



Sparta Soccer Club Fun Fours



What is Developmental Fours

Developmental Fours consists of a comprehensive range of innovative game-related practices involving eight game-like variations to 4-a-side soccer. Each game-related practice aims to isolate and encourage the development of a specific set of skills commonly performed during participation (e.g. dribbling, passing, creative play)

Why Developmental Fours

In 4v4 the young player is getting maximum touches of the ball, which is the best way to develop their skills. They feel confident and successful as it is easier to score goals, pass to a teammate, and play the game. They are also learning the basic principles of the game including ball control, dribbling, passing, defending, and scoring.

This format of the game should be fun and pressure-free and should not be associated with winning a trophy. Kids want to win, and there is no harm in that, but winning is more than the final result. Every child on the pitch can win if they are rewarded for their effort rather than the final score and that is what will breed good, motivated players with a great work ethic, and ultimately a generation of young players who want to stay in the game.

The 'free playing' environment created by street soccer leaves children to their own devices and thus enables them to practice skills and techniques without pressure and/or the fear of failure as well as encouraging them to decide upon their own solutions away from adult presence



Developmental Fours Guidelines

- **Game Length/Format:** 4v4 games, 4–12 minute games
- **Field Size:** 40 yards x 20yards
- **Activity Priorities:** Fun, Physical Movement, Time on the Ball, Engagement, Creativity
- **Player:Coach Ratio:** 8:1 is recommended, may be adjusted as needed but work towards ideal
- **Playing Time:** Everyone plays at least 50% of each game with a goal of 75%
- **Ball Size:** Size 3 or 4 ball
- **Coaching Philosophy:** Player Centered, High Energy, Engaging, Asks Questions
- **Style of Play:** Putting players in a game where they need to make soccer decisions and think of creative ways to solve problems
- **Toolkit Preferences:** Positive Feedback, Guided Questions, Key Words

