



Published for the world's most innovative soccer coaches

Training with 4 v 4 Small-Sided Games



By
Terry Michler

Free Email Newsletter at worldclasscoaching.com

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Edited by Tom Mura
Front Cover - Celtic U18 Academy Team training session.

Terry Michler, coach of the Christian Brothers College High School, St. Louis, MO, is the nation's most winningest high school coach with over 720 wins. Michler's teams have reached 11 State **Championship games and won five State Championships.** Over the years, 266 of his players have played college soccer and 24 of them have played professionally.



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Coaching Clinic

Why 4 v 4

Terry Michler

Soccer Coach

CBC High School



Introduction

- Why 4 v 4
- Objectives
- Elements of Soccer
- Shape
- Involvement / Fun
- Learning Process / Problem Solving
- Three Main Moments
- Coaching in 4 v 4
- Training for 4 v 4
- Manchester United 4 v4 Pilot Scheme
- Buildup Activities
- Training Drills

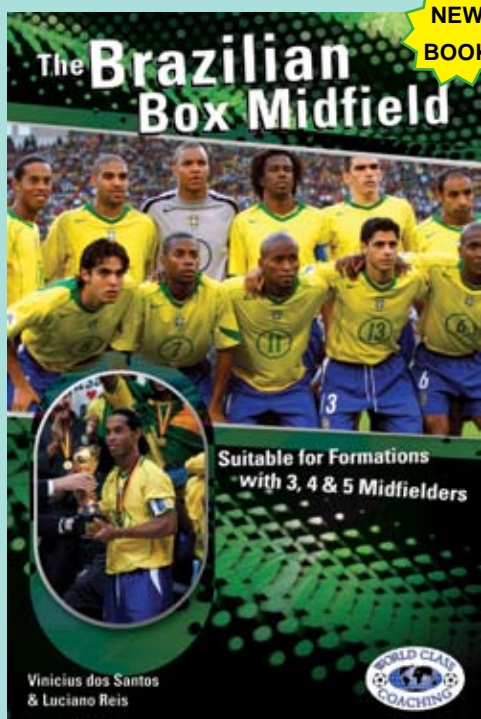
Small – Sided Games

- In simplified, modified games, players learn to be aware and to improvise, to concentrate and to recognize the situation.
 - **Skills are important , but the value of skill is to be able to use them efficiently in a fraction of a second.**
 - **Practices should be one quarter skill training and three quarters applying those skills in endless situations.”**
- Rinus Michels – Former Dutch National Team Coach and the FIFA Coach of the Century

Gary Lineker -- former English international

- We could drastically improve the standard of English football immediately if we made small children play on small pitches with small goals, so that they can be in the vicinity of each other and learn to pass the ball to each other instead of having to hoof it.
- They should ban playing on big pitches until children get to 13 or 14.

BRAZILIAN BOX MIDFIELD



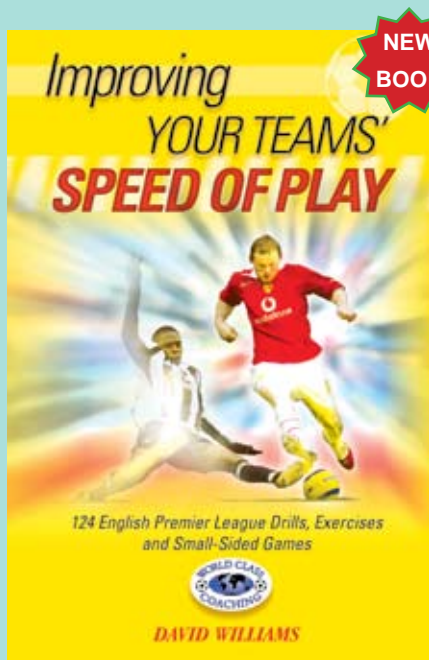
Brazil's system of play is famous for its version of the 4-4-2, which utilizes the "Box Midfield". Carlos Alberto Parreira, Brazil's current coach, won the 1994 World Cup in the USA with a "Box Midfield". Parreira hopes to win again this World Cup in Germany 2006 using the same system, which he refers to as the "Magic Square".

Other teams that have used the "Box Midfield" are: Brazil National Team 1982, Brazil National Team 1994, Sao Paulo FC 1992/1993, SE Palmeiras 1996, Cruzeiro EC 2003, Santos FC 2002 & 2004. Most recently Wanderley Luxemburgo comes home from Real Madrid to win the Paulista League 2006 with a "Box "Midfield".

The Brazilian Box Midfield, a clear and practical book on how to apply the Brazilian Box system. This book will be helpful for any coach, from elite professional teams to youth club teams, to better understand the principles of Brazilian soccer and its systems of play.

THE MOST IMPORTANT TACTICAL INNOVATION IN 30 YEARS!

Play at English Premier League SPEED



If you are a fan of the English Premier League, you will no doubt enjoy the incredible speed at which the game is played in England. It doesn't matter if it is foreign players like Thierry Henry, Ruud van Nistelrooy or Cristiano Ronaldo, or home grown players like Michael Owen, Wayne Rooney or Steven Gerrard, they all seem to perform at an incredible speed when they are playing in the English Premier League.

How do these and all other EPL players learn to play at such breakneck speed? It's down to their training sessions. The climate in England, plus the intense level of competition of the EPL forces the teams to practice at a great speed of play. This book shows you these practices.

This book contains 124 drills, exercises & small-sided games that Coach David Williams has conducted during his many years as a coach with various English Premier League teams.

PLAY AT ENGLISH PREMIER LEAGUE SPEED

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Why 4 v 4

- Smallest manifestation of real soccer
- All of the elements are present to experience real soccer
- Players will get more touches on the ball
- Involved physically and mentally
- Quicker action sharpens concentration
- Constant action and always on or around the ball

Objectives

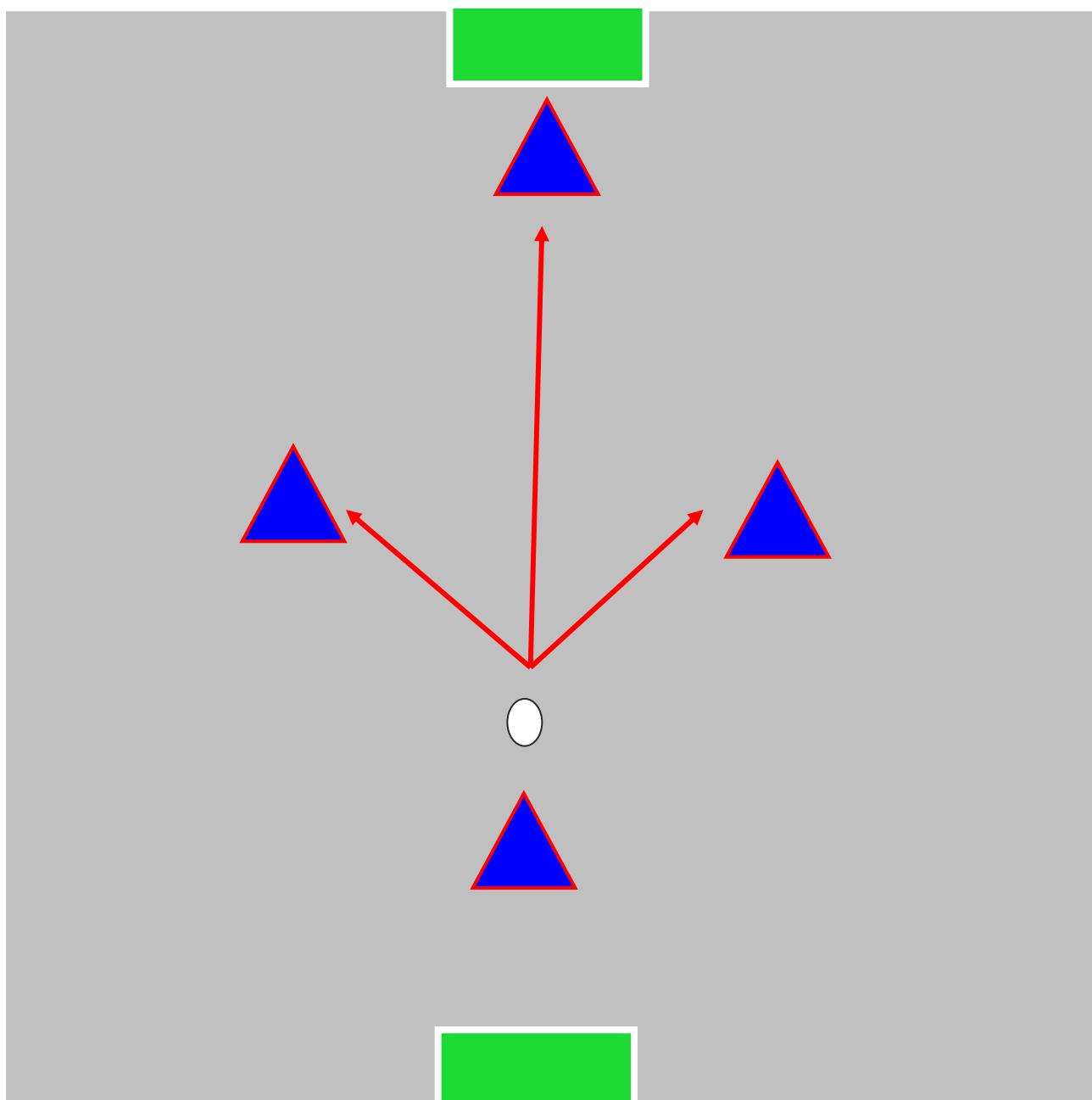
- To play real soccer
- To build up and score ---
defend --- play in transition as
the ball exchanges
- Fewer players and more
confined space – more
involvement
- Simple framework to learn the
elements of soccer

Elements of Soccer

- The minimum # of players needed for all the principles of play
- **Penetration – width – depth – support**
- Free movement develops **mobility**
- Ball, goals, rectangular playing field, boundary lines, teammates, opponents,
space, pressure, rules and direction of play

Shape

- 1 player up top for **penetration**
- 2 players wide for **width**
- 1 player stays back for **depth**
- In possession, make field big
- Look to play deep, early
- Loss of possession, make field small
- A diamond shape



ALL-NEW ONLINE TRAINING SESSIONS

STARTS
AUGUST
1st

(Follow the progress of a team's training throughout the season)

What are Online Training Sessions?

They are a complete season of training sessions from specific teams that are posted weekly throughout the season.

How many sessions are there?

About 40 complete training sessions per team. Every Monday during the season, the previous weeks training sessions will be posted online. At the end of the season there will then be a complete season of training sessions available.

How do you access the sessions?

The sessions are available 24/7 right on your computer. You can access them no matter where you are, and at any time of the day or night.

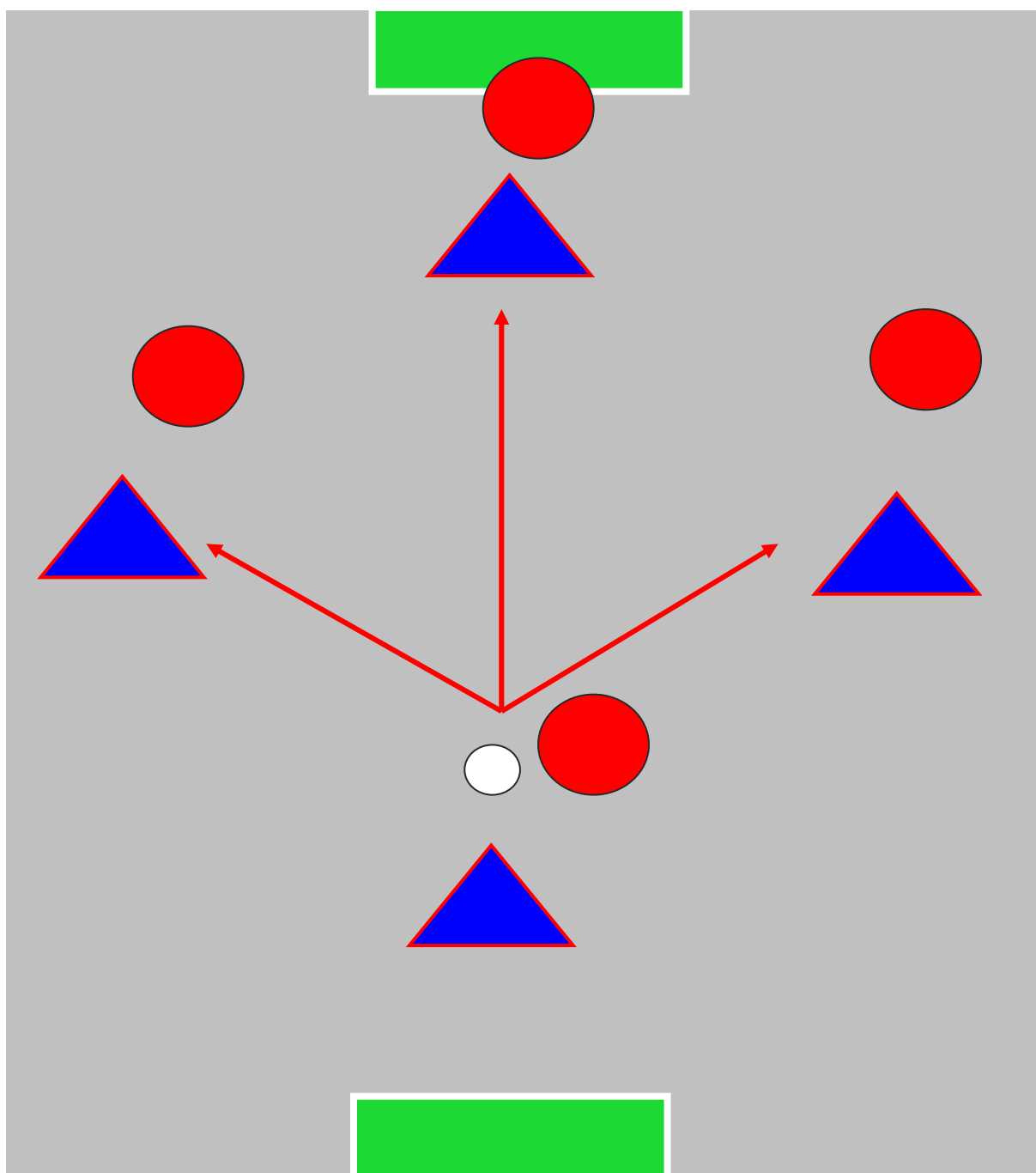
Why Try Online Training Sessions?

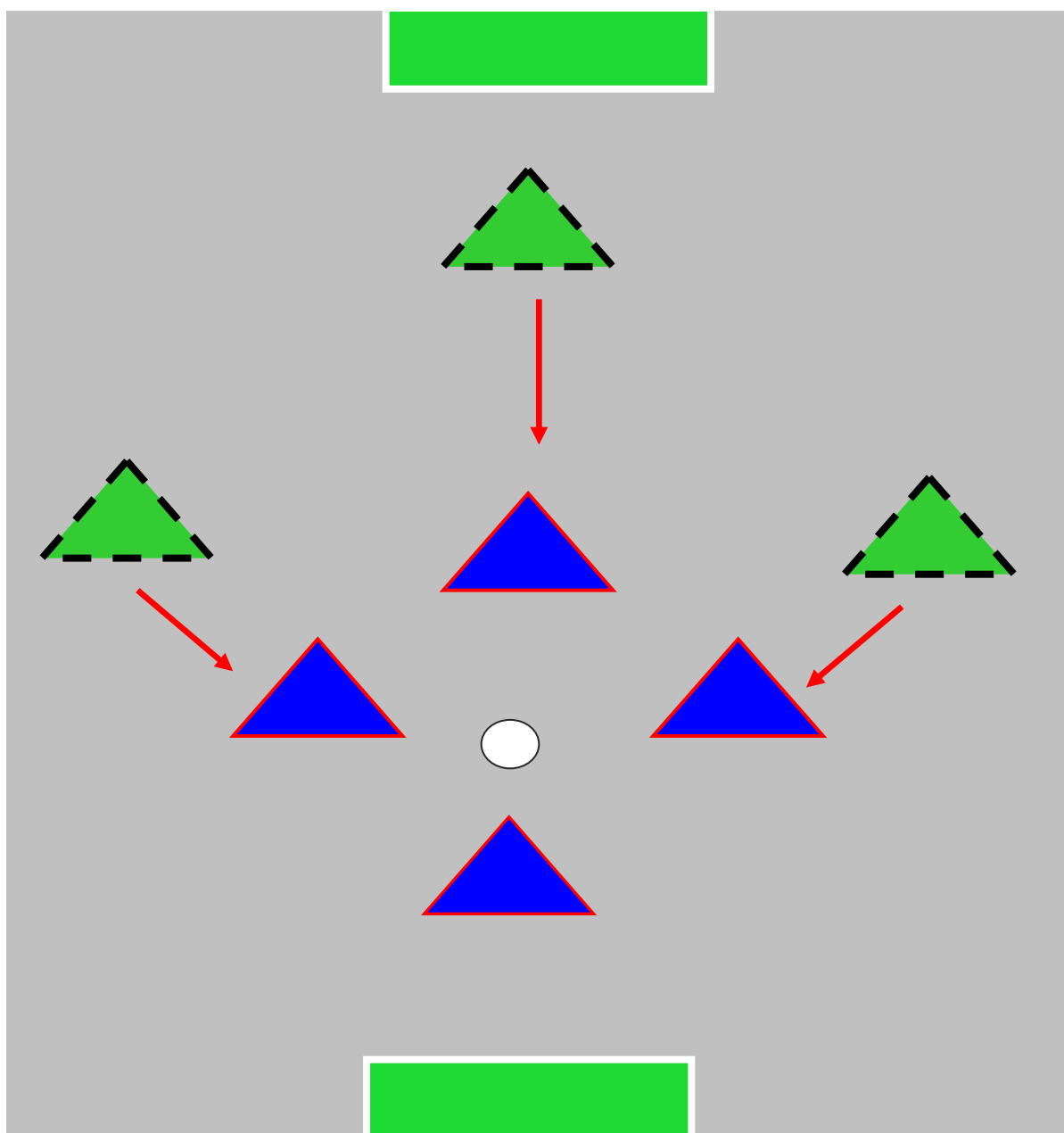
The logic behind the Online Training Sessions is that there are many resources of training sessions, exercises, drills, etc. available in the form of books, DVD's and web sites, but it's important to have more than just drills. The Full Season Training Sessions are designed to help coaches organize their training sessions better. They are complete training sessions (warm-up, technical, tactical and physical work) which will help coaches run better organized sessions. These Full Season Training Sessions will show you how to schedule training sessions throughout the season with various levels of intensity depending on the stage of the season. They will also show you how to design training sessions from start to finish with a specific purpose as opposed to just putting drills together haphazardly.

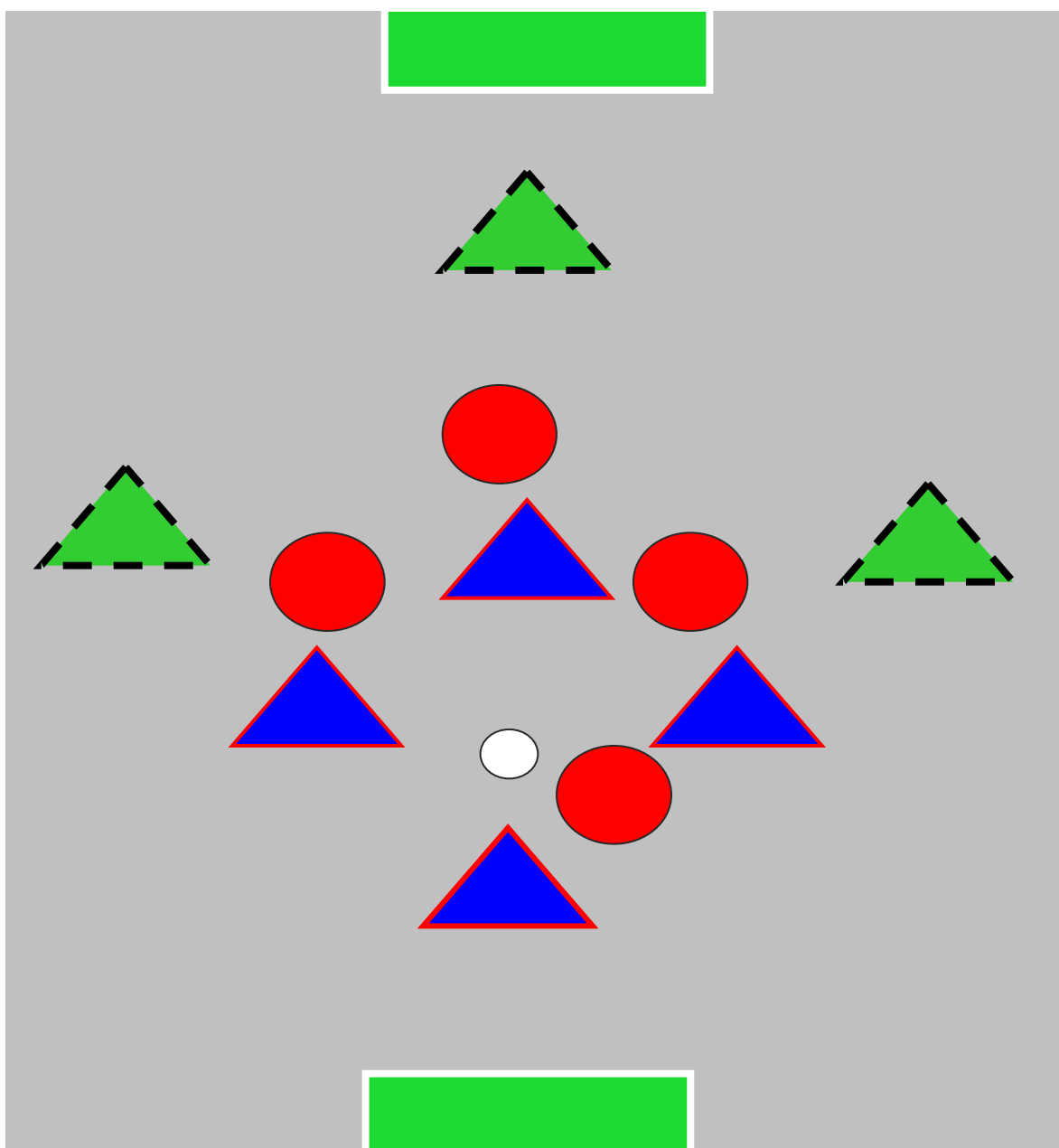
Full Season Sessions Available

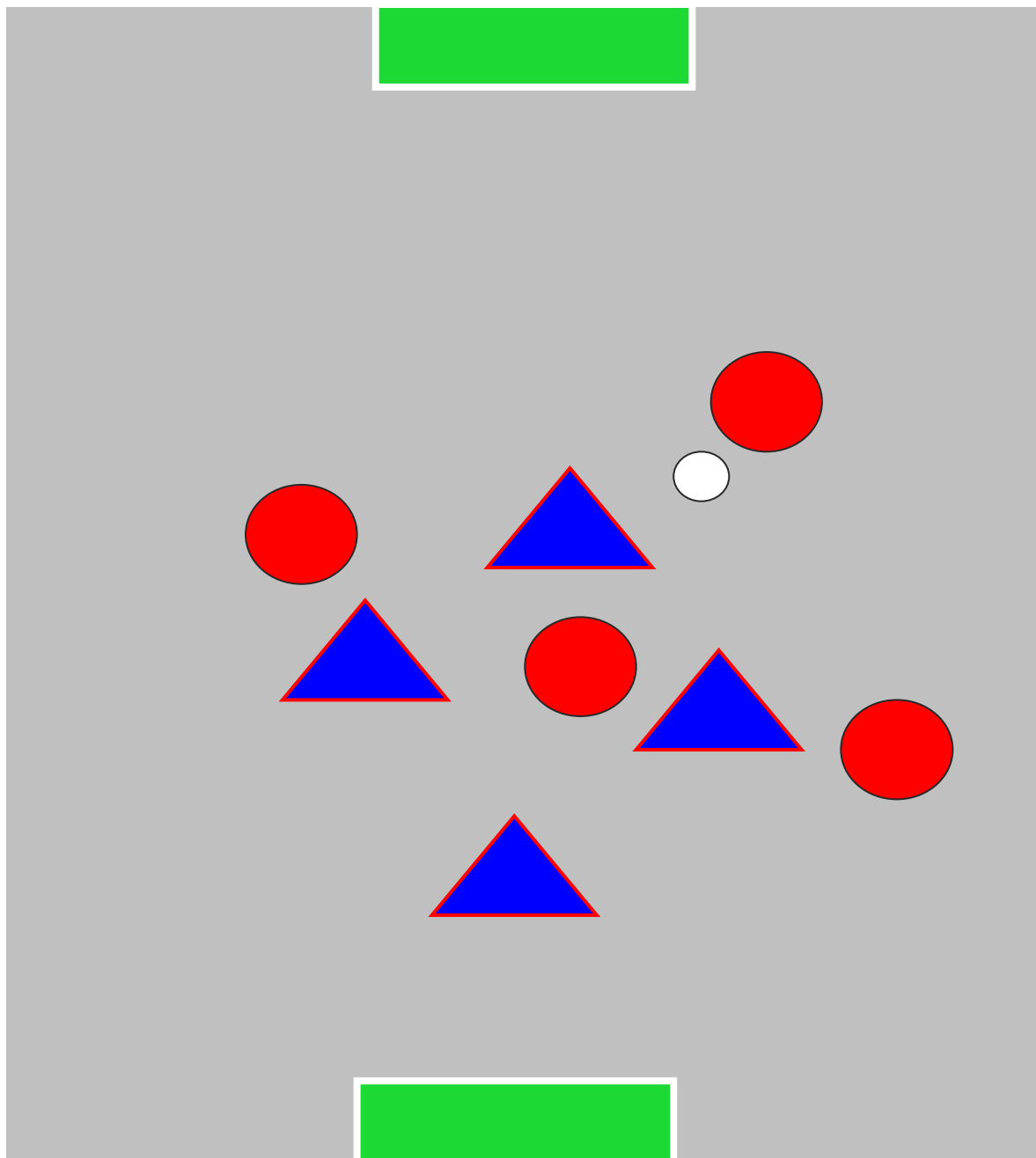
- College Team
- High School (U15-18) Team
- U13/14 Team
- U11/12 Team (8 v 8)
- Conditioning Sessions

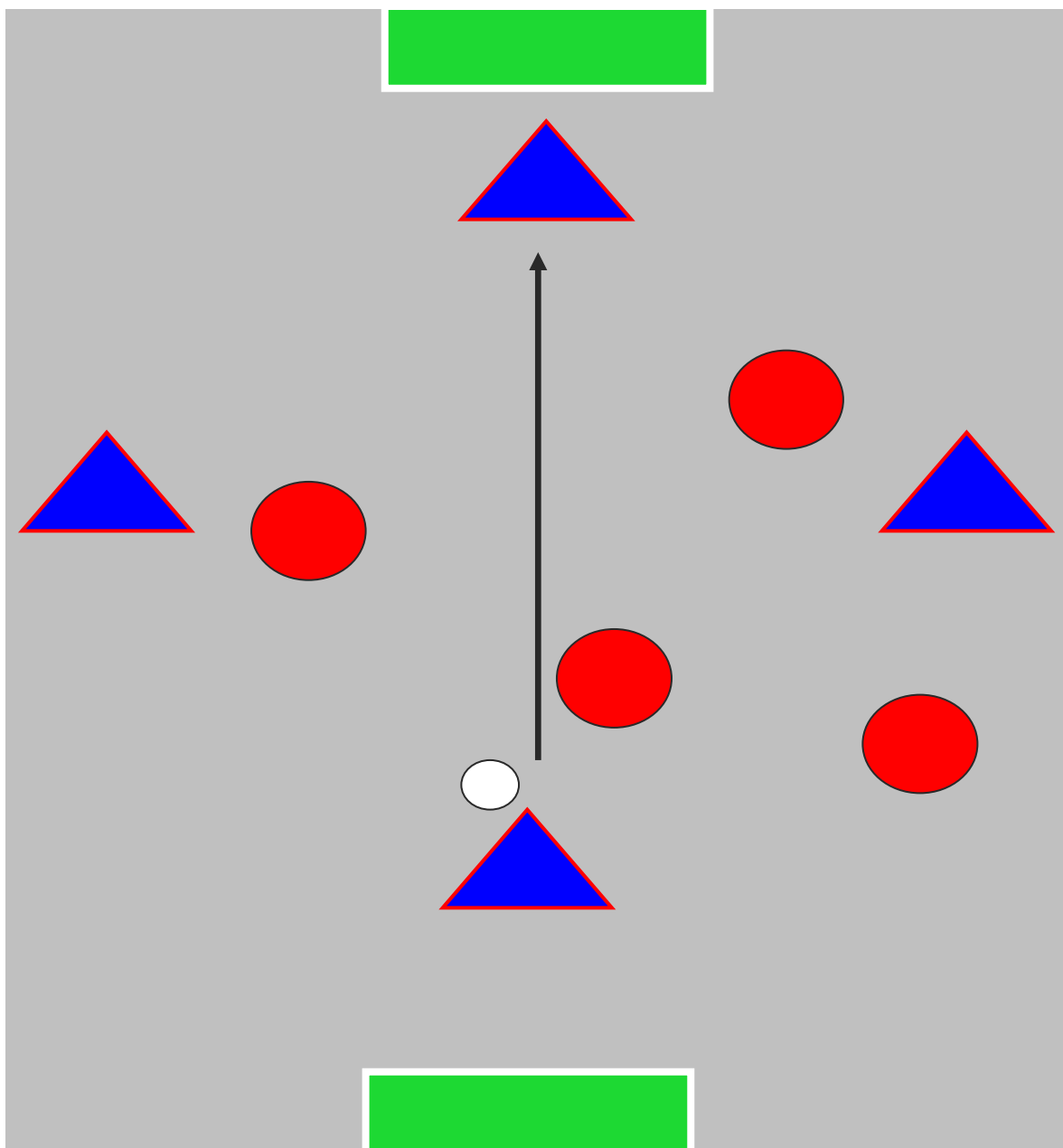
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Involvement / Fun

- An area (40 x 25 yards) that relates to their age and physical development
- Generates many soccer situations
- Involves all the players
- Better cooperation among the players
- Involved in nearly every play
- Competitive

Learning Process / Problem Solving

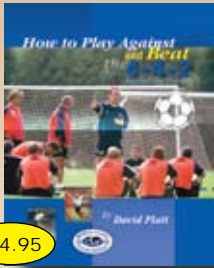
- Opponents were seen as posing a problem that had to be solved
- The element of “chaos” exists constantly as the ball, teammates and opponents are in perpetual motion
- Split-second decisions
- Bring order out of “chaos”

Learning Process -- 2

- Recognize recurring situations
bring quicker response
- No two situations are identical
- Recognize and interpret from own experiences and arrive at the proper solution
- Through repetition, develop ability to “read” the game



NEW BOOKS



Item # 1023

Former England U21 Coach, David Platt, shares his tactical knowledge on how to coach your team to beat an opposing team lined up in a 4-4-2 formation.

\$24.95



Item # 1024

Former England U21 Coach, David Platt, shares his tactical knowledge on how to coach your team to beat an opposing team lined up in a 4-3-3 formation.

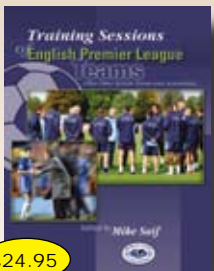
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Item # 1033

Former England U21 Coach, David Platt, shares his tactical knowledge on how to coach your team to beat an opposing team lined up in a 3-5-2 formation.

\$24.95



Item # 1025

In this book are sessions from English Premier League teams and their Academies like **Manchester United, Liverpool, Everton and Fulham**. Also included are sessions from **England National Teams**, and top British clubs like **Glasgow Rangers, Glasgow Celtic, Crystal Palace and Leeds United**.

\$24.95



Item # 1026

In this book are sessions from Europe's top teams like **Real Madrid, Ajax and A.C. Milan**, plus South American teams like **Boca Juniors, E.C. Vitoria** and others. Plus sessions from the **Canadian National Teams**, and from **Anson Dorrance and Tony DiCicco**.

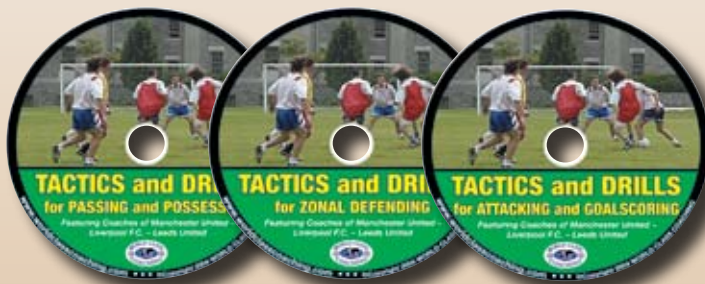
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DVD's

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Item # 4001 - Attacking
Item # 4002 - Defending

Item # 4003 - Possession
Item # 4004 - All Three DVD's

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Zonal Defending
Improving Confidence For Heading
Developing Techniques For Youth Players
Developing Quick Play Using Circle Practices

Passing Progressions
Counter-attacking With Pace
Improve Your Shooting and Finishing
Build-Up Play For Crosses
Attacking In Waves

4-4-2 DVD's



Item # 4005 - Attacking - # 4006 - Defending - # 4007 - Both DVD's

The 4 - 4 - 2 is the preferred formation for just about every team in the English Premier League. The 4 - 4 - 2 is also used by the majority of the world's top coaches and teams such as European giants Juventus, Real Madrid, Bayern Munich as well as the national teams of Brazil, England, USA, Italy, etc.

These DVD's will explain how the 4 - 4 - 2 formation is played, why it is so successful and why it is the formation of choice for the world's top teams. Coach David Williams (former Leeds United, Everton and Manchester United U19 coach) explains the roles and responsibilities of the defenders, midfielders and forwards, both in attacking and defending situations. The DVD's show many practices that he has used during his vast coaching experience in the English Premier League, and will show you how to train your players to play using the 4 - 4 - 2 formation. These practices start with 2 v 2 exercises and build all the way up to 11 v 11 conditioned games.



Three Main Moments

We have the ball

Opponent has the ball

Transition – exchange of the ball

Possession of the Ball

- Build up to create chances
- Scoring goals
- Make playing area as large as possible (width and depth)
- Think deep and play deep whenever possible
- Maintain ball possession
- Use the width to spread the defense

Possession of the Ball by the Opponent

- Disturb the build up
- Recover the ball quickly
- Prevent any goals and goals scoring chances
- **Shrink the playing area**
- Pressure opponent with ball
- Tight marking around ball
- Cover away from ball
- Everybody be useful

Transition Phase

From possession of the ball to loss of the ball

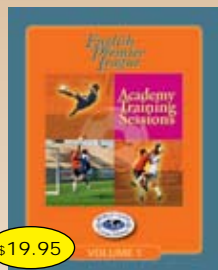
- Act quickly – player nearest the ball prevent a direct long pass
- All players participate in the active defense
- Press on the ball or fall back and defend

From loss of the ball to the possession of the ball

- Look to play deep first
- Players furthest from the ball, ask for the ball
- Stay onside
- Support the ball and go to goal



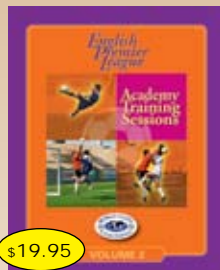
BOOKS



Item # 1016

Contains 11 chapters showing practices and exercises used at English Premier League Academies to develop and improve technique. Chapters are: Warm-Ups, Passing, Ball Control, Dribbling, Running, Shooting, Attacking Play, Defending, Tackling, Games and Tactics.

\$19.95



Item # 1017

Takes the exercises shown in Volume One and progresses them into functional sessions, then into tactical sessions and finally into game situations.

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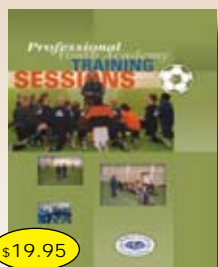


Item # 1019

This book takes an in-depth look at the formation used by Liverpool to win the Champions League Final.

Whether you play with a 4-4-2, 4-3-3, 3-4-3 or any other formation, understanding how to play the 3-5-2 formation is critical for any coach or team.

\$24.95

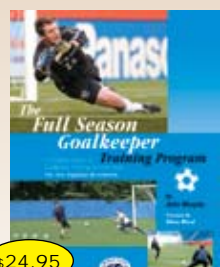


Item # 1022

The author shares his 20 years of experience coaching at pro youth academies in England.

This book shows some of the most creative, inspiring and innovative training sessions you will find anywhere.

\$19.95



Item # 1013

This incredible book shows every GOALKEEPER training session, practice and drill done by the New England Revolution from their 2002 season.

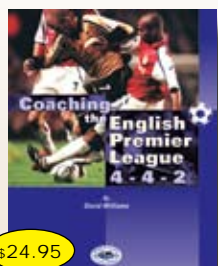
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Item # 1007

This one-of-a-kind book shows every training session, practice and drill of the Penn State soccer team from their 2001 season where they reached the NCAA Tournament round of 16.

\$19.95

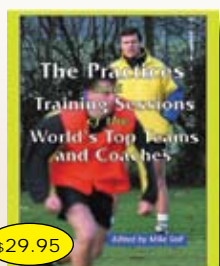


Item # 1011

This is the most comprehensive book ever written about the 4-4-2 formation. Covered are the roles and responsibilities of the defenders, midfielders and forwards in both attacking and defending situations.

BEST SELLER!

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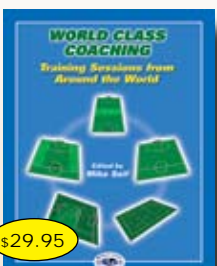


Item # 1001

The most comprehensive book EVER published of soccer practices and training sessions. Over 200 pages full of training sessions from Manchester United, Brazil National Team, PSV Eindhoven, Boca Juniors, etc.

1,000's ALREADY SOLD!

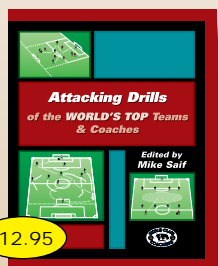
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Item # 1014

Over 200 pages and 100 training sessions from the world's top teams like Manchester United, Ajax, Liverpool, Juventus, PSV Eindhoven and São Paulo. These, plus sessions from National teams from Holland, Italy, USA and others make this book a "must have" for any serious soccer coach.

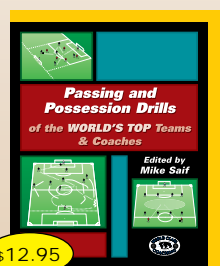
\$29.95



Item # 1002

Includes training sessions and drills from Manchester United, U.S. Women's World Cup Team, Venice of Serie "A", Liverpool F.C., Bodens BK of Sweden, Brazilian Youth Teams plus many of the MLS Teams and other top teams and coaches from around the world.

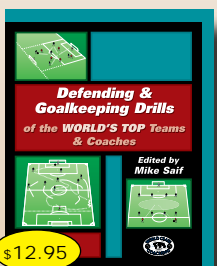
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Item # 1003

Includes training sessions and drills from Manchester United, Juventus F.C. and Venice of Serie "A", Ajax F.C., Lausanne of Switzerland, Liverpool Academy plus many of the MLS Teams and other top teams and coaches from around the world.

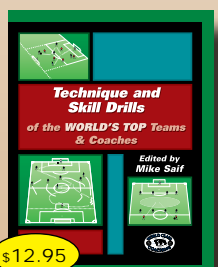
\$12.95



Item # 1004

Includes training sessions and drills from São Paulo of Brazil, Italy U15 National Team, Tony DiCicco, Liverpool F.C., Lira Lulea BK of Sweden, Leeds United plus New England Revolution of the MLS and other top teams and coaches from around the world.

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Item # 1005

Includes training sessions and drills from PSV Eindhoven, U.S. Women's World Cup Team, Ajax F.C., Liverpool F.C., Leeds United, FK Teplice plus many of the MLS Teams and other top teams and coaches from around the world.

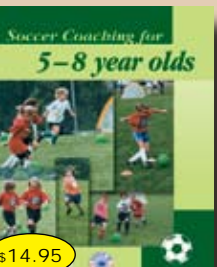
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Item # 1010

Included are 32 complete training sessions covering passing, receiving, dribbling, running with the ball, shooting, defending and goalkeeping. There are also 16 fun, small-sided games that can be used in any training session or as warm-ups.

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Item # 1008

Included are 32 complete training sessions covering passing, receiving, dribbling, running with the ball, shooting, defending and goalkeeping. There are also 22 fun, small-sided games that can be used in any training session or as warm-ups.

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Coaching in 4 v 4

- Freeze the moment
- Don't over coach
- Coach those that need coaching
- Ask questions, avoid statements
- Coach what is real
- Stand where you can see
- Bring the game to life

Coaching -- 2

- Think of 3 moments
- 1 -- give just enough directions to get the game going
- 2 -- what are the big mistakes can they solve the soccer problem
- 3 -- fine tune, introduce changes

Training Activities for 4 v 4

- A progression of drills and activities that lead up to the concept and shape of the 4 v 4 setup.

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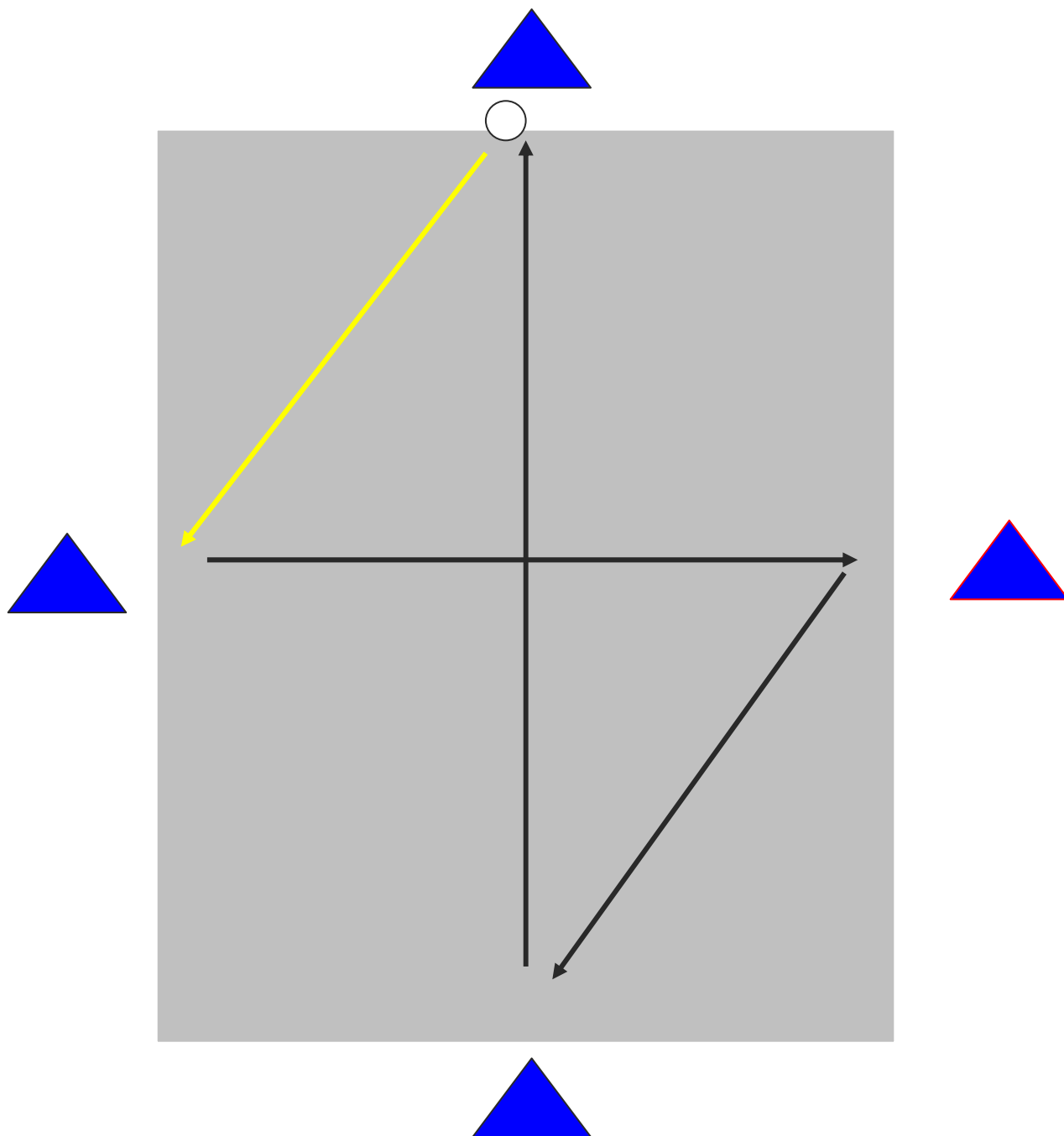
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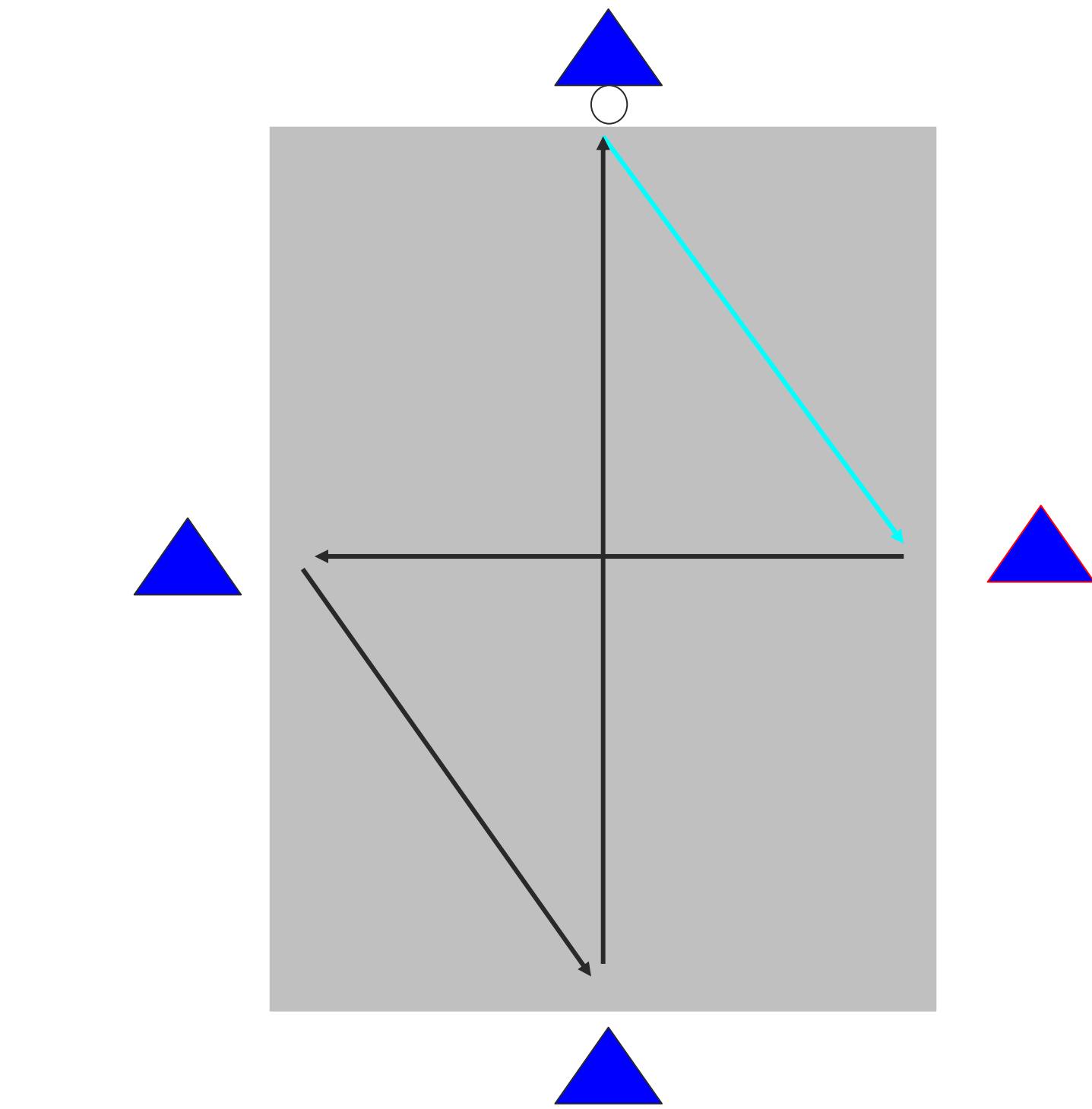


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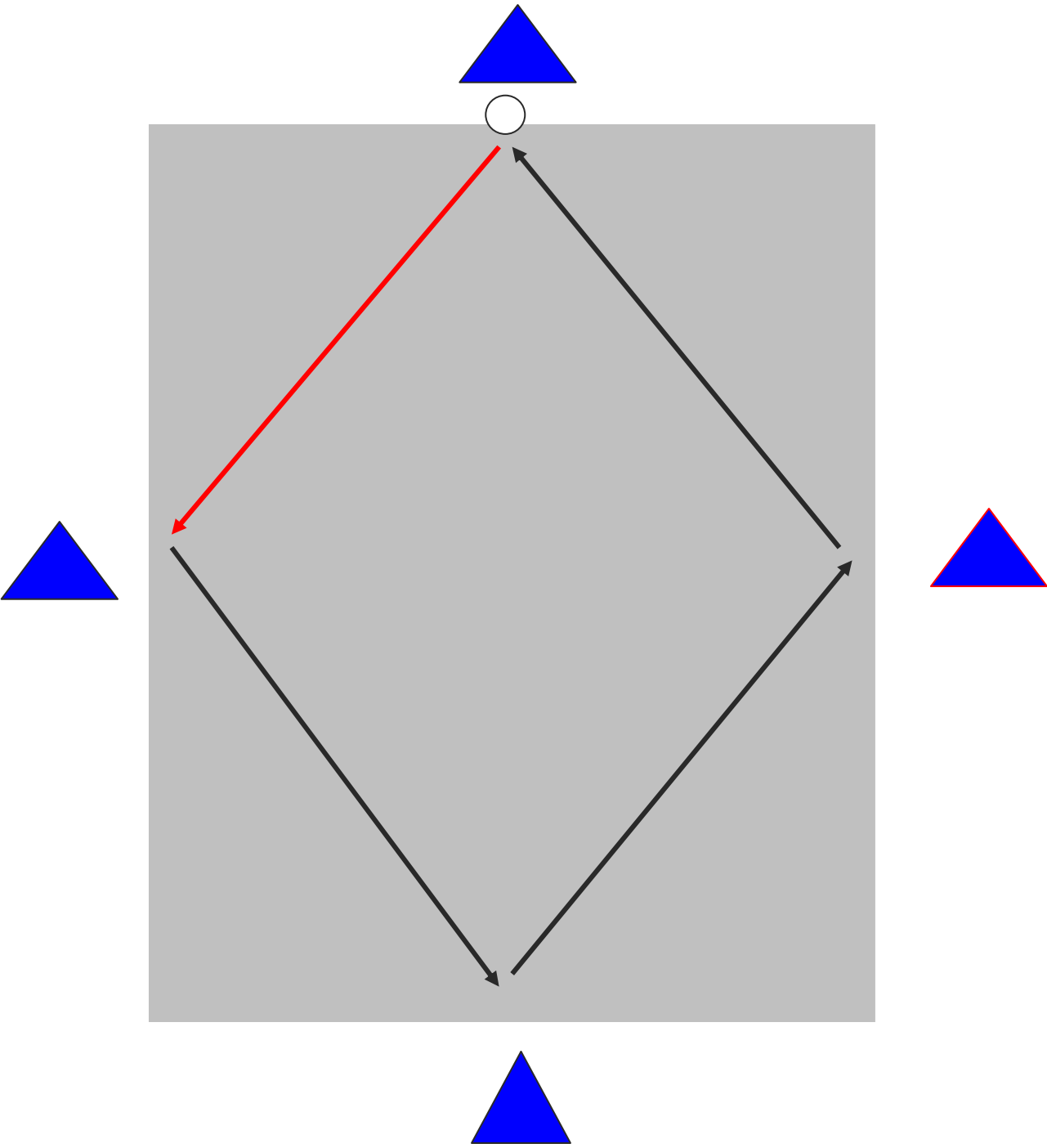
4 v 0
15 x 10 yd



4 v 0
15 x 10 yd

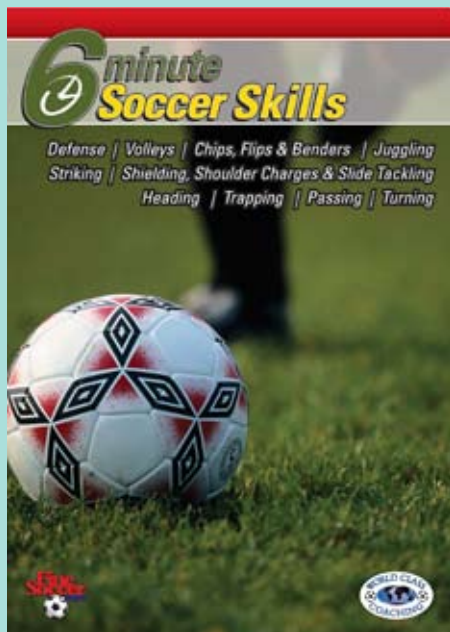


4 v 0
15 x 10 yd



6-Minute Soccer Skills DVD Series

Introducing the 6-Minute Soccer Skills DVD Series from FineSoccer. No wasting time watching a one-hour soccer DVD to learn how to shoot, pass or head a ball. These 10 DVD's get right to the heart of teaching in just 6 minutes.



What is your weakness? Heading, shooting, passing or how about turning or juggling? Whatever your weaknesses, these DVD's will help you overcome them right now. Watch the DVD's, and with practice you will rise to a new level of playing.

No need to waste time with trial and error or watching hours of footage. These DVD's get right to the heart of teaching and are fast paced tutorials for today's player.

Coaches

These 10 DVD's are a great teaching tool. Each DVD breaks down the skill step by step and clearly explains the main coaching points of the specific skill. This makes it simple to show and teach your players at practice.

Players

Each skill can be practiced on your own in the back yard, or with teammates. Watching these DVD's will motivate the player to practice more and improve their individual skills.

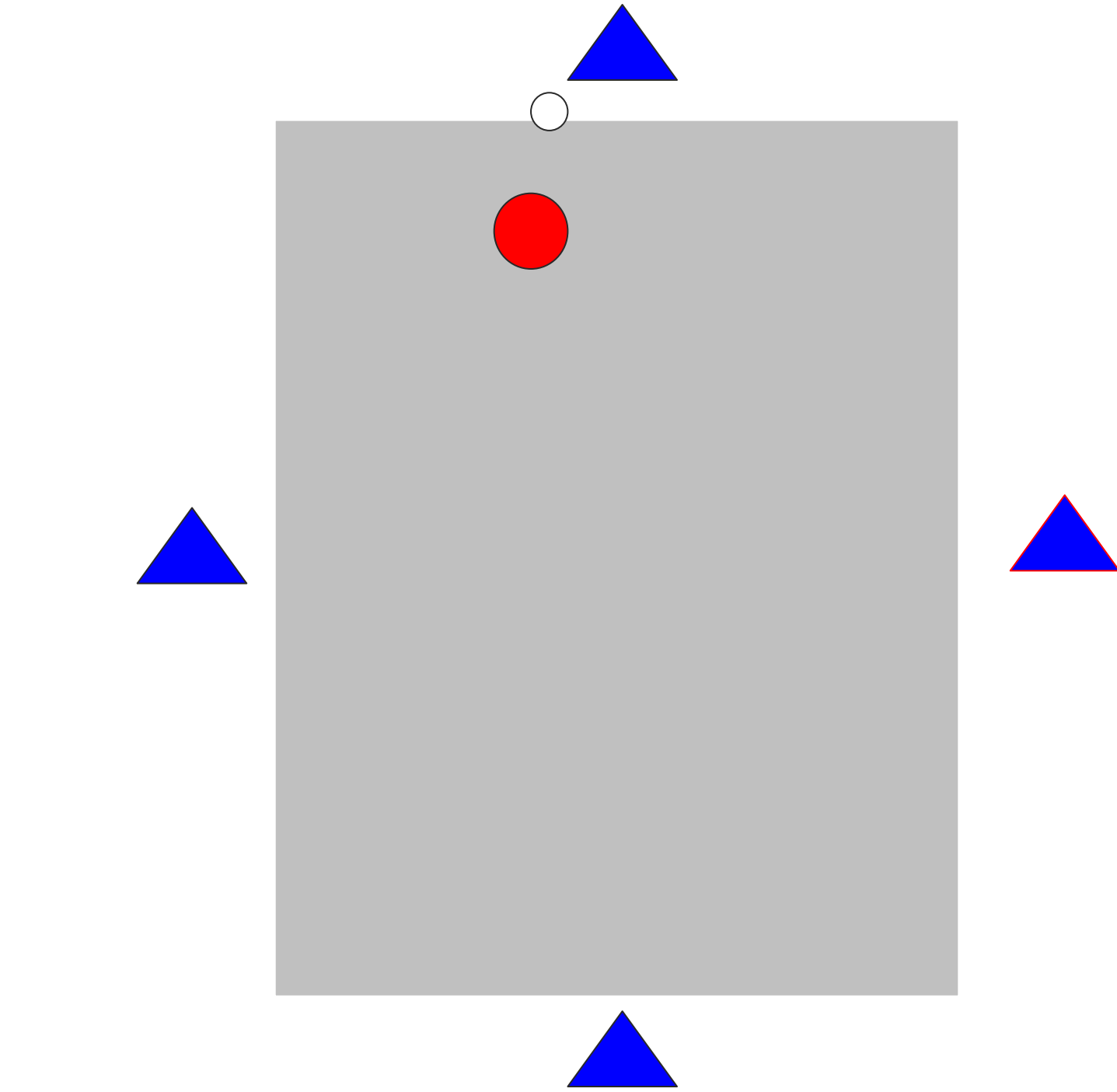


10-DVD set \$79.95
Individual DVD's \$8.95 each

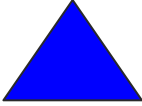
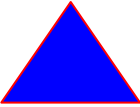
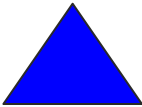
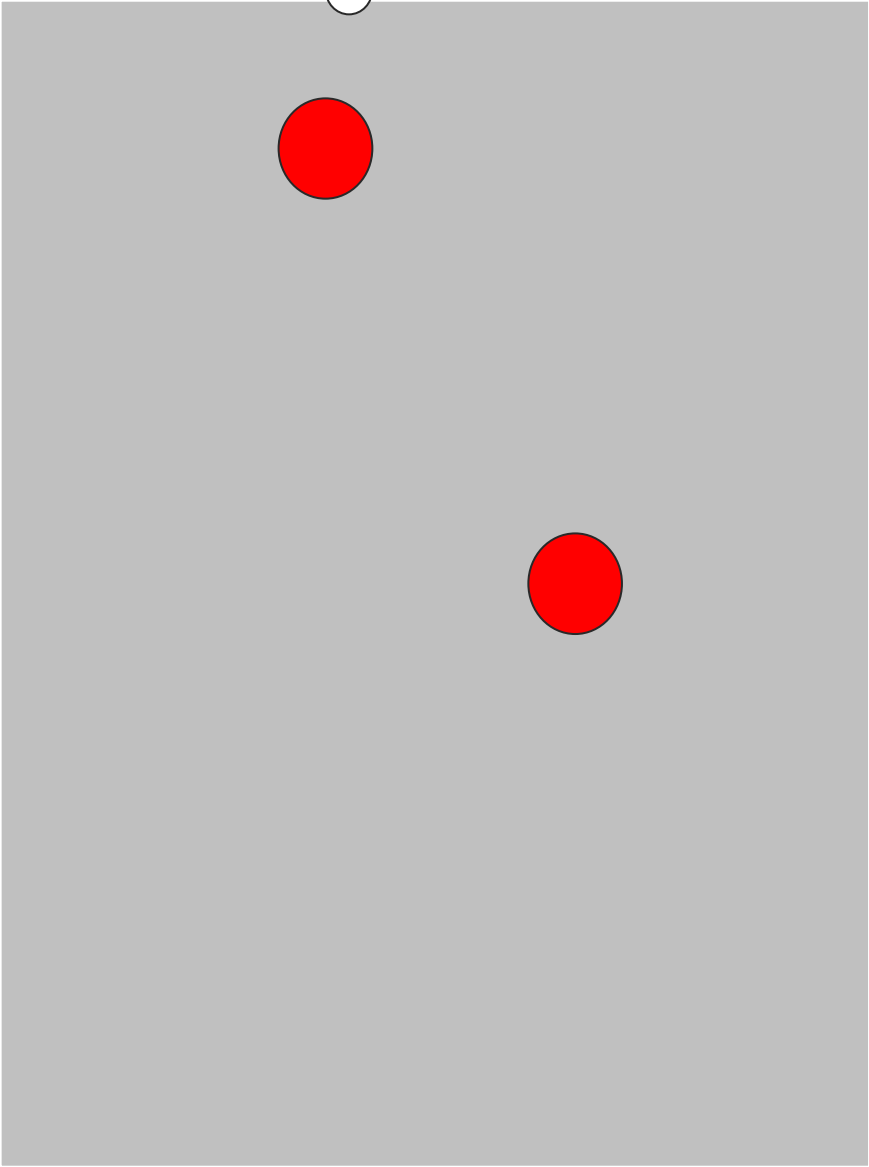
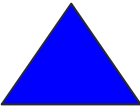


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4 v 1
15 x 10 yd

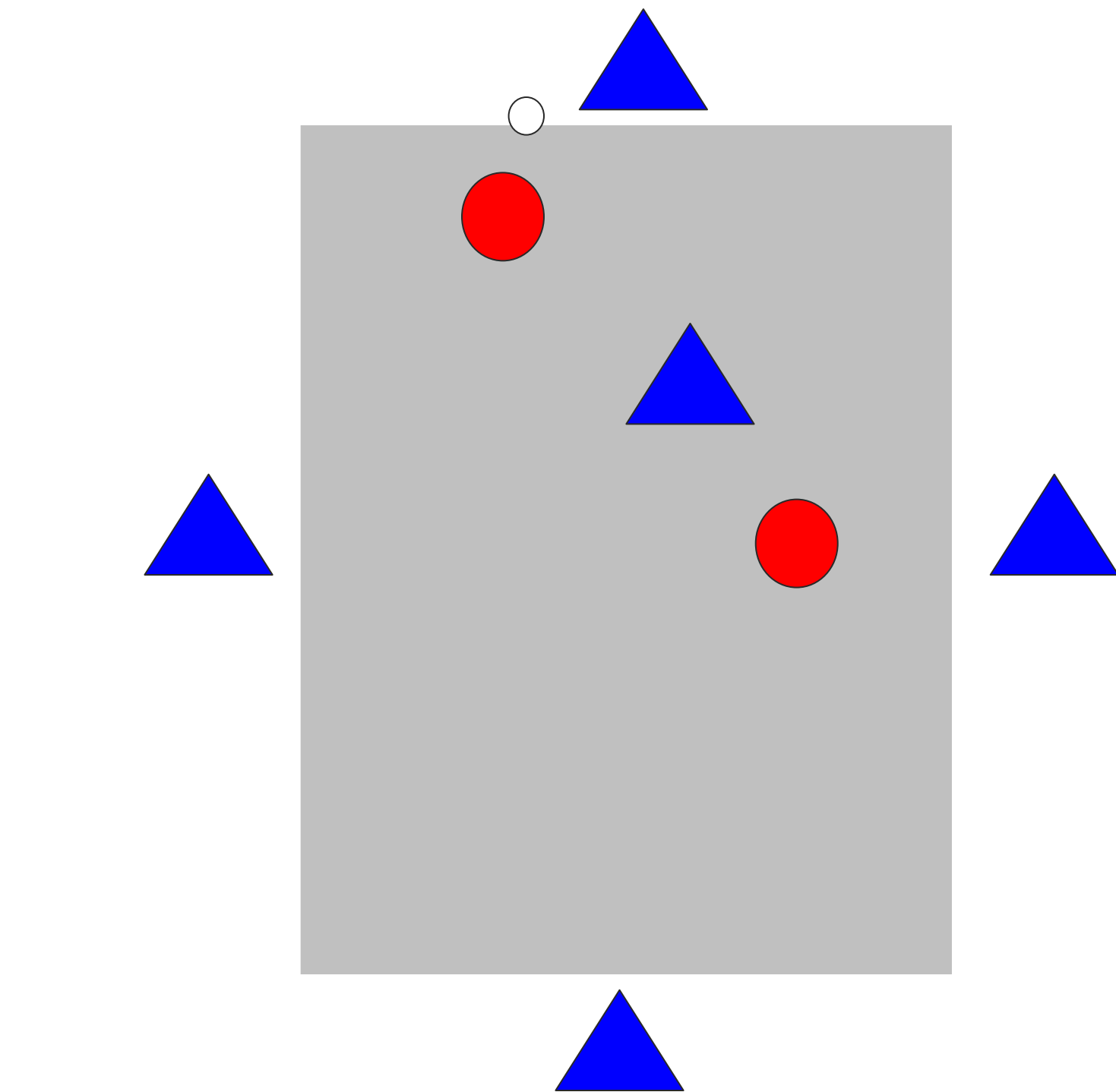


4 v 2
15 x 10 yd

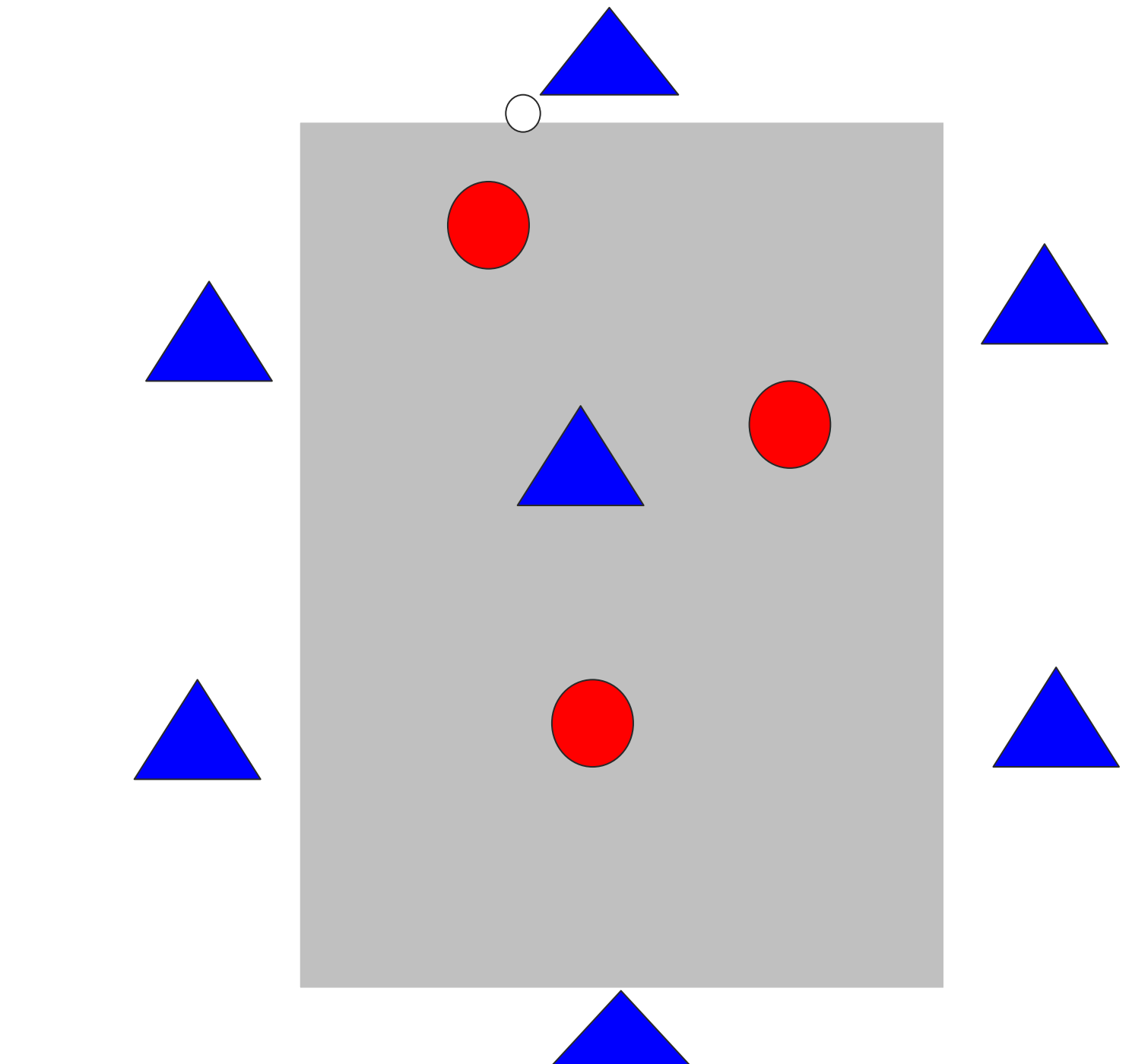


$4 \sqrt{2} + 1$

15 x 10

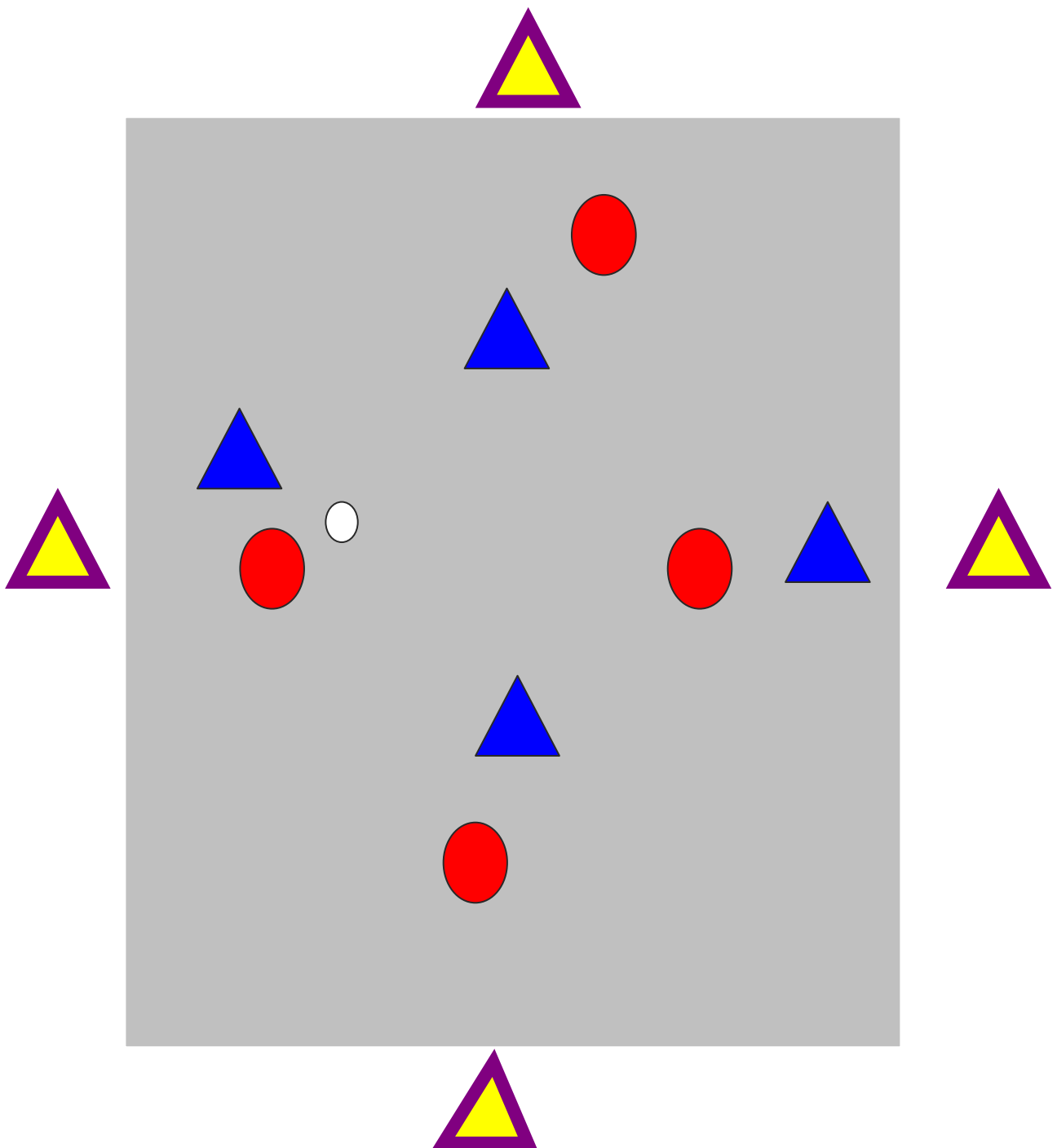


6 v 3 + 1
20 x 15 yd

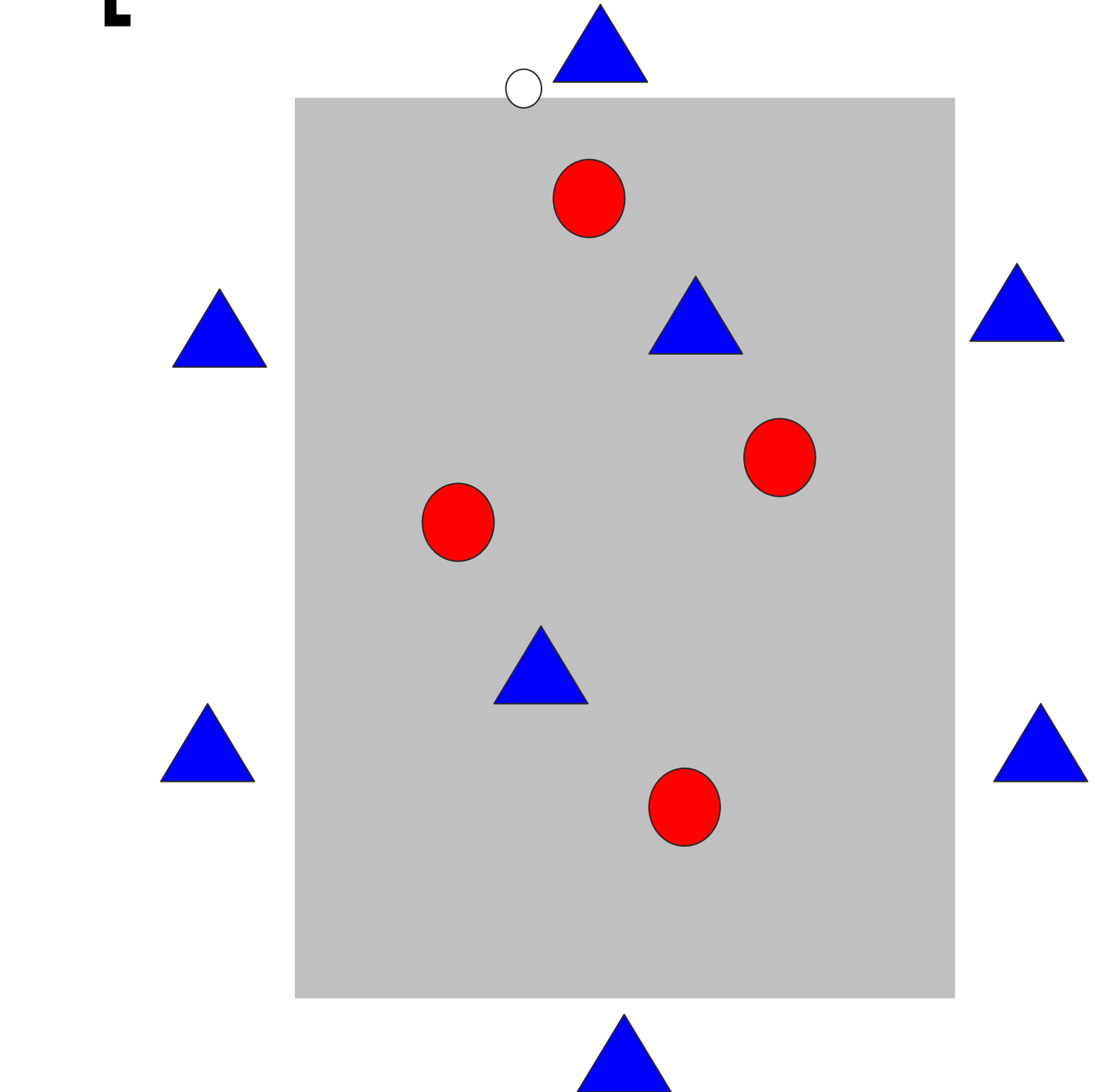


4 v 4

4 Neutrals



6 v 4 + 2
30 x 25 yd





The Manchester United 4 v 4 Pilot Scheme

Source: “FA Insight”, Based upon study performed by the Department of Exercise and Sport Science at the Manchester Metropolitan University.

4 v 4 Program

■ Scheme format

- **Goalkeepers game:** 4v4 plus two Goalkeepers
- **Two goal game:** 4v4 with four large cones as goals
- **Four goal game:** 4v4 with eight large cones as goals
- **Line Ball:** 4v4 with dotted line as a scoring line

■ Scheme Construct

- Game Duration: 8 minutes/station, 2 min break
(Exercise-to-rest ratio increases energy and mental awareness)
- Scoring/Goals: No score is kept
(Emphasis on development, de-emphasis of winning)
- Coaching: Very little overt coaching
(Encouragement only. No raised voices and no disciplining)

Quantitative Analysis*

	# of Passes	Scoring Attempts	Goals	1v1 Encounter	Dribbling Skills
2-Goal Game	<u>170</u>	44	18	51	39
Line Ball	160	NA	<u>37</u>	56	<u>58</u>
GK Game	149	49	17	<u>92</u>	36
4-Goal Game	106	<u>62</u>	28	52	45
8 v 8	108	20	5	28	16

*Numbers listed are “Mean” scores

Quantitative Summary

On Average 4v4 versus 8v8 had:

1. 135% more **passes**
2. 260% more **Scoring Attempts**
3. 500% more **Goals Scored**
4. 225% more **1v1 Encounters**
5. 280% more **Dribbling Skills
(tricks)**

Qualitative Summary

Club Directors/Coaches/Administrators:

- 80% positive comments

Other Observers:

- 97% positive comments

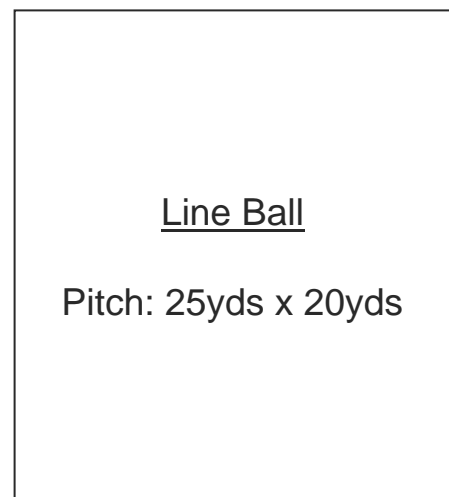
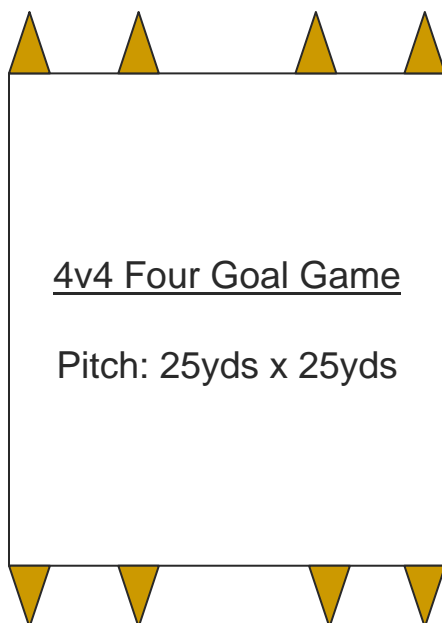
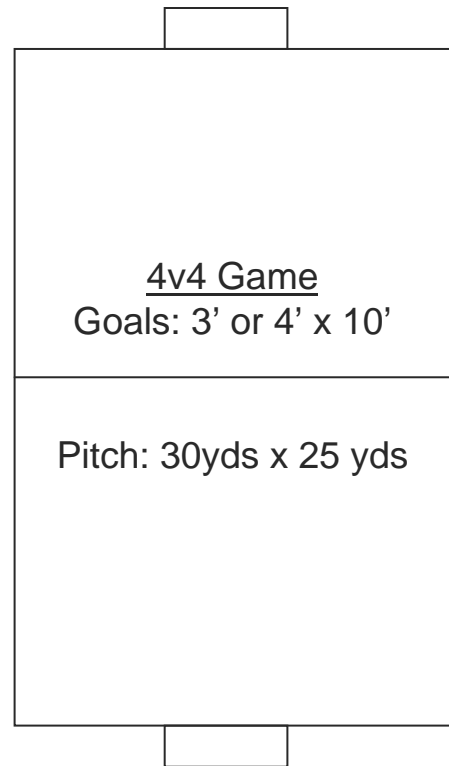
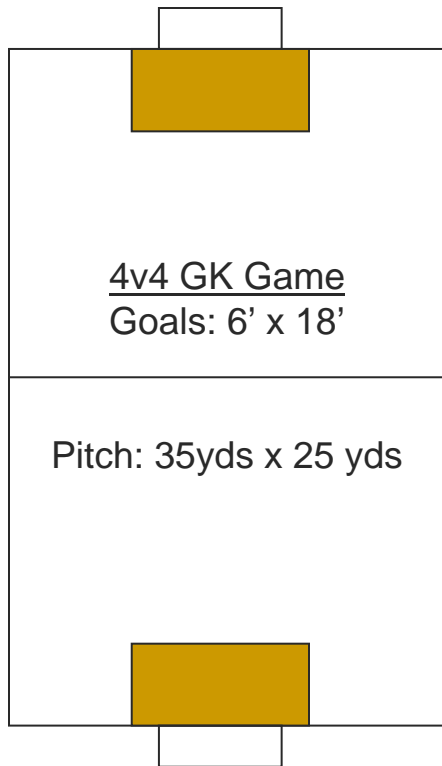
Parents:

- 68% positive comments

Players:

- 75% positive comments

Scheme Set-up



Buildup Activities

- Tag
- Team handball
- Possession game of 4 v 2
- Dribble tag
- 4 v 4 with 4 outside players as neutrals