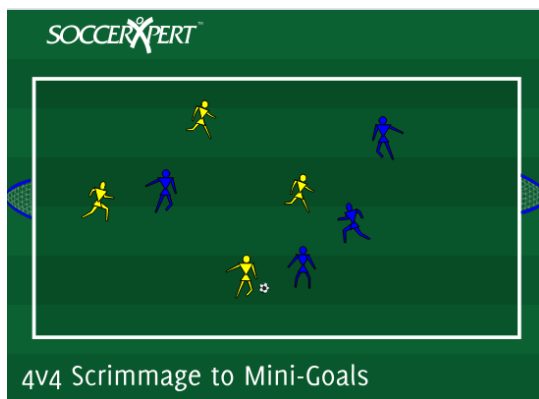




Drill Quick Glance

Age: 4+	Field: 30x20
Players: 8	Time: 15 min.
Difficulty: Medium	Focus: Game-like
Keeper: No	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Pugg Goal

4v4 Scrimmage to Mini-Goals

Objective:

The objective of a 4v4 soccer scrimmage to mini-goals is to replicate the dynamics of a full-sided game in a smaller, more controlled environment. This format encourages players to focus on quick decision-making, positioning, and maintaining possession under pressure, as well as improving their ability to transition between attacking and defending. The mini-goals emphasize accuracy and composure in front of the goal, helping players develop finishing skills without the presence of a goalkeeper.

Setup

- Mark the Field:** Set up a small field, approximately 30x20 yards, depending on the age and skill level of the players. Use cones to define the boundaries.
- Place the Mini-Goals:** Position two mini-goals on each end line of the field, centered along the width. Ensure there is enough space for the players to move around the goals.
- Divide the Teams:** Split the players into two teams of four. If there are extra players, rotate them regularly or set up a second game.
- Explain the Rules:** Brief the players on the basic rules—no goalkeepers, regular throw-ins, and the importance of teamwork, passing, and positioning.

Instructions

- Start the Game:** Place the ball in the center of the field and have one team kick off. Encourage both teams to focus on quick passing, moving off the ball, and accurate shooting at the mini-goals.
- Manage the Game:** Monitor the game, guiding positioning and movement. Encourage positive play and emphasize the objectives of quick decision-making and teamwork.
- Rotate Players (if needed):** If you have more than eight players, rotate them in after a set time (e.g., every 5 minutes) to keep everyone engaged and active.

Coaching Points

- Positioning:** Encourage players to maintain good spacing and avoid bunching up, creating passing lanes and options.
- Communication:** Remind players to talk to each other, calling for the ball and directing teammates.
- Quick Passing:** Emphasize the importance of quick, accurate passes to keep possession and exploit gaps in the defense.
- Movement Off the Ball:** Encourage players to constantly move into space, making themselves available for passes.
- Transition:** Focus on quick transitions between attacking and defending; when the ball is lost, immediate pressure should be applied to win it back.
- Decision-Making:** Guide players on when to pass, dribble, or shoot, fostering good decision-making under pressure.
- Defensive Shape:** Ensure players understand the importance of staying compact defensively and working as a unit to block passing lanes.
- Finishing:** Emphasize composure and accuracy when shooting at the mini-goals, aiming for the corners to increase scoring chances.
- Pressure the Ball:** Instruct players to apply immediate pressure on the opponent with the ball to force mistakes and regain possession.
- Positive Reinforcement:** Provide positive feedback on good plays, encouraging creativity and effort on both sides of the ball.

Variations

- Limit the number of touches
- Teams can only score after x passes
- All four players must touch the ball before scoring