



**GUIDED DISCOVERY
PRACTICES
FOR COACHING
SOCCER**

4 v 4 Game Formats



PURE SOCCER 4 V 4 PROGRAM

A Scheme format

- No Goalkeepers game: 4 v 4 with goals and scoring lines
- Goalkeepers games: 4 v 4 with goals and scoring lines
- Four goal game: 4 v 4 with goals and scoring lines
- Line Ball: 4 v 4 with line as a scoring line

Scheme Construction

- Game Duration: 6 to 8 minutes, 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*

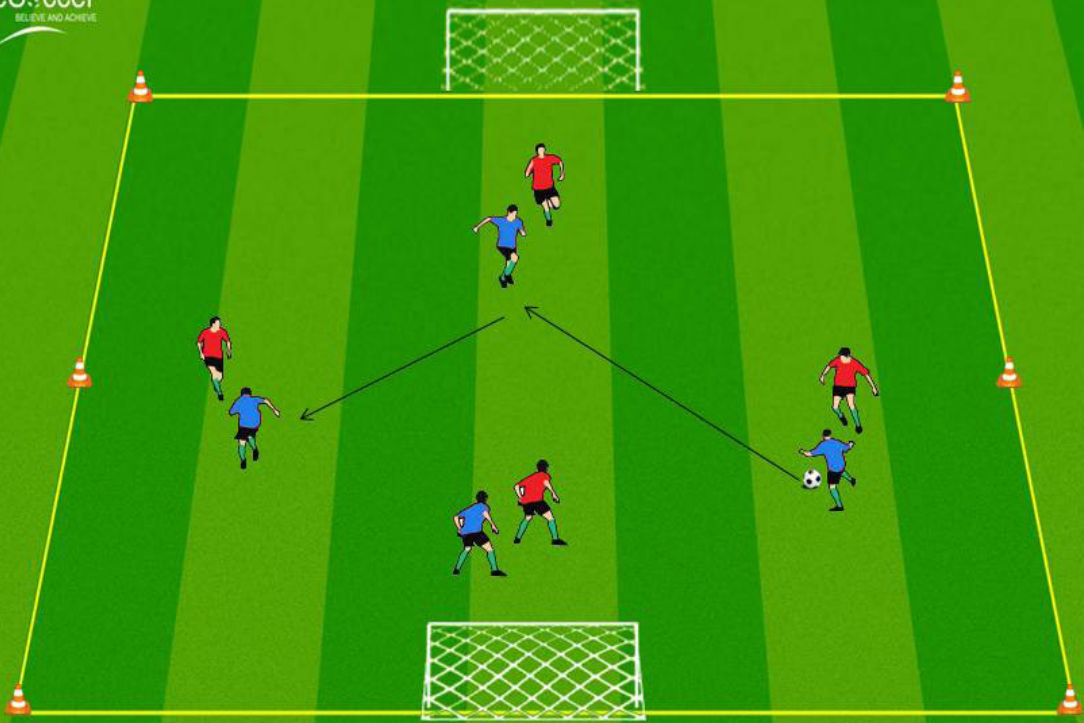
	# of Passes	Scoring Attempts	Goals	1v1 Encounter	Dribbling Skills
2-Goal Game	<u>170</u>	44	18	51	39
Line Ball	160	NA	<u>37</u>	56	<u>58</u>
GK Game	149	49	17	<u>92</u>	36
4-Goal Game	106	<u>62</u>	28	52	45
8 v 8	108	20	5	28	16

*Numbers listed are "Mean" scores

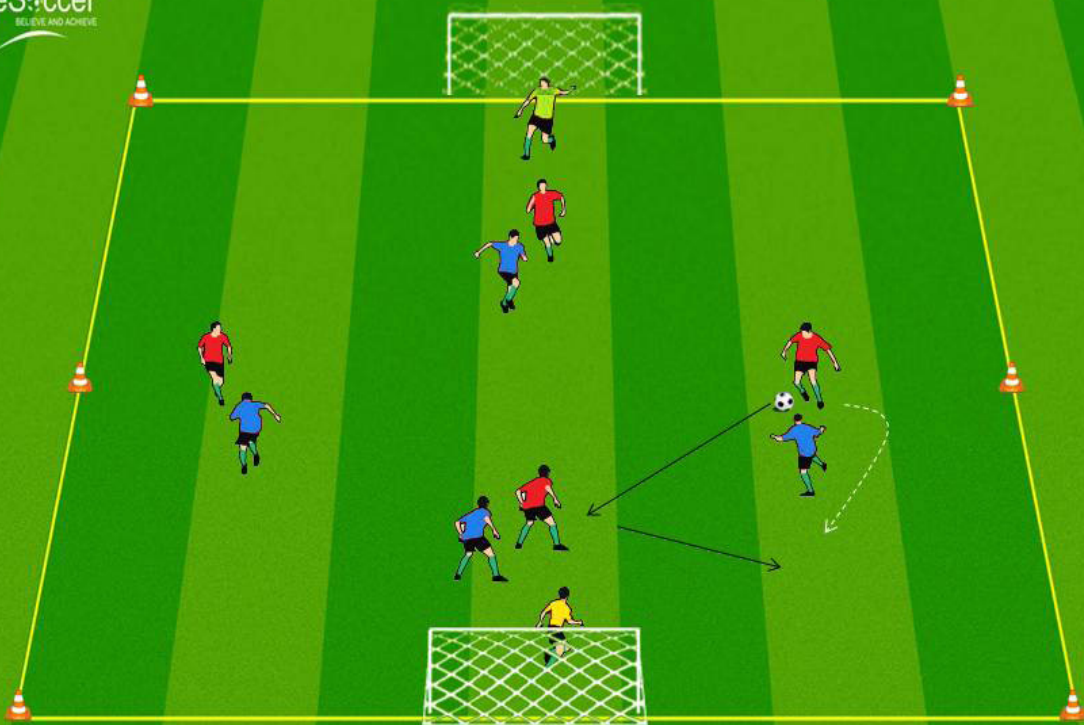
Quantitative Summary

On Average 4 v 4 versus 8 v 8 has:

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



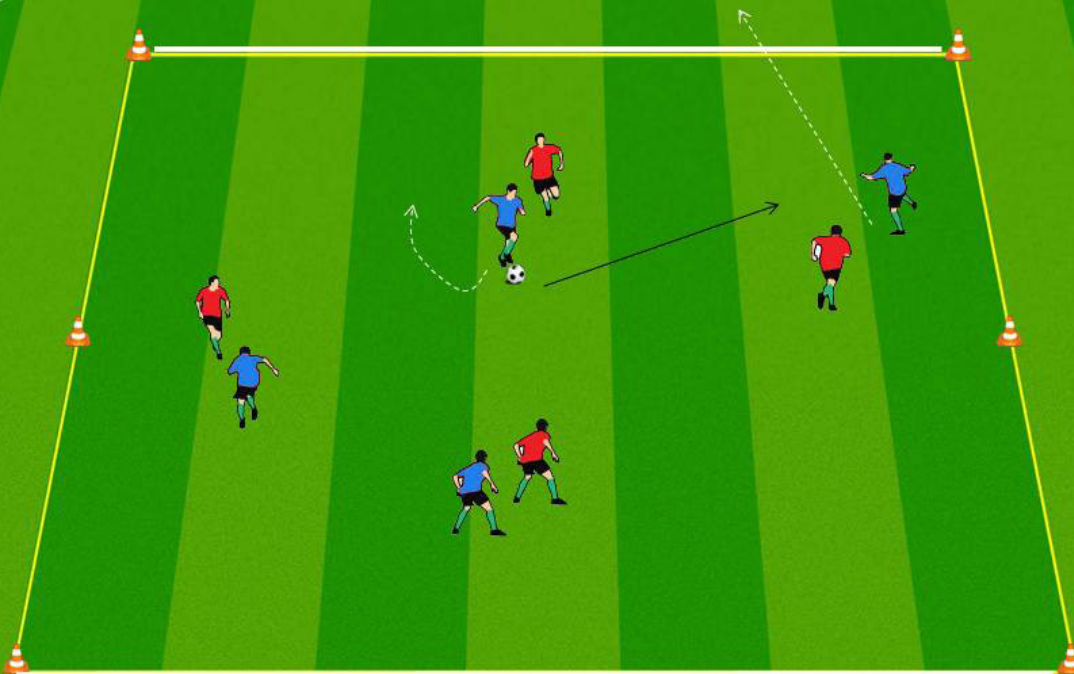
4 v 4 with 2 Goals No Goalkeepers (40 x 25 area)



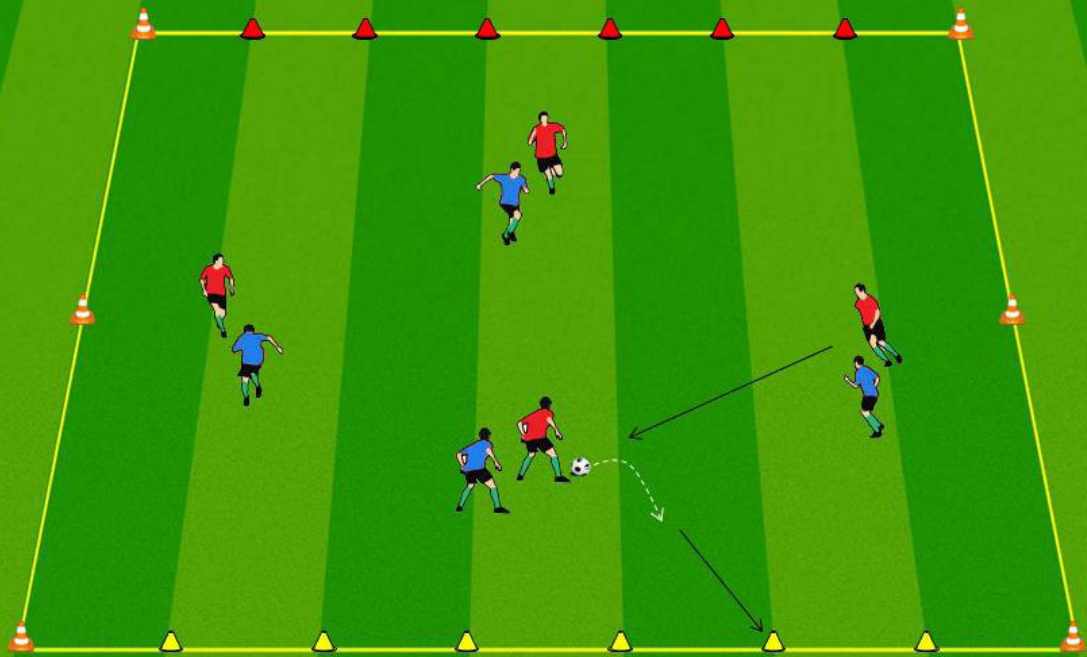
4 v 4 with 2 Goals + 2 Goalkeepers (40 x 25 area)



4 v 4 with 4 goal no GK (30 x 25 area)



4 v 4 run over the line no GK (30 x 25 area)



4 v 4 hit the cone no GK (30 x 25 area)



4 v 4 Long & Narrow no GK (40 x 15 area)

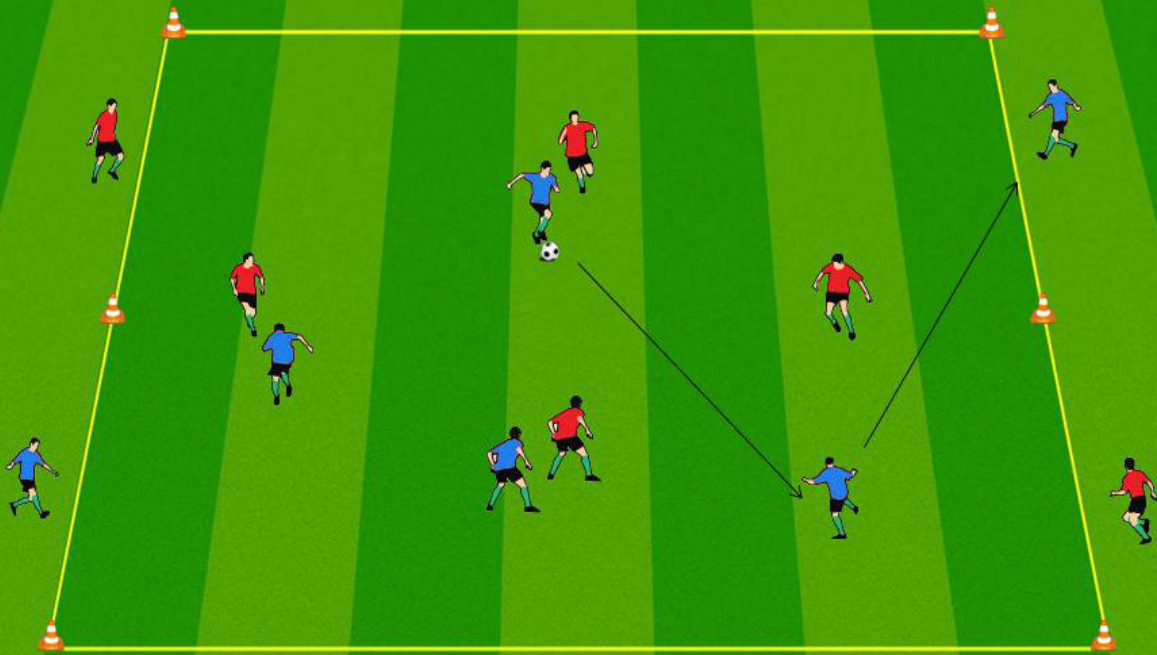


 attack goal –  defend to run over end zone

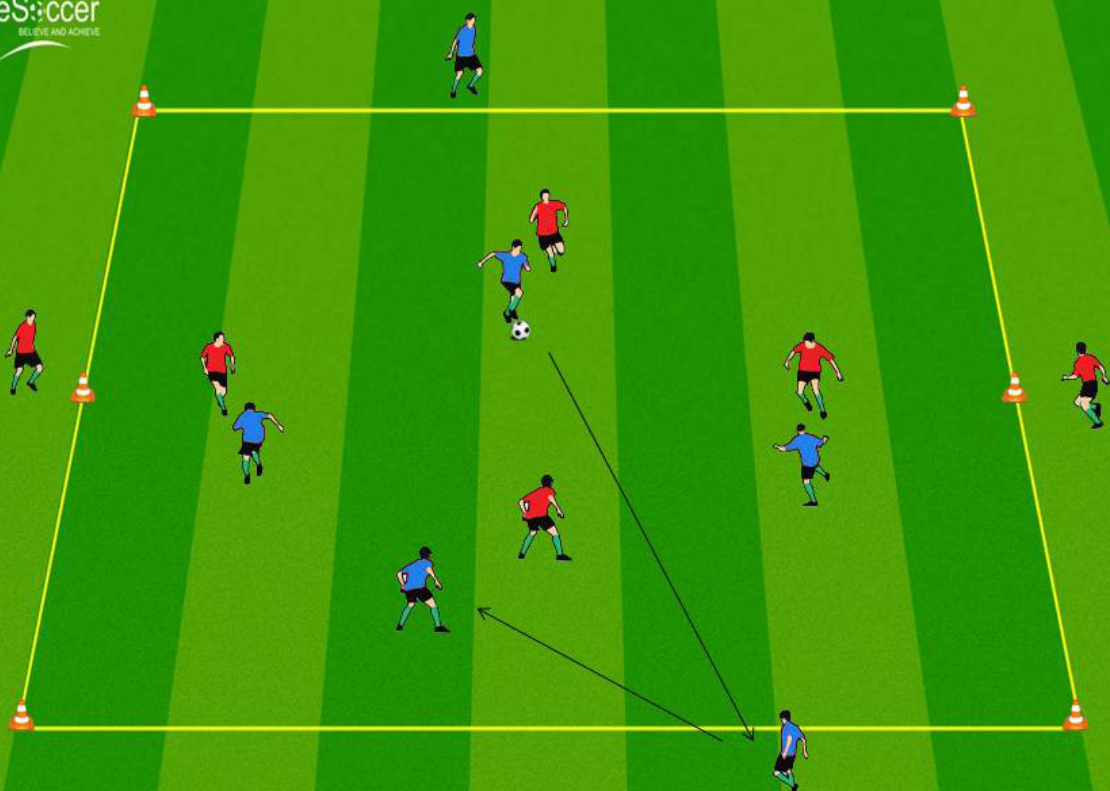


4 v 4 with 2 goal & 2 flag goals no GK (40 x 25 area)

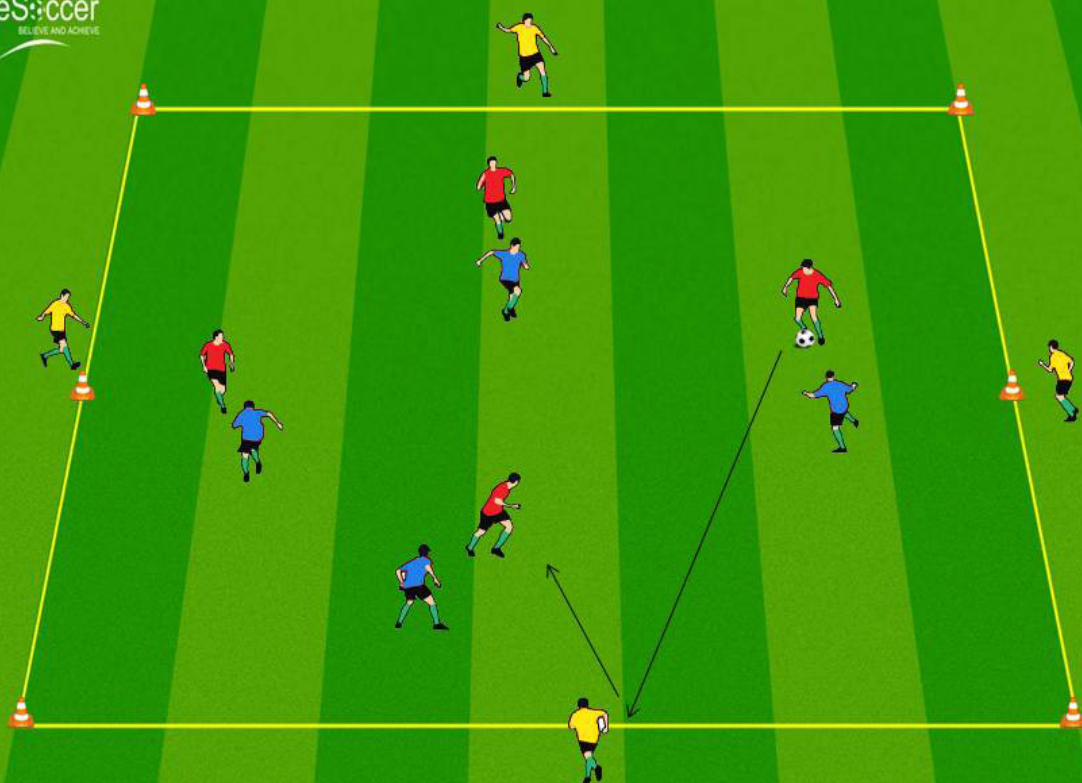




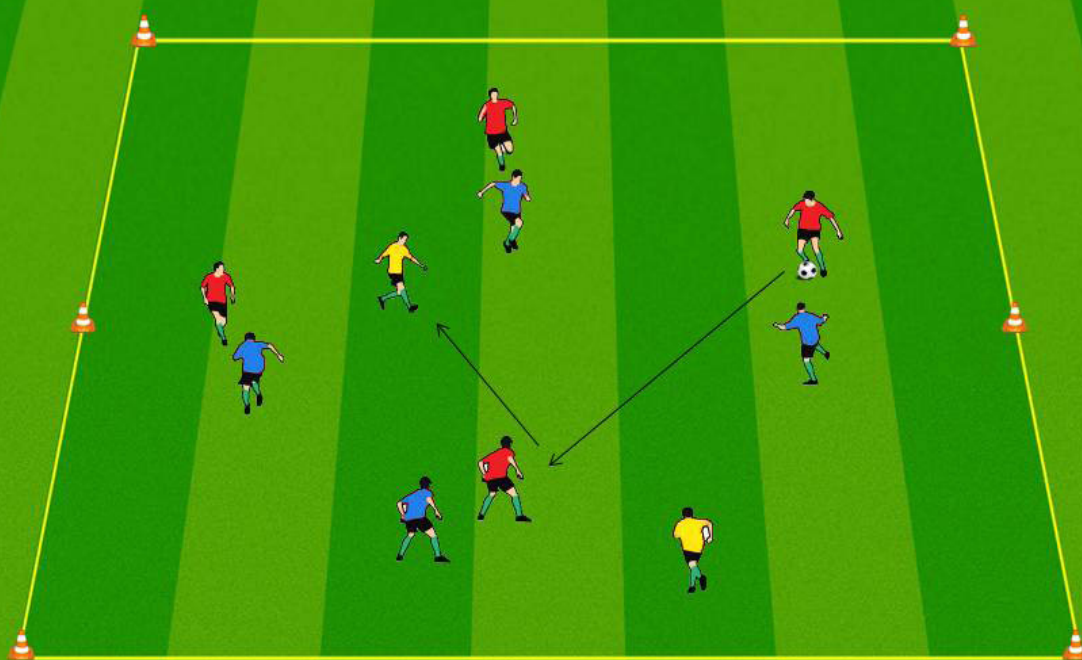
**4 v 4 + 2 - Play to side line then change direction of play
(30 x 25 area)**



4 v 4 + 2 - Play in direction of your colour (30 x 25 area)



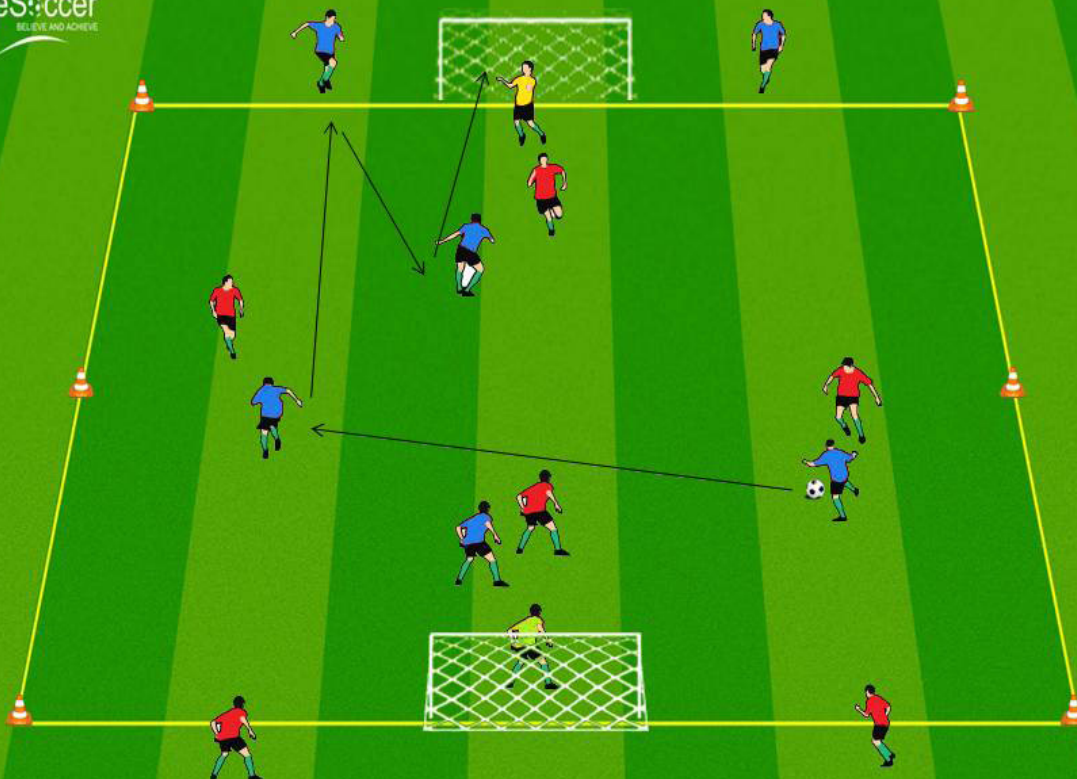
4 v 4 + 4 Neutrals outside grid (30 x 25 area)



4 v 4 + 2 Neutrals inside grid (30 x 25 area)



4 v 4 pass through to opposite side (30 x 15 area)



4 v 4 with 2 end line target players (40 x 25 area)





attack goal



defend and keep possession with GK (5 v 4)



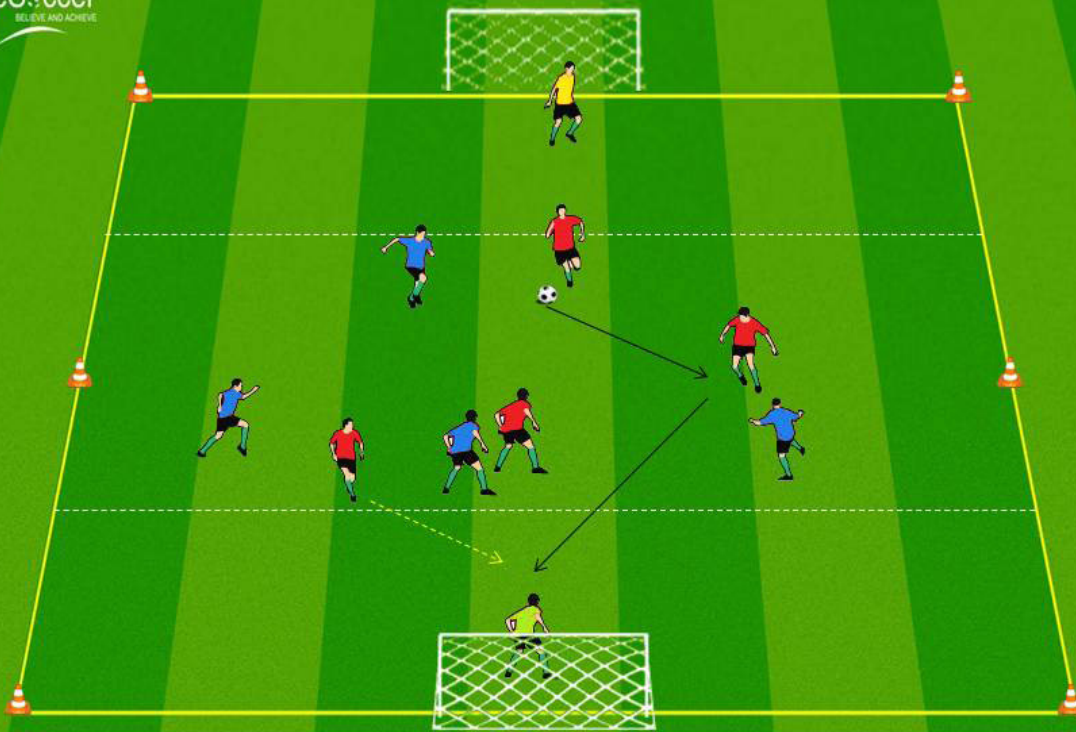
4 v 4 + 1 target player each – Play with target player to attack and defend



4 v 4 v 4 transition game – 3 teams take turns to attack and defend



4 v 4 shooting game outside the box (40 x 25 area)



4 v 4 Break out game (40 x 25 area)



4 v 4 v 4 transition game (40 x 25 area)





4 v 4 in middle with 2 v2 in each box (40 x 25 area)



2 groups of 4 v 4 + 2 wingers in each area (40 x 30)

NOTES



PURESOCCKER LIMITED
UNIT 8 NAAS TOWN CENTRE
NAAS
CO KILDARE
W: www.puresoccer.ie
E: info@puresoccer.ie