

4 v 4 plus 4 in the Penalty Box



The Game: 4 White vs. 4 Grey with 4 Red target players. Target players should be one touch, two touches maximum. Games should be first team to 3 goals or 5 minute maximum. When Grey wins the ball they play to Red and then become the attacking team. When keeper makes save he plays out to a red and teams switch roles. If you score coach plays ball back into the team that scored.

Winner stays on!

Coaching should observe:

- Who is taking the half chances?
- Who has the courage inside the 6 yd box?
- Who communicates?
- Who blocks shots?

Focus:

- Attacking- Finishing, movement off ball, ability to play in tight spaces.
- Defensively- Touch tight pressure, blocking shots, communication.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Chain Passing Combined
Dribbling Warm-up

Progress to:

4v4 with Flying Rotations
5v5 Double Penalty Box Combined