

# Connect Four

## Objective –

GameFocus onTransition/ResetProgression

Fun ways to coach when to play forward, first touch, movement/angles and communication, weight and accuracy of pass, and shield from defender.

## THE RULES

Play 2v1 in each zone with a goal or target at each end. Players are restricted to their zone. At least one attacker must touch the ball in each zone without a defender's touch before they can score.

Players can score at either end. If a defender wins the ball they become attackers and can attack either goal.

Attackers must complete four passes before trying to score. If the defenders score you switch them with four attackers immediately. The team with most goals wins.

## OBJECTIVES

Though there are defensive aspects in this game the main purpose is losing marker and retaining possession with short passes ending with a goal.

## KEY SKILLS

When to play forward, first touch, movement/angles and communication, weight and accuracy of pass, and shield from defender.

## SET UP

Area: 40 x 20 yards grid split into four zones

Players: 12

Equipment: Two goals, cones, balls

### **WHAT TO CALL OUT**

“Heads up”

“Good angle”

“Pass”

“Touch”

“Finish”

### **DEVELOPMENT**

- Each forward pass must be a one touch, allow ball to be played back to create more space to play forward
- Allow defenders to leave a zone to double up with a team mate to create a 2v2 in another zone. This introduces an element of risk taking. Any two of the four defenders can be in one zone at any time.

### **HINT**

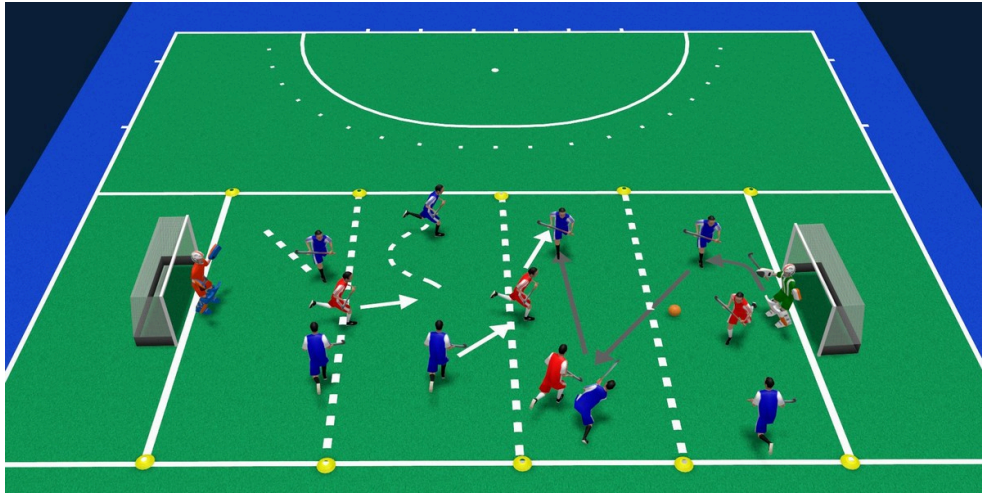
On last progression allow keepers to join in to keep possession.



Players must stay in their own zone and pass from zone to zone to be able to score.



Introduce back passing to create that vital space needed to play forward.



Allow defenders to double up creating 2v2's to introduce an element of risk.