

4v4 side goals

Objective – transitions – explode/implode

GameFocusPrinciplesResetProgression

1. 2 teams 4 v 4 (5v5 depending on pitch space) – can add magic player if odd numbers
2. Each team plays one way so reds play left to right and blues play top to bottom (or vice versa)
3. They score in one of “their goals” BUT they cannot score in the same goal twice (so it is turn and burn)
4. HOWEVER if they lose the ball and then win it back they MAY score in ANY goal again
5. Defending players aim is react and protect line to goal and force ball wide
6. Attackers is to transition and play into space OR go high or wide fast

Defenders

1. IMplode
2. Press after loss
3. Protect line to zone
4. Stay in the game
5. Triangular zonal defence
6. Mark the angles

Attackers

1. EXplode
2. Pass & Move to space
3. Send high ASAP
4. Instant overload on defenders
5. PROTECT the ball
6. Have a guard

7. Fast reactions especially on “turn and burn”

1. Any infraction coach throws new ball in

1. Time to score

2. 5 balls each to encourage retention

3. Add a magic player who plays for the possessing side

