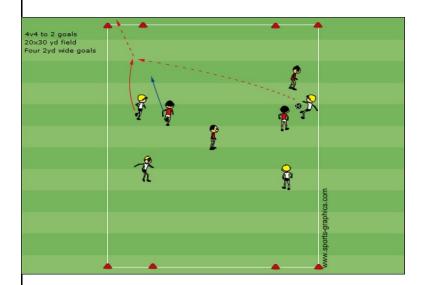
Edina Soccer Club Training Sessions: 4v4 Series Part 1





Game 1

4v4 on a 20x30 yd. field, with 2 goals on each end line. The long way.

- 1) Teams play 4v4, each defending two goals and attacking two goals.
- 2) Play always starts with either a pass or dribbling onto field.
- 3) Goals are scored by passing the ball on the ground through one of the two goals

•Variations to the game.

- a) Dribble through goals
- b) Must complete a number of passes first.
- c) Must combine (give and go/overlap) first.
- d) add line in middle, all players must be across the middle line before scoring.

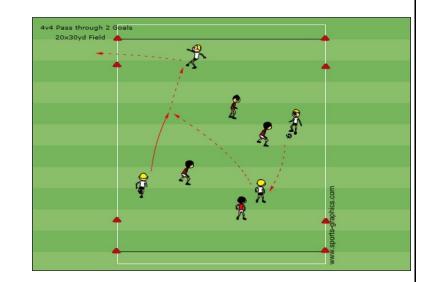
Game 2

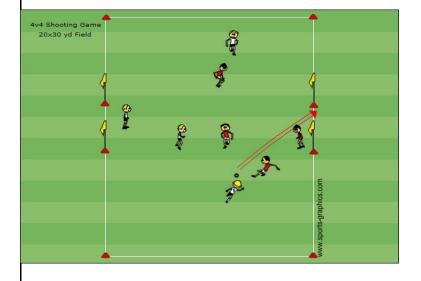
4v4 on a 20x30 yd. field, with 2 goals on each end line. The wide way.

- 1) Teams play 4v4, each defending two goals and attacking two goals.
- 2) Play always starts with either a pass or dribbling onto field.
- 3) Goals are scored by passing the ball on the ground through one of the two goals

•Variations to the game.

- a) Dribble through goals
- b) Must complete a number of passes first.
- c) Must combine (give and go/overlap) first.
- d) Add a player to the attacking end line. Team must first pass to end line player before scoring.





Game 3

4v4 on a 20x30 yd. field, 2 regulation size goals on each end line, creating a short wide field.

- 1) Teams play 4v4 with one player designated as a sweeper/keeper.
- 2) Play starts with the goalie distributing, if fall goes off end line, or a pass in on the sides.
- **Encourage players to create shooting opportunities whenever possible.