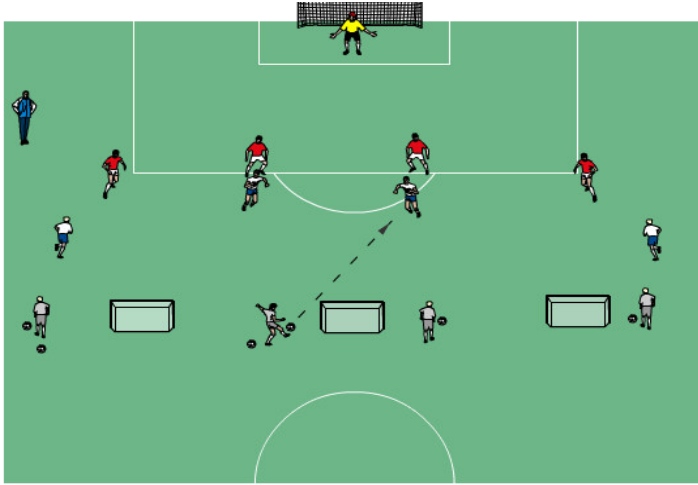**Barry Gorman 4v4 with Servers: <u>Re-circulating your attack!</u>**

The Set-up: (as pictured) Designate 3 teams of 4 by color (grey/white/red). Play on an area the full width of the soccer field x approximately 40 yards long. Use one large goal and three counter goals (pugg goals or discs). Coach should position him/herself in a manner that he/she can enforce the off-side law and observe the movements of the attacking team.

The Exercise: The grey team begins the exercise by serving a ball into the white team who attacks the large goal defended by red. A live 4v4 ensues until a ball goes out of bounds or is scored. If red wins the ball they attack any of the three counter goals. <u>Immediately</u> after the ball is scored or has gone out of bounds, a white player should check back to a different grey server to collect a new ball. Coach can designate which Grey serves the ball in to make sure only one ball gets played at a time. The white attackers should adjust their runs to the new ball location while the Red defenders should reorganize themselves as well.

Focus:

- Finishing in the final third
- Readjusting your runs offensively
- Readjusting your position defensively
- Quick transition
- Fitness

Rotation: (each period should be 4 minutes long)

- Attack to Defense
- Defense to Server
- Server to Attack
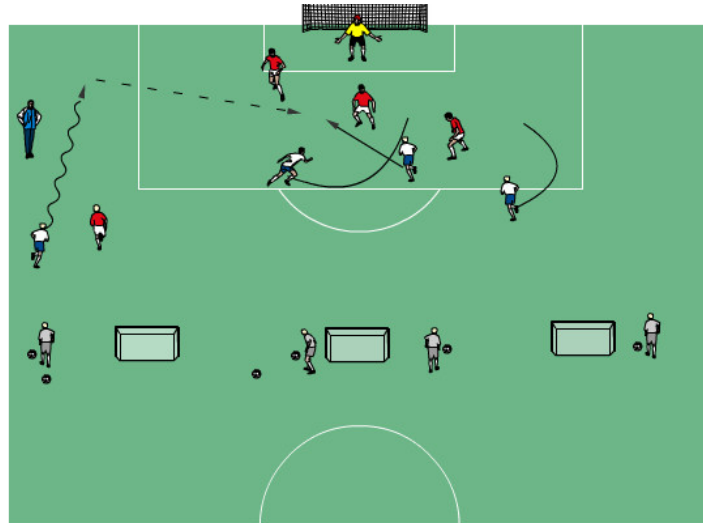
If you enjoy this exercise Coach Donahue recommends:

Possible Previous Activity:	**Progress to:**
Service Circuit with Combination	4v4 with Flying Rotations
Basic Overlap Circuit to Goal	Three Team Game