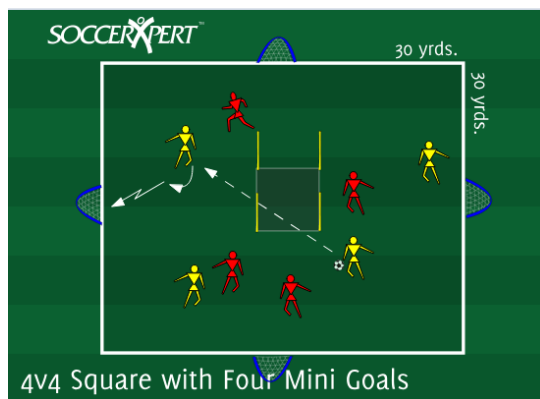




4v4 Square with Four Mini Goals

Objective:

This drill develops players' vision and awareness by forcing them to constantly scan and recognize which goals are open for attack. The requirement to pass through the center poles before scoring teaches patience in possession and rewards teams that can control the ball and pick the right moment to penetrate. Players learn to open up their body position to see the entire field, including teammates making backside runs away from pressure. The four goals create constant decision-making about which direction to attack based on where defenders are positioned. Quick transitions become essential because once a team completes the pass through the center, they must immediately identify and attack an open goal before defenders can recover. This setup mimics games in which teams must recognize when to keep possession and when to strike quickly, and it rewards players who can switch the point of attack rapidly.

Setup

- Create a 30x30 yard square grid using cones
- Mark a smaller 5x5 yard square in the center of the grid using four poles or tall cones
- Place one mini goal along the middle of each side of the larger grid, facing inward
- Split players into two teams of four, wearing different colored jerseys
- Position teams inside the larger grid
- Keep extra balls nearby to maintain flow when goals are scored, or balls go out

Instructions

1. Start play with one team in possession anywhere in the grid
2. Teams work to maintain possession using all four players
3. To unlock the ability to score, the team must successfully pass the ball through the center 5x5 grid between two poles to a teammate
4. Once this pass is completed through the center, the attacking team can score on any of the four mini goals
5. Players must recognize which goal is most open and transition quickly to attack it
6. After a goal is scored or the ball goes out, restart with the team that didn't score or the non-offending team
7. The defending team must prevent the pass through center and protect all four goals
8. Encourage backside runs where players move away from the ball to create space
9. Keep play continuous and competitive with quick restarts
10. Track goals scored or play for a set time period

Coaching Points

- Players need to constantly scan the field to see where all four goals are and which ones are open
- The pass through the center grid should be well timed when a teammate is ready on the other side
- Body position when receiving should be open to see multiple goals and passing options
- Make backside runs away from the ball to pull defenders and create space for teammates
- Once the pass through center is complete, transition immediately to attack the most open goal
- Don't force the pass through center if it's not available, keep possession and wait for the right moment
- Defenders should try to stay central to cover multiple goals and cut off the pass through the middle
- Communication is essential to let teammates know which goal is open or when to make runs
- After losing possession, the nearest player must apply immediate pressure to slow the attack
- Players should spread out to use the full width and length of the grid
- Look for opportunities to quickly switch play from one side to the opposite goal

Variations

- Require two passes through the center grid before teams can score
- Award bonus points for scoring on the goal farthest from where the center pass was completed
- Limit touches to two or one touch to increase the speed of play
- Make the center grid larger or smaller to adjust the difficulty of the penetrating pass
- Require specific types of passes through the center, like ground passes only or one touch
- Add a time limit where teams must score within 10 seconds after completing the center pass

Drill Quick Glance

Age: 8+	Field: 30X30
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: TEAM
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Pugg Goal

- Place a defender in the center grid who can only defend that area
- Award different point values for different goals to encourage attacking certain targets
- Increase to 5v5 or decrease to 3v3 based on your roster size
- Make teams attack specific pairs of goals that change after each score