making, team communication, and finishing with the added challenge of goalkeepers.

Setup

- 1. Field Size: 40 yards long by 30 yards wide
- 2. Goals: Use full-size goals if available. If not, use a rebounder, training sticks, cones, or two wide mini-goals
- 3. Players: 4v4 in the field, with one goalkeeper in each goal
- 4. Ball Supply: Multiple soccer balls with goalkeepers or coach

Instructions

- 1. Divide players into two teams of four (plus a keeper on each team).
- 2. Assign each team a goal to defend and attack the opposite goal.
- 3. Play begins with the goalkeeper or coach.
- 4. If the ball goes over the end line, the goalkeeper restarts play.
- 5. If the ball goes out over the sideline, play is restarted with a kick-in by the team awarded possession.
- 6. Emphasize game-like intensity, encouraging players to attack quickly and defend with urgency.
- 7. Play for set time intervals (e.g., 4–6 minutes), rotate teams or players, and repeat.

Coaching Points

This drill closely mirrors real match conditions, providing frequent opportunities to develop teamwork, technique, and tactical awareness in a competitive setting.

- High Tempo Play: Encourage fast transitions between attack and defense.
- Support and Movement: Off-the-ball players should create passing options and exploit space.
- Compact Defending: Defenders should stay organized, communicate, and press intelligently.
- Finishing Under Pressure: Focus on composure in front of goal.
- Goalkeeper Distribution: Goalkeepers should play quick, accurate balls to restart attacks.

Variations

- Touch Restriction: Limit players to two or three touches to improve speed of play.
- Neutral Player: Add a neutral player to create a 5v4 attacking advantage.
- Bonus Goals: Award extra points for goals scored within 5 seconds of winning possession.
- Directional Play: Require teams to complete a pass into a specific zone before scoring.
- Weaker Foot Rounds: Require all shots or passes to be made with the weaker foot during certain intervals.