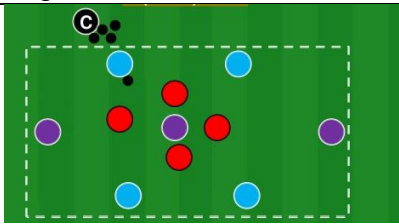



4v4 + 3

A favorite starting point for medium sized games.

Before we begin, please understand that the numbers are variable for the size of your team and the number of players you have at training. You should have 3 roughly similar sized teams. For 11 players 4v4+3 is perfect, if you have 12, make it 4v4+4. 16 players would mean 6v6+4. Try to keep the original numbers equal. Group them by players that will play together on the field often. So defense v midfielders + attackers, or left v right + center. This game archetype is about creating chemistry.

Phase	Diagram	Description	Coaching Cues
Warm-up 10 min		In a large area, probably rectangular. Play keep away where 4a+3 keep it away from the other 4b. When possession is lost, the 3 join 4b to keep it away from 4a.	Pick a single focus for your entire session. If you pick attacking, ONLY coach the attacking players. Try changing the point of attack, identifying the “weak” side of the defense.
Main Activity 10 min		In the same size area, now 4a and the 3 play on the outside with only 1 of the 3 on the inside. The goal is for each of the 3 blue players to touch the ball in a possession. After 5 minutes, switch the red and yellow teams.	Keep the same focus as before (and keep it throughout the session). For our example coaching on attacking, focus on the patience of passing to the central blue player and their movement.
Less Complex	If this is too difficult, if the team in possession (blue and red) isn't having enough success, allow a red or two to join the middle of the field. Enlarging the space would also simplify this for the attackers.		
More Complex	Specifically allowing red to pass the ball to their neighbor on the perimeter would make things easier quite quickly, or try adding one touch stipulations to the red team.		
Final Game	Add goals to either side of the rectangle (probably also expanding it) and allow shots or passes to small goal(s) after connecting passes to a specific target player or reaching a numerical goal.		