

## 4 versus 4

### The principles of 4 versus 4

4 versus 4 allows players to discover all of the principles of attacking and defensive play.

**In attack**, the objective is to:

- score a goal;
- play while on the move;
- retain possession;
- lose one's marker;
- create and use space.

**In defence**, the objective is to:

- stop attacks;
- quickly close down the player in possession;
- take up a position between the ball and the goal;
- close down space;
- regain possession;
- restrict the time and space for the player in possession.

### Structure of 4 versus 4

**"4 versus 4 is the smallest version of a full match."**

#### Studies comparing 4 versus 4 football with 11 versus 11 football show:

- The players touch the ball five times more often in 4 versus 4. They play three times as many game situations in 1 versus 1.
- On average, a goal is scored every two minutes in game situations in 4 versus 4

The ball is out of play:

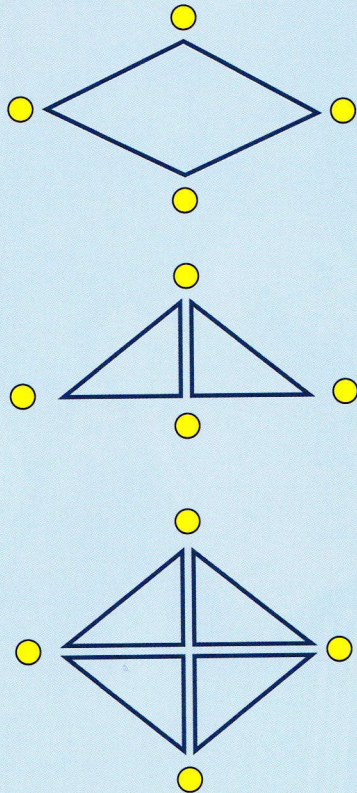
- no more than 8% of the time in 4 versus 4;
- more than 34% of the time in 11 versus 11

#### Other advantages of 4 versus 4

- The game is easy to understand.
- Freedom of expression = enjoyment of playing.
- More individual initiative is used.
- Basic tactical awareness is developed.
- Game intelligence is developed.
- More forward play.
- More play in the goal area.
- Many more shots on goal.

Active and constant participation enhances the development of specific physical qualities (integrated physical preparation), in particular for the development or training of aerobic power or capacity.

By using the shape of a diamond, in other words four triangles, all game conditions are used: attacking play, transitions, defensive play and all types of transition.



This type of game allows players to learn about the notion of a team, about attacking together and about defending together, but especially about moving together to occupy the pitch better. Finally, it continually develops the idea of playing forward.

Learning basic team tasks here helps players to transfer the skills they have learnt into a real match situation. In fact, transferring the individual and team skills learnt during training sessions into a real match situation is even more efficient if there are common points between the two situations.



It is therefore preferable if training sessions use game situations similar to those that will be encountered during competitive matches.

#### Training using small-sided games



Game situations that are practised in isolation during training sessions may not be recognised by players during matches.



#### Training using small-sided games

The most important criteria is not technical perfection, but choosing the right moment, in the right direction and at the right speed.

Anticipation/vision and communication among players are therefore essential objectives. This basic form, which has many variants, gives players the opportunity to train in the best possible manner, using the joy of playing because the players feel like they are in a real match, which motivates

and encourages them to make an effort and creates a good learning atmosphere.

#### Change the type of game by varying it, starting from the basic structure

It is possible to change the type of game by varying it after starting from the basic structure, which gives players different ways to learn and discover. Consequently, the coach has to set new objectives.



**Physical quality: speed and acceleration based on aerobic capacity**

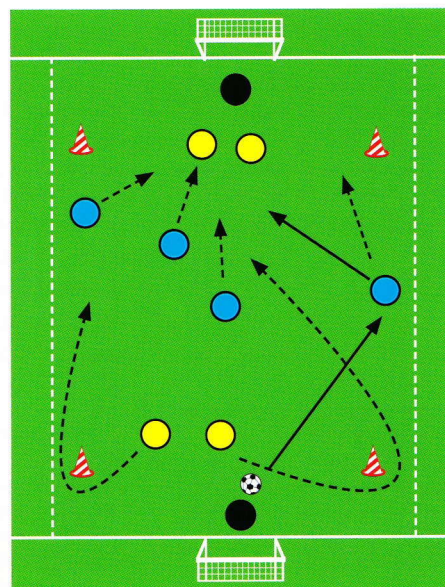
4 versus 4 with goalkeepers and defensive imbalance

Attack: attacking fast with numerical superiority

Defence: moving laterally and cutting off trajectories

**4 versus 4 / Game 1**

RPE: 18 x 10' → 180 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 33 x 50m. 4 versus 4. Attack and defend.			
<b>Procedure:</b> if the ball is lost, 1 yellow player has to complete a sprint (there and back) before returning to the defence. During this time, the blue team counter-attacks with 4 players against 3 yellow defenders.			
<b>Instructions:</b> in attack, inject pace into sequences and trajectories. Play between the goal and the defenders. Break free after winning the ball. Inject speed and accuracy into passes. Link up quickly. In defence, practise retreating ("jockey move") while waiting for the sprinting players to return. Read the trajectories, close down space and gaps.			
<b>Variant:</b> the team's handicap moves progressively from 1 to 2 and then to 3 players to regulate the speed of counter-attacks.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'	5	Active

**Physical quality: anaerobic lactic capacity**

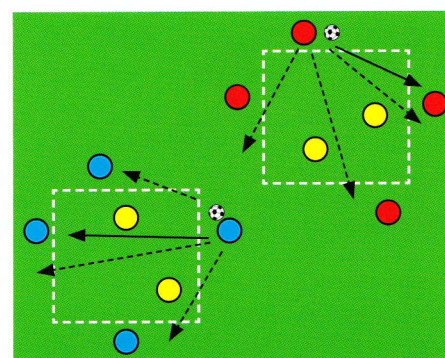
Without goalkeepers. 2 groups of 4 versus 2

Attack: retaining possession, completing a pass and changing sides

Defence: intercepting passes while inside the square

**4 versus 4 / Game 2**

RPE: 14 x 15' → 210 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 2 groups of 4 versus 2.			
<b>Procedure:</b> the four players around the square have 2 touches of the ball. If a pass is intercepted, the player who played the pass moves into the middle. If a pass is misdirected: ditto. After completing a pass, players have to switch sides.			
<b>Instructions:</b> play on the move and with flicks. Accuracy of passes. Rapidity of execution.			
<b>Variant:</b> look to play passes through gaps between the 2 players in the middle.			
Working time	Length of break	Number of repetitions	Type of break
2'30"	2'	6	Semi-active





## 4 versus 4 / Game 3

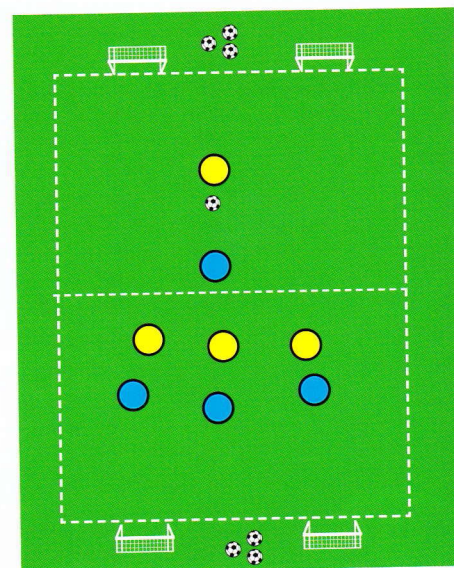
**Physical quality: anaerobic lactic capacity**

4 versus 4 without goalkeepers and with 2 mini-goals – play using the width of the pitch

Attack: attacking using the width of the pitch

Defence: defending using lateral movements to protect the 2 mini-goals

RPE: 15 x 15 → 225 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 40 x 16.5m – 4 groups of 4 players – 2 groups playing each other, 2 groups on an active break.			
<b>Procedure:</b> play using the width of the pitch and 3 touches of the ball. A goal is only awarded if all of the players in the attacking team cross the halfway line. Respect the offside rule. Create goalscoring opportunities by switching sides. Great ball speed. Direct play. Choose the right moment to switch play. In defence, prevent opposition from using deep balls, stay compact, press. Good organisation (occupation of pitch). Active and constant defending.			
<b>Instructions:</b> use the support/back-up players and switches of play to create gaps in the opposition defence.			
<b>Variant:</b> 2 touches in the defensive half and free play in the attacking half.			
Working time	Length of break	Number of repetitions	Type of break
2'30"	2'	6	Semi-active

**Physical quality: anaerobic lactic capacity**

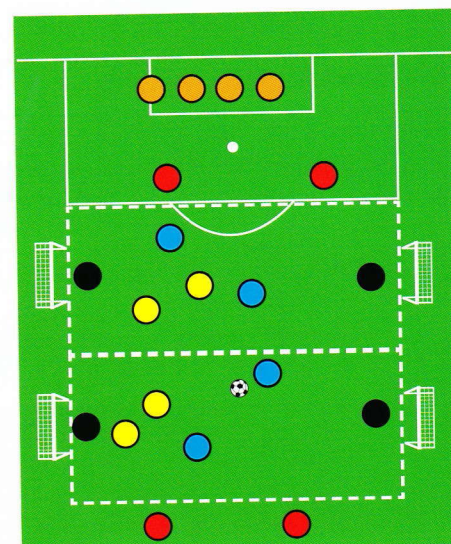
## 4 versus 4 / Game 4

4 versus 4 with goalkeepers and 2 large goals

Attack: attacking 2 large goals using 2 channels

Defence: defending the width with 2 large goals and goalkeepers

RPE: 15 x 12' → 180 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 40 x 16.5m divided into 2. 2 groups of 4 versus 4 – 1 group as neutral support, 1 group on a break.			
<b>Procedure:</b> attack and defend 2 goals using 2 channels.			
<b>Instructions:</b> occupy all the width. Create space by stretching the lines and use the gaps created. Look quickly for depth. Use support/back-up players and switches of play. Create imbalances.			
<b>Variant:</b> a goal counts double if there was a switch after using a support/back-up player.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'	6	Semi-active





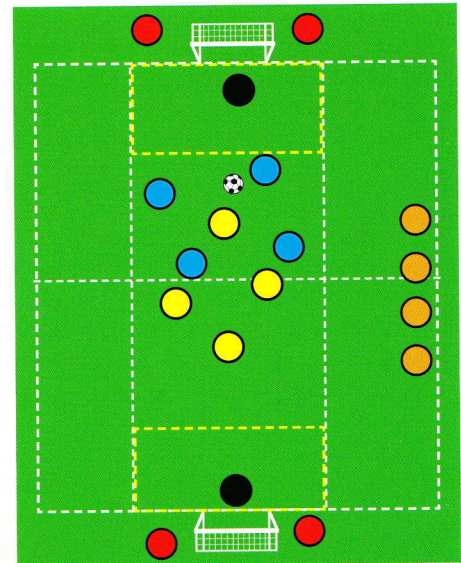
**Physical quality: lactic anaerobic capacity (speed)**

4 versus 4 with goalkeepers and 2 large goals – narrow pitch

Attack: attacking down the narrow centre of the pitch

Defence: defending in the centre

RPE: 15 x 15' → 225 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 50 x 40m – 4 versus 4 and 1 group of 4 players as neutral support and 1 group on a break.			
<b>Procedure:</b> leave the pressing area, and as soon as possession has been regained, pass to the strikers and accompany them to the finish.			
<b>Instructions:</b> in attack, look to play long balls quickly. Look to play 1-2s or 1-2-3s. Play balls out to the flanks. In defence, defend while pushing up. Press the ball carrier. Read and close passing lines for long balls.			
<b>Variant:</b> add neutral back-up and support players outside the pitch (by the side of the goals).			
Working time	Length of break	Number of repetitions	Type of break
3'	2'	5	Semi-active

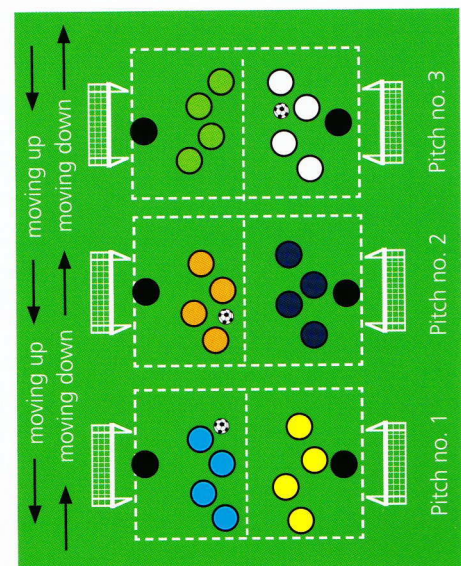
**4 versus 4 / Game 5****Physical quality: MAP**

4 versus 4 with goalkeepers, moving up, moving down (small tournament)

Attack: attacking with determination

Defence: defending effectively

RPE: 15 x 12' → 180 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 40 x 40m – 6 groups of 4 players, plus 1 goalkeeper.			
<b>Procedure:</b> 4 versus 4 over 2'. The winning team changes pitches by moving up to pitch no. 1. The losing team moves down to pitch no. 3. If the game finishes as a draw, the team that scored the first goal is the winner. If the game is a 0-0 draw, the team that was the most attacking is considered the winner.			
<b>Instructions:</b> provoke in attack and harass in defence.			
<b>Variant:</b> the goalkeepers can create a numerical advantage in the attacking phase but without passing the halfway line.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'	6	Semi-active

**4 versus 4 / Game 6**



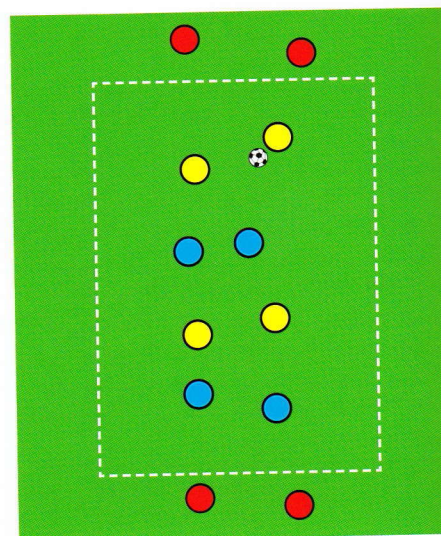
**Physical quality: lactic anaerobic capacity**

4 versus 4 without goalkeepers + 4 neutral support/back-up players

Attack: retaining possession using support and back-up players

Defence: covering and playing inside

RPE: 15 x 15' → 225 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 40 x 30m – 3 groups of 4 players as neutral support and back-up players – 2 groups of 4 players playing each other.			
<b>Procedure:</b> retain possession by using the neutral support and back-up players.			
<b>Instructions:</b> in attack, the team in possession tries to pass the ball to the support players (1 point). If they succeed, they keep the ball and attack in the other direction. While in possession, they can play backwards towards the back-up players. In defence, follow and anticipate the movement of the attacker. Requirement: development of attention to frequent changes of direction and possession.			
<b>Variant:</b> play with 2 touches of the ball – play with just 1 touch of the ball.			
Working time	Length of break	Number of repetitions	Type of break
3'	2'	5	Semi-active





**Physical quality: aerobic capacity (90-95% of MAP)**

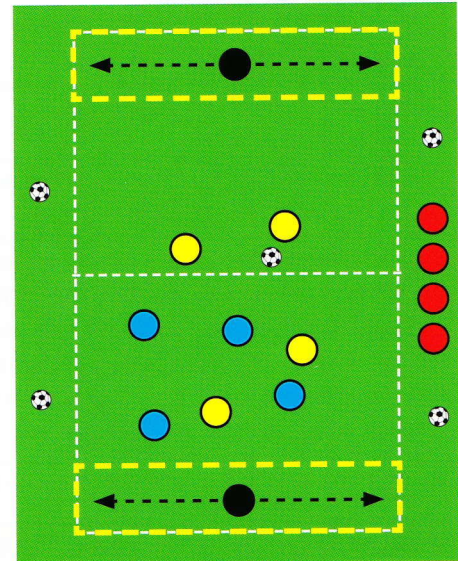
4 versus 4 with goalkeepers, behind goal lines

Attack: attacking to cross the goal line

Defence: defending own goal line

**4 versus 4 / Game 8**

RPE : 15 x 15' → 225 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 40 x 30m + 3 teams of 4 players – 1 team on a break and 2 teams playing each other.			
<b>Procedure:</b> free play. Try to play an accurate pass to a goalkeeper behind the goal line.			
<b>Instructions:</b> in attack, while in possession of the ball, spread the play and make passes into the gaps. Score behind the line after a pass to the goalkeeper. Direct play. Choose the right moment to play long. In defence, close the gaps and defend laterally to prevent opponents from playing the ball long. Defend own zone. Think about covering. Permanent, active defending.			
<b>Variant:</b> a goal is only awarded if all of the team passes the halfway line. A goal is only awarded after a 1-2 or a 1-2-3. A goal is only awarded if a pass is played from the attacking half. Then, a goal is only awarded if a pass was played from the defending half (pressing of opponents).			
Working time	Length of break	Number of repetitions	Type of break
3'	2'	5	Active





**Physical quality: speed based on aerobic capacity (90-95% MAP)**

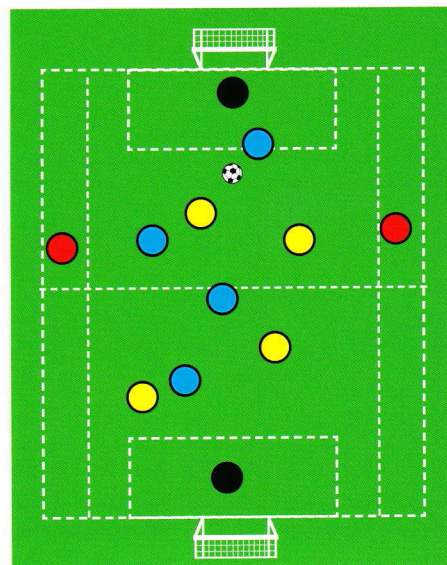
4 versus 4 / Game 9

4 versus 4 with goalkeepers

Attack: scoring with a header from a cross

Defence: defending aerial balls

RPE: 16 x 10' → 160 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 20 x 40m – 4 versus 4. Meeting crosses, headers.			
<b>Procedure:</b> heading crosses. Increase the number of crosses. Keep a 5m area on the wings free to prepare crosses.			
<b>Instructions:</b> in attack, score with a header. Free play for the players on the flanks. Play long balls and balls out to the flanks. Frequency, quality and diversity of crosses. Choose the right moment to play long and to play the ball out wide. Place the players in their specific positions (wingers). Read the trajectory of crosses. Quality of the goalkeeper's ball release. In defence, aerial play. Defend own zone well. Active defending.			
<b>Variant:</b> a goal is only awarded if all of the team passes the halfway line.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'	5	Active





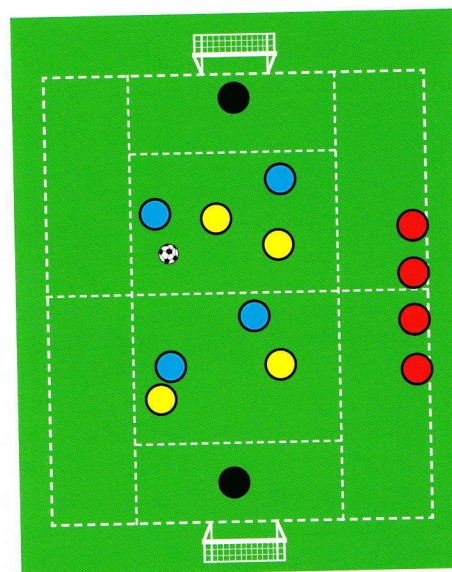
**Physical quality: speed and acceleration (medium intermittent) based on MAP****4 versus 4 / Game 10**

4 versus 4 with goalkeepers and 2 large goals – narrow pitch

Attack: attacking down the narrow centre of the pitch

Defence: defending in the centre

RPE: 15 x 16' → 240 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> pitch of 40 x 50m – 4 versus 4 with goalkeepers. 1 team on a break and 2 teams playing each other.			
<b>Procedure:</b> teams playing each other, with goalkeepers. Two-touch play in own half; free play in attacking half. High pressing on opposition.			
<b>Instructions:</b> in attack, look to play long balls quickly. Play forward quickly. Short and fast combination play. Look to play 1-2s or 1-2-3s. Play balls out to the flanks. In defence, defend while pushing up. Pressure on the ball carrier. Read and close passing lines for long balls.			
<b>Variant:</b> 2-touch play all over the pitch. 1 touch only with free play in one-on-ones with goalkeeper.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active





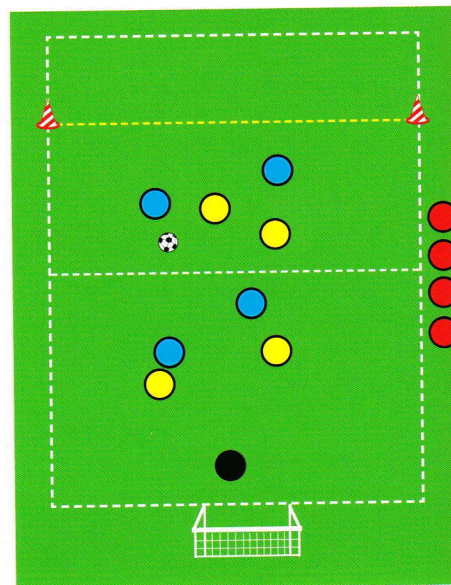
**Physical quality: speed and acceleration (medium intermittent) based on MAP****4 versus 4 / Game 11**

4 versus 4 with 1 goalkeeper and 1 large goal on a short and wide pitch

Attack: attacking using the width on a short pitch

Defence: defending using the width

RPE: 15 x 16' → 240 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 25 x 40m. 1 team on a break and 2 teams playing each other.			
<b>Procedure:</b> 1 team defends the width of the pitch and shoots at the large goal (gradual build-up attack) The team with the goalkeeper scores a goal by running with the ball over the line (counter-attack). The 2 teams swap positions and roles every 2'.			
<b>Instructions:</b> team without goalkeeper – attack: gradual build-up attack. Retain possession. Use the width. Try to play in the gaps. Look to play 1-2s or 1-2-3s. Play long balls and balls out to the flanks. Defence: counter the counter-attacks. Defend while pushing up. Press the ball. Read and close passing lines for long balls. Team with goalkeeper – defence: stay balanced. Defend zones. Move behind the ball. Close down routes to own goal. Position to intercept and counter-attack. Press the ball carrier. Read and close passing lines for long balls. Attack: fast attacks and counter-attacks. Play forward quickly. Direct play and without controlling. Try to play in the gaps. Look to play 1-2s or 1-2-3s. Play long and out to the flanks.			
<b>Variant:</b> limit the number of touches of the ball.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active





**Physical quality: speed based on MAP (medium intermittent)**

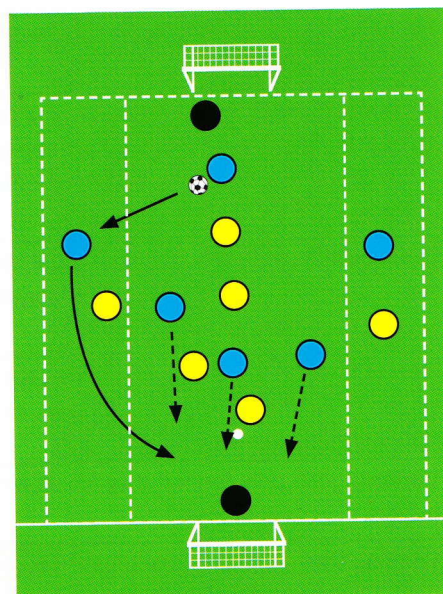
4 versus 4 with goalkeepers on a short and wide pitch + wide support players

Attack: attacking using the width on a short pitch

Defence: defending using the width

**4 versus 4 / Game 12**

RPE: 15 x 15' → 225 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 50 x 50m – 4 versus 4 – wide support players in 1 versus 1.			
<b>Procedure:</b> opposition with free play in central area. Use the wide support players to get past the defence and approach the goal or cross to score.			
<b>Instructions:</b> be in a position to use at least 3 solutions: get down the channels, play long or switch the play to create difficulties for the opposition defence.			
<b>Variant:</b> a player who uses a support player swaps places with the support player, who moves into the central area to take part in the game play.			
Working time	Length of break	Number of repetitions	Type of break
3'	2'	5	Active





**Physical quality: speed and acceleration based on MAP**

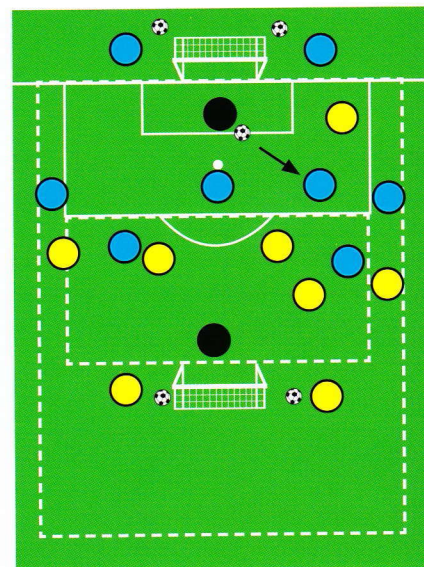
4 versus 4 with goalkeepers on a short and wide pitch + central and wide support players

Attack: attacking using the width on a short pitch

Defence: defending using the width

**4 versus 4 / Game 13**

RPE: 18 x 12' → 216 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 25 x 40m – 4 teams in 2 colours. The 2 teams in the same colour take it in turns to attack the same goal. 2 teams playing each other with 2 touches of the ball and 2 others as central and wide support players.			
<b>Procedure:</b> 2 goals brought close together with goalkeepers (sources of balls). 4 versus 4 + 2 central support players and 2 wide support players. Swap roles every 2 minutes.			
<b>Instructions:</b> when attacking, create gaps to shoot at goal if well placed; be mobile and visible. When defending, close down space and anticipate opponents' movements.			
<b>Variant:</b> goals only count if they are scored after a pass from the support players.			
Working time	Length of break	Number of repetitions	Type of break
3'	3'	4	Semi-active

**Physical quality: speed based on MAP (medium intermittent)**

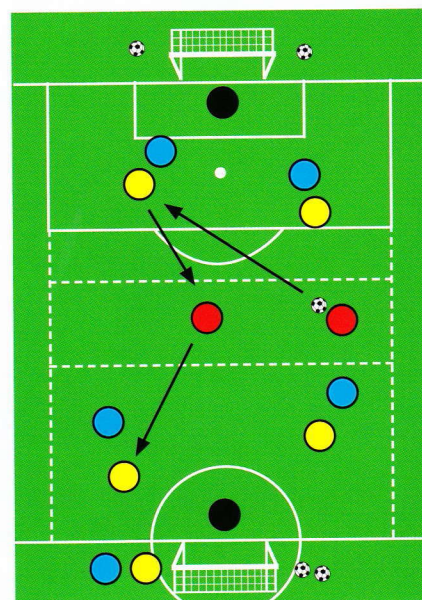
4 versus 4 with goalkeepers + 2 floating players in middle zone

Attack: attacking using the width on a short pitch

Defence: defending while unbalanced

**4 versus 4 / Game 14**

RPE: 16 x 15' → 240 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 50 x 40m pitch, divided into 3 zones – 4 versus 4 with goals and goalkeepers, plus 2 central floating players laying the ball off.			
<b>Procedure:</b> 2 versus 2 in front of each goal + 2 neutral players in the middle who guide and support the attackers of each team. After regaining possession, play a pass to the central players or attackers.			
<b>Instructions:</b> obligation to use the central floating players. In attack, use the central players (in red) as support players to get the ball to the attackers and as back-up players to retain possession and create a numerical advantage. In defence, press high in 2 versus 2 to prevent passes to the floating players. Change positions every 3 minutes.			
<b>Variant:</b> the central floating players can create a numerical advantage by leaving their zone.			
Working time	Length of break	Number of repetitions	Type of break
3'	2'	5	Active





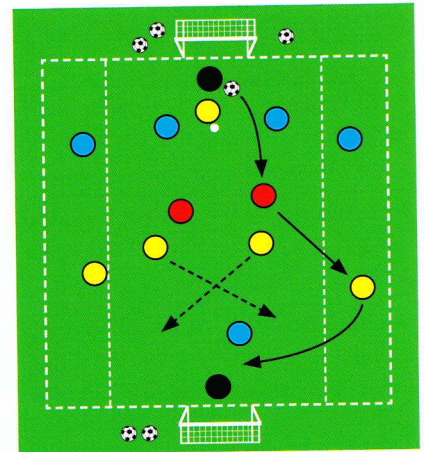
**Physical quality: speed and acceleration, headers (anaerobic lactic power)****4 versus 4 / Game 15**

4 versus 4 with goalkeepers, wide support players and 2 floating players in play

Attack: attacking using the width on a short pitch – floaters flicking on with the head and meeting the cross

Defence: defending using the width – intercepting crosses

RPE: 18 x 10' → 180 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> pitch: 25 x 40m – 2 groups of 4 players, 2 floating players in playing zone and 2 wide support players per team.			
<b>Procedure:</b> 2 versus 1 in front of each goal + 2 crossers and 2 floating players in middle zone. Direct pass to a floating player, who flicks the ball on with his head to a crosser, who controls the ball and crosses for a goal to be scored with a header or volley. Change positions every 2'.			
<b>Instructions:</b> lose marker to flick balls on to players down channels. In attack, use good runs and decoys to get into a position for an effort on goal (header or volley) from the cross from the channel. In defence, take up a position in relation to own goal and goalkeeper to intercept a cross or to distract the opponent's attackers.			
<b>Variant:</b> control on the turn and pass into the channel. Flick into the channel and create numerical advantage with floating players.			
Working time	Length of break	Number of repetitions	Type of break
2'	3'	5	Active

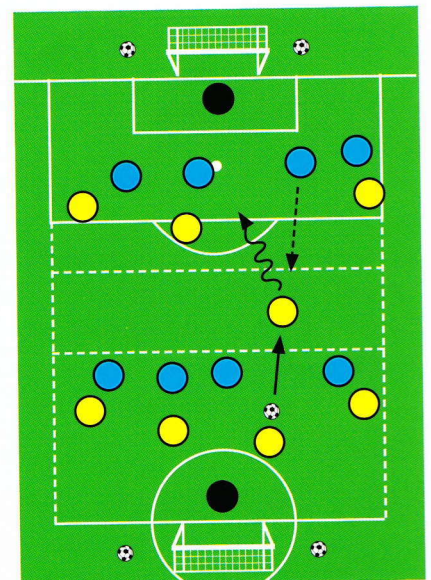
**Physical quality: speed based on MAP****4 versus 4 / Game 16**

4 versus 4 with goalkeepers on a short and wide pitch – free central zone

Attack: attacking using the width

Defence: defending using the width

RPE: 16 x 16' → 256 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 50 x 40m – zone 4m wide – 4 versus 4 in both halves of the pitch.			
<b>Procedure:</b> pass to an attacker, who breaks into the free zone, controls the ball and links up. Dribble or play with a team-mate before finishing.			
<b>Instructions:</b> pick up speed while approaching goal and try to score. 1 attacker in the free zone at a time, for no longer than 5". Change pace after a pass and controlling the ball. Use runs into space and decoy runs. Use the support players. If blocked, play back towards the back-up players. Support player moves to be visible.			
<b>Variant:</b> 1 defender follows 2 attackers who break into the free zone.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active





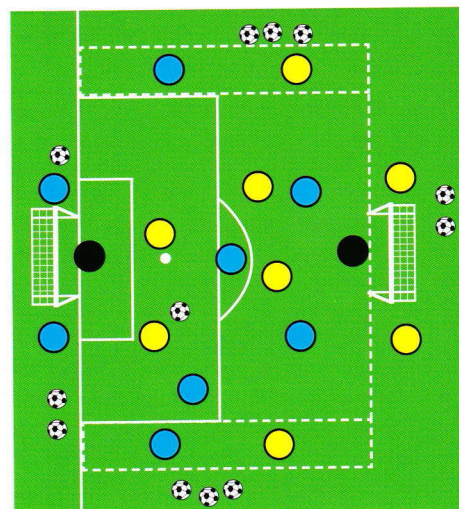
**Physical quality: speed based on MAP**

4 versus 4 + 2 goalkeepers + wide and central support players

Attack: attacking the opponents' goal by using external support players

Defence: closing down space and defending own goal

RPE: 16 x 16' → 256 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 33 x 40m – 4 versus 4 + goalkeepers + support players in each channel and at the side of each goal. Spare balls around the pitch and in the goals.			
<b>Procedure:</b> players wearing the same colour play with each other as well as with the support players wearing the same colour. The support players are on a break.			
<b>Instructions:</b> in attack, increase the alternatives: short play/long play; indirect play/direct play. Increase the options for the ball carrier; play the ball in behind for the player making a run. Play in the gaps – play on the move to create time for rapid ball circulation. In defence, mobile defensive block – close down goal area.			
<b>Variant:</b> the goalkeepers may advance to the halfway line to create a numerical advantage as a back-up player.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active



4 versus 4 / Game 17

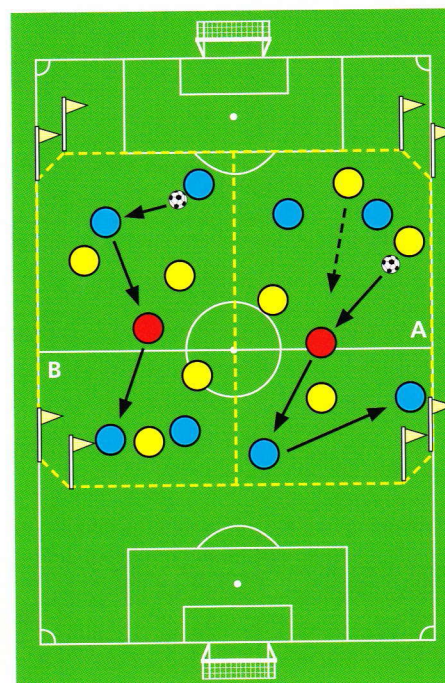
**Physical quality: speed (lactic anaerobic capacity)**

4 versus 4 without goalkeepers + neutral floating players

Attack: retaining possession and finishing

Defence: regaining possession

RPE: 15 x 15' → 225 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> pitch divided into 2 zones (A + B) with 4 mini-goals in the corners.			
<b>Procedure:</b> 4 versus 4 in each zone with 1 or 2 touches. The neutral floating player has 1 touch. 1 point awarded after 6 <sup>th</sup> pass (not including passes from the floating player).			
<b>Instructions:</b> control the ball with the feet – either intercept the first pass or delay to wait for defensive assistance – move while the ball is en route.			
<b>Variant:</b> each team defends 2 goals and attacks the other 2.			
Working time	Length of break	Number of repetitions	Type of break
3'	3'	5	Active



4 versus 4 / Game 18



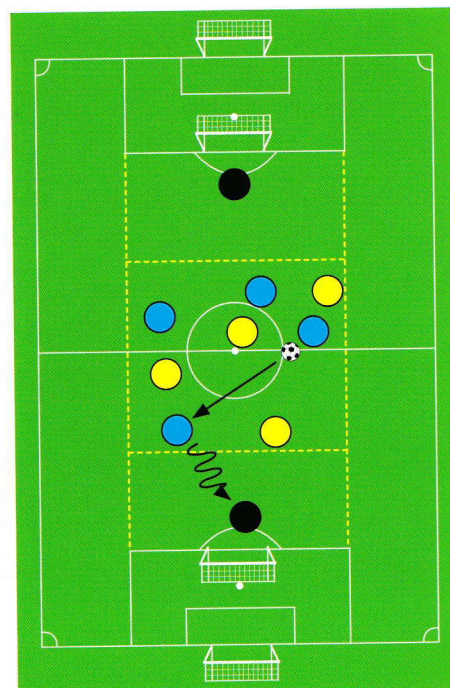
**Physical quality: speed and acceleration based on MAP**

4 versus 4 and duels with goalkeepers

Attack: duels with goalkeepers

Defence: defending the central zone

16 x 16' → 256 UA	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 70 x 40m, neutral zone, 2 teams of 4 players with 2 goalkeepers. Pitch divided into 3 zones. 2 large goals.			
<b>Procedure:</b> free play in neutral zone. Try to cross the defensive line with the ball at feet to score past the goalkeeper in a one-on-one. 1 point awarded for crossing the line; 2 points for scoring a goal. 1 point awarded to the goalkeeper for saving a shot.			
<b>Instructions:</b> in attack, string passes together and play long balls in behind defenders to bring players into a position to shoot. In defence, develop a sense for the timing of the game (anticipation) – stay at a good distance to complicate the game for the opponents (defensive block). Defend as a unit. Density and compact block.			
<b>Variant:</b> a defender follows the attacker into the scoring zone once he is facing the goalkeeper.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active



4 versus 4 / Game 19

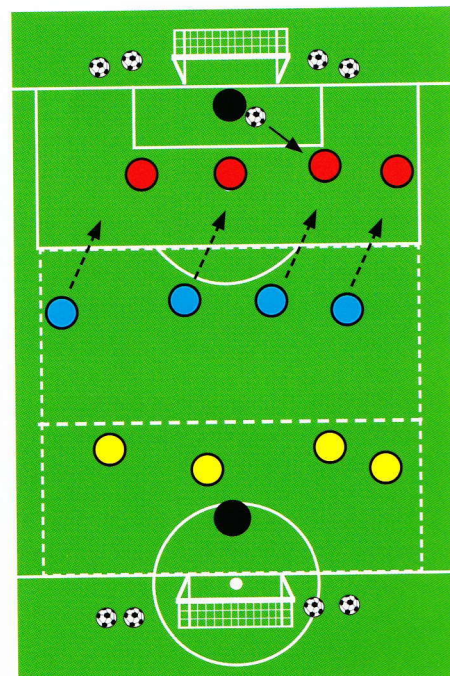
**Physical quality: speed and acceleration (lactic anaerobic capacity)**

4 versus 4 with goalkeepers (3 teams of 4)

Attack: attacking in 4 versus 4 in the attacking half

Defence: defending in 4 versus 4 in the defending half

RPE: 18 x 4'30" → 81 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 50 x 40m – 3 teams of 4 + 2 goalkeepers in 3 zones. Middle: free zone.			
<b>Procedure:</b> free play; the blue team tries to score a goal. If it loses the ball, the red team attacks the other goal defended by the yellow team. The blue team leaves the game. If a team scores a goal, it keeps the ball and may attack the other goal. The defensive zones are the pressing zones to prevent opponents moving towards the neutral zone.			
<b>Instructions:</b> aggressive play in duels – transition from attacking situation into defensive situation. Switch between watching zone and marking opponents.			
<b>Variant:</b> if the attackers lose the ball in the attacking zone, they can try and regain possession by pressing and then shooting at goal.			
Working time	Length of break	Number of repetitions	Type of break
45"	2'	6	Active



4 versus 4 / Game 20



**Physical quality: speed endurance**

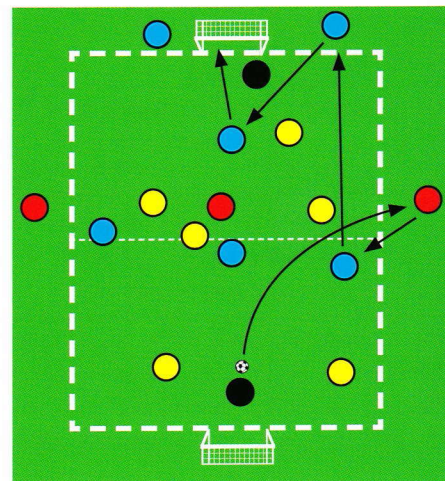
4 versus 4 with goalkeepers + 2 neutral wide support players, 2 central support players and a floating player

Attack: trying to score quickly

Defence: attacking the ball carrier while protecting the goal

**4 versus 4 / Game 21**

RPE: 18 x 16' → 288 AU		Heart rate check	Heart rate after break of 3'
<b>Organisation:</b> 25 x 20m. Mobile goals and goalkeepers: 4 versus 4 + neutral wide and central support players with 1 touch.			
<b>Procedure:</b> goalkeeper plays the ball to the wide support players. 2 touches of the ball. A goal scored after 1 touch of the ball counts double.			
<b>Instructions:</b> be mobile and available. Take the speed of trajectory into account; controls on the turn. In defence and attack, create uncertainty.			
<b>Variant:</b> 1 touch of the ball in own defensive half; free play in attacking half.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active

**Physical quality: strength and speed (heading)**

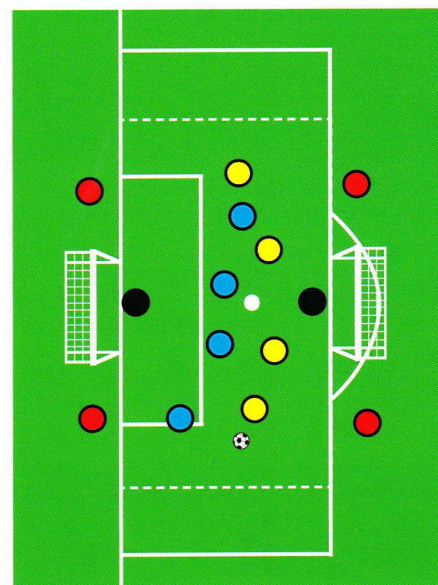
4 versus 4 with goalkeepers – heading

Attack: playing with the head to score a goal

Defence: intercepting in the air

**4 versus 4 / Game 22**

RPE: 18 x 16' → 288 AU		Heart rate check	Heart rate after break of 3'
<b>Organisation:</b> 30 x 16.5m – 4 versus 4 with central support players.			
<b>Procedure:</b> all actions are completed with the head, including the first pass, apart from when the ball touches the ground. Restarts are also with the head. Goals scored from passes by the support players count double.			
<b>Instructions:</b> the goalkeeper plays the ball towards the attacking players, who flick the ball on with the head towards the support players or the other players. No use of the hands (except the goalkeepers).			
<b>Variant:</b> goalkeeper plays directly to central support players.			
Working time	Length of break	Number of repetitions	Type of break
2'	2'30"	8	Active





**Physical quality: speed endurance (high pressing)**

4 versus 4 with goalkeepers + neutral support and back-up players

Attack: fast forward play

Defence: regaining possession

**4 versus 4 / Game 23**

RPE: 19 x 24' → 456 AU	Heart rate check	Heart rate after break of 3'	
<b>Organisation:</b> 50 x 40m – 3 teams in 3 colours. 2 teams playing each other, 1 team on an active break. If a team concedes a goal, it leaves the pitch immediately and is replaced by the team taking a break. The winning team will leave if it concedes a goal or draws a game. Etc.			
<b>Procedure:</b> 2 goals brought close together with goalkeepers (sources of balls). 4 versus 4 + 4 attacking support players. Maximum of 2 passes + shot. Swap roles every 2'.			
<b>Instructions:</b> in attack, link-up play – transition between defence and attack / between attack and defence – retain time advantage (lose marker) – use space – create numerical advantage in attack on the move. In defence, hold up, stop the opponent from progressing – manage players who “move zones” – manage players between lines – manage depth – aerial duels: flicks, 2 <sup>nd</sup> ball.			
Working time	Length of break	Number of repetitions	Type of break
3'	3'	8	Active

