

4v3 circle game

Objective –

Game Focus on Transition/Reset/Progression

- Coach feeds the ball in to one of the attacking team players who start outside of the circle
- Attack try and score/win corner
- Defending team are trying to win the ball and pass back to the coach.
- If the defending team pass back to the coach they get the next ball and attack 3v4
- Play 3 balls then swap personnel

Players per team

4v4 + 2 GKS

Time per set

5 minutes

Rest time

1 minute

Scoring

- 3pts for a goal
- 1pt for a shot on target
- 1pt for a corner won

Example rules for each set:

- **SET 1**-3 minutes to attack for each team (most points wins)
- **SET 2**– Sniper mentality- no shot = swap over who is attacking immediately (most points wins) (6 minutes)
- **SET 3**-Alternate, first team to 10 points wins

Attacking focus

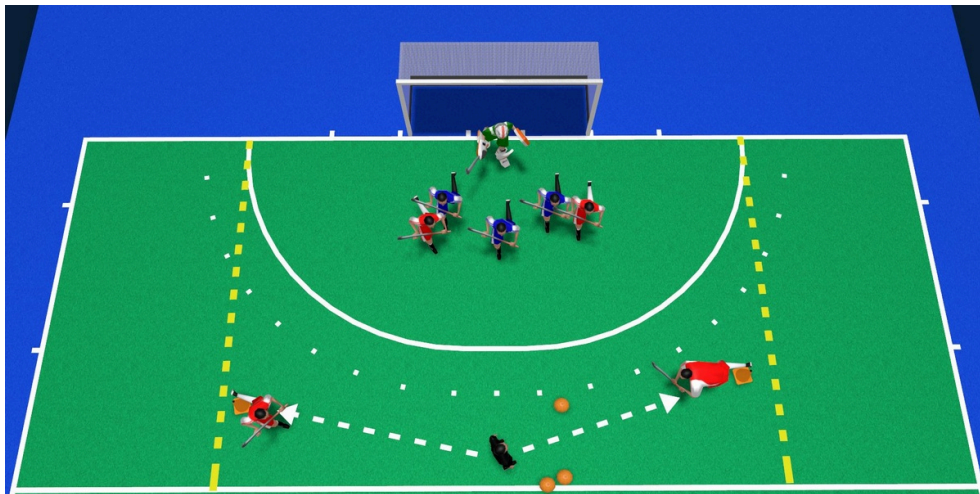
- Attack at pace with eyes up when under pressure
- Timing of leading inside the circle

Defending focus

- Put the striker under pressure and try to deny shots on target
- Apply forehand pressure on the first attacker

GK focus

- Try to start clear to the coach
- Avoid rebound opportunities



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