

# 4v4 Scrimmage

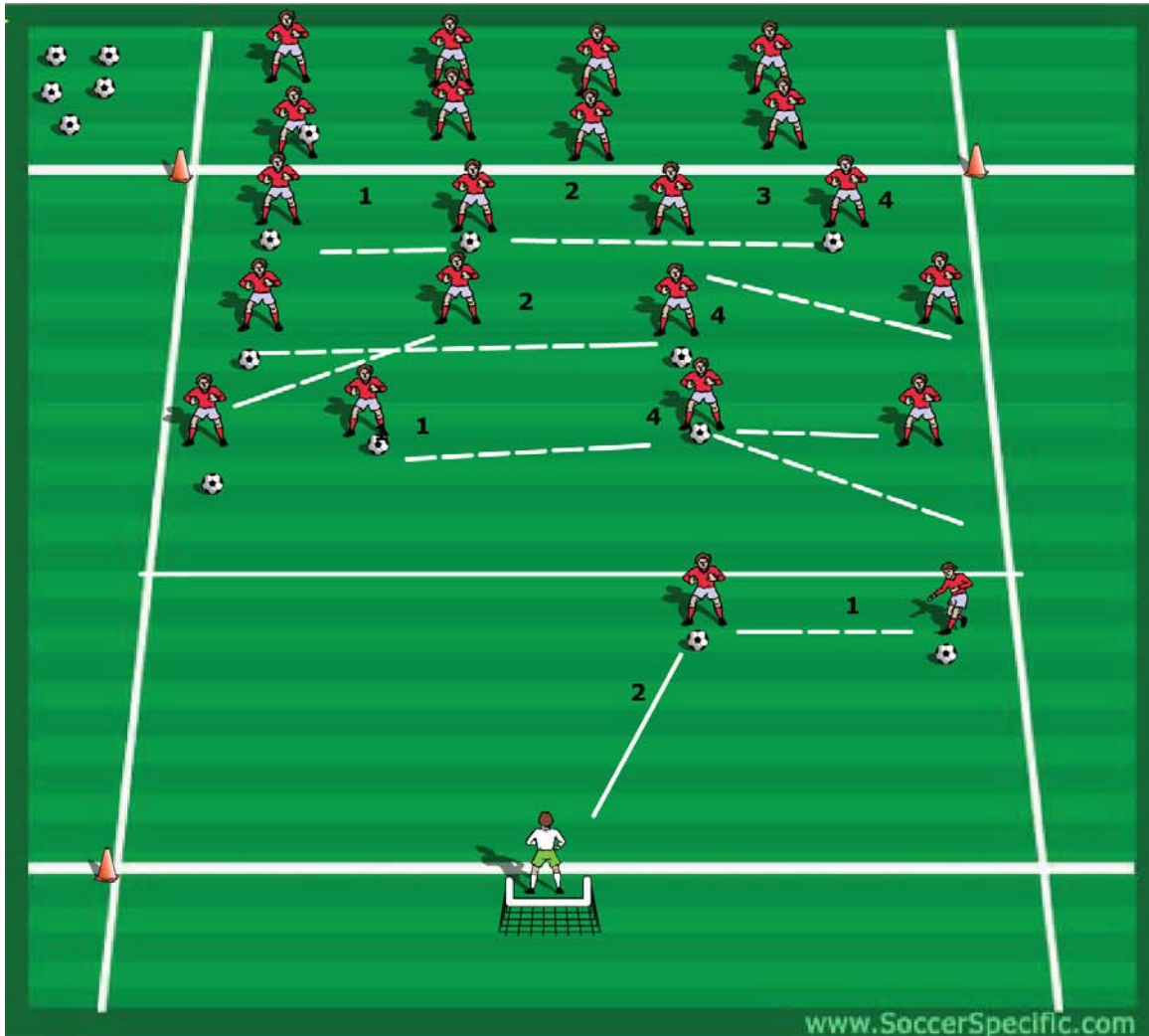


4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.

# Opening Up Three



## Opening Up Three

Purpose- To improve movement, opening up and receiving the ball with the far foot.

Organization- Use half field for exercise. Players are lined up in four, with one ball given to each group of four. Players are asked to move forward with the ball, while passing from side to side as shown above. This time players are asked to create movement, to confuse the defenders. The sequence is as follows; Number 1 plays to number 2, number 3 plays to number 4 then undertakes to take the outside position from number 4, number 4 plays to number 2, number 2 then plays to number one and then undertakes to take outside position on the opposite side and the sequence begins again. Number 1 plays to number 4, number 4 to number 3 and number 4 undertakes to take the outside position. When players reach the closest white line to the goalkeeper, one player attempts to score.

Progression- Add a defender to pressure the player on the ball.

### Coaching Points

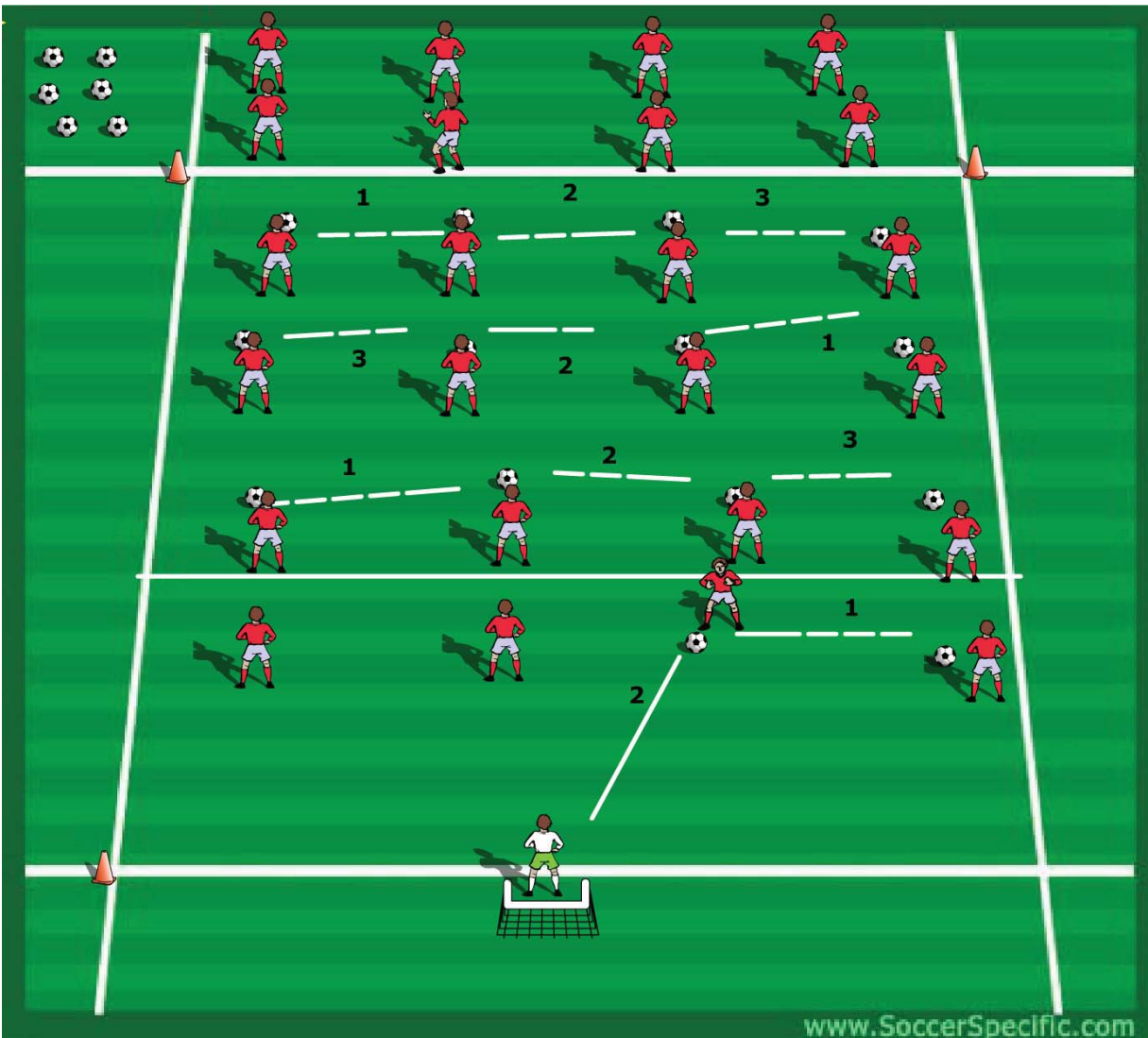
Good communication.

Good weight of pass.

Check shoulder, receive the ball with far foot and pass to next player second touch.

Good movement, diagonal runs to confuse defenders.

# Opening Up Two



## Opening Up Two

Purpose- To improve opening up and receiving the ball with the far foot.

Organization- Use half field for exercise. Players are lined up in four, with one ball given to each group of four. Players are asked to move forward with the ball, while passing from side to side as shown above. This time players are asked to move backwards opening up, so they can protect the ball from a defender, who closes them down quickly. When players reach the line closest to the goalkeeper, one of the players attempts to shoot and score against the goalkeeper.

Progression- Add a defender to pressure the player on the ball.

### Coaching Points

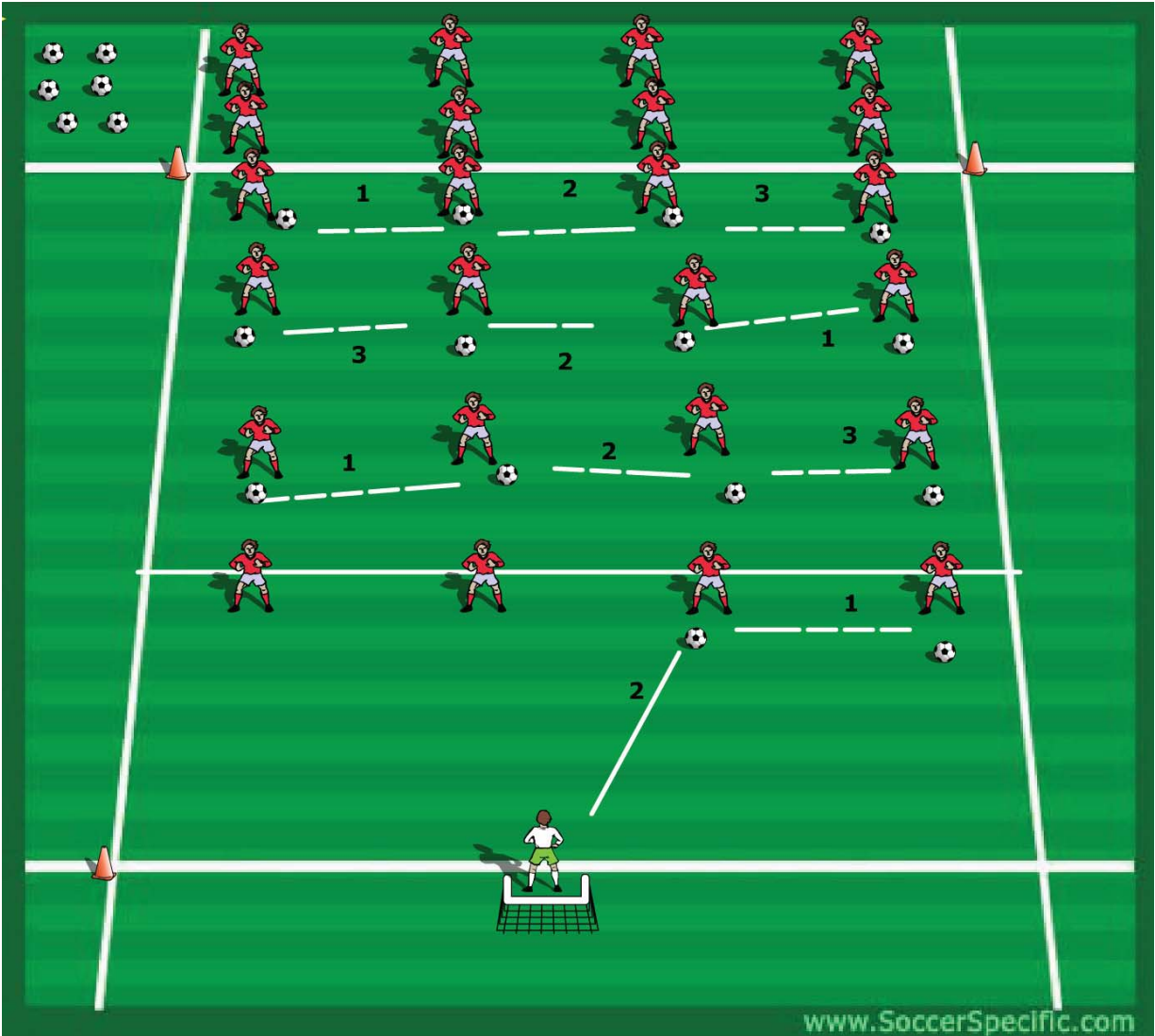
Good communication.

Good weight of pass.

Check shoulder, receive the ball with far foot and pass to next player second touch.

Use body to protect ball and shield away from defender.

# Opening Up One



## Opening Up One

Purpose- To improve opening up and receiving the ball with the far foot.

Organization- Use half field for exercise. Players are lined up in four, with one ball given to each group of four. Players are asked to move forward with the ball, while passing from side to side as shown above. When players reach line closest to goalkeeper, one of the players attempts to shoot and score against the goalkeeper.

Progression- Add a defender to pressure the player on the ball.

### Coaching Points

Good communication.

Good weight of pass.

Check shoulder, receive the ball with far foot and pass to next player second touch.



# Warm Up



## Warm Up

Purpose- To get the blood circulating around the body and the bodies muscles warm for exercise.

### Organization

Ask players to make two lines and jog up and down the cones as shown in the picture. Add soccer related movements on coaches call "sit down, stand up, open the gate, close the gate, foot to opposite hand, skipping, lunges etc.