



4v3 continuous 4 goal game

What you tell your players the session is about:

Attacking with a one player overload situation.

What you tell your players to do:

Attack with good movement and a high pass tempo in order to make best use of the overload. Can they create 2v1's or a 1v1 situation that will give them a scoring opportunity.



what to shout

- "Don't let the ball stop"
- "Make the pitch big"
- "Can you find the spare player?"



what to look for

- Which team makes the pitch big.
- Which team moves the ball the quickest.
- Who makes the best use of the overload situation.



what to think about

This practice swings from one team to the next having an overload of one player. This is very true of the real game where each time a player is tackled the other team should have an overload on the pitch somewhere. However, they must react quickly if they are to make full use of the situation.

What you get your players to do:

Set up:

Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum).

Four mini target goals placed as in the diagram below.

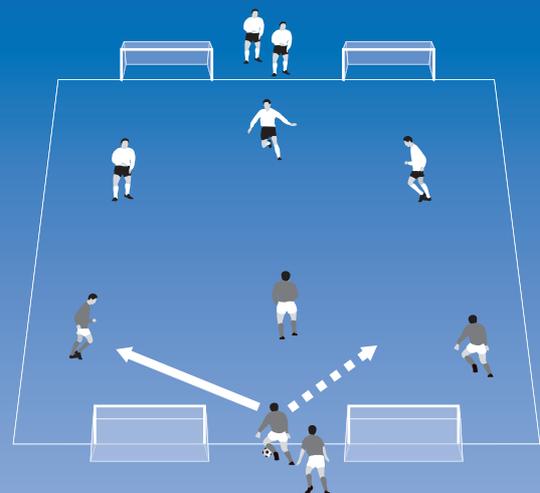
Two teams of five players.

The game starts with the black team in possession, 3v3 on the pitch.

One of the black resting players must dribble onto the pitch in order to make a 4v3 game, attempting to score into one of the four target goals.

As soon as this ball is completed, one of the black players leaves the pitch and now the white team introduce an extra player so that they have the overload situation.

4v3 game diagram



direction of run ■ ■ ■ pass →

Development

Remove the target goals, and replace with two normal sized goals and two goalkeepers to add focus to the game.

How would I put this into a game situation?

All games will naturally involve overload situations.

Encourage all your players to push forward in attack to seek to create overload situations.