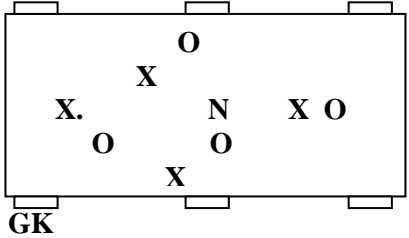
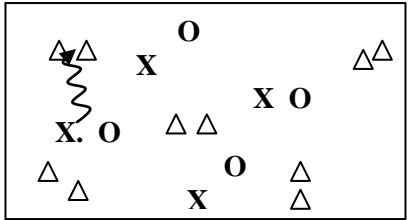
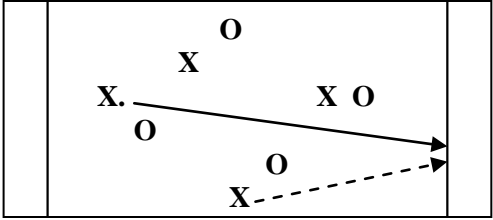
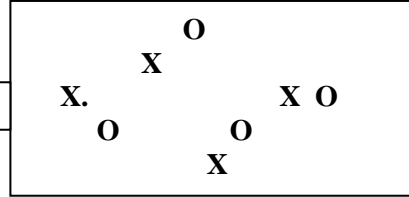


4v4 Game Variations

<p style="text-align: center;"><u>4v4 Awareness</u></p> <p style="text-align: center;">GK</p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 4v4 +1 Neutral • Two teams of 4 attack three goals and defend three goals • Behind the goals is an extra person (gk?) • You can't score on the goal the extra person is behind 	<p style="text-align: center;"><u>Coaching Points/ Guided Questions</u></p> <ul style="list-style-type: none"> • What is a way to score a goal when one side is crowded? • When the ball is passed back what is that a good sign to do as a team? • What is needed around the ball? • What types of passes do we need?
<p style="text-align: center;"><u>4v4 Gates</u></p> 	<ul style="list-style-type: none"> • Two teams of 4 players • Lay out small "gates" to pass or dribble through for a point • Removing gates will make it more challenging 	<ul style="list-style-type: none"> • Dribbling techniques: <ul style="list-style-type: none"> • Turning • Beating an opponent • Shielding • Passing techniques: <ul style="list-style-type: none"> • Accuracy and weight • Disguise • Thoughts to teach: <ul style="list-style-type: none"> • Cues of when to dribble? • Cues of when to turn? • Cues of when to pass?
<p style="text-align: center;"><u>4v4 Endzones</u></p> 	<ul style="list-style-type: none"> • Two teams play into an end zone on each end of the grid • A point is scored by dribbling into the end zone or passing to a teammate that is in the end zone • If passing, the teammate must not be offside 	<ul style="list-style-type: none"> • Dribbling techniques: <ul style="list-style-type: none"> • Turning • Beating an opponent • Shielding • Passing techniques: <ul style="list-style-type: none"> • Accuracy and weight • Disguise • Thoughts to teach: <ul style="list-style-type: none"> • Cues of when to dribble? • Cues of when to turn? • Cues of when to pass?
<p style="text-align: center;"><u>4v4 Get Outta Here</u></p> <p style="text-align: center;">O O O O C... X X X X</p> 	<ul style="list-style-type: none"> • Coach as boss of the balls – puts balls into play • Four players from each team play until a goal is scored or the ball goes out of bounds • Out of bounds, coach yells "get outta here," and four new players from each team go on with the next ball • Goal is scored, four players who scored stay on and four new players from the other team play against them • This can also be played 1v1, 2v2, 3v3 	<ul style="list-style-type: none"> • See ball through bottom of eyes • Keep ball rolling • First try to solve game by dribbling • Player w/o ball find big, easy spot to receive a pass