



The Soccer Education Specialists

Developmental Fours

A guide to replicating street soccer through the use of small-sided 4v4 games for the development of soccer players of all ages and abilities.



Experience Excellence in Soccer Education

A division of USA Sport Group



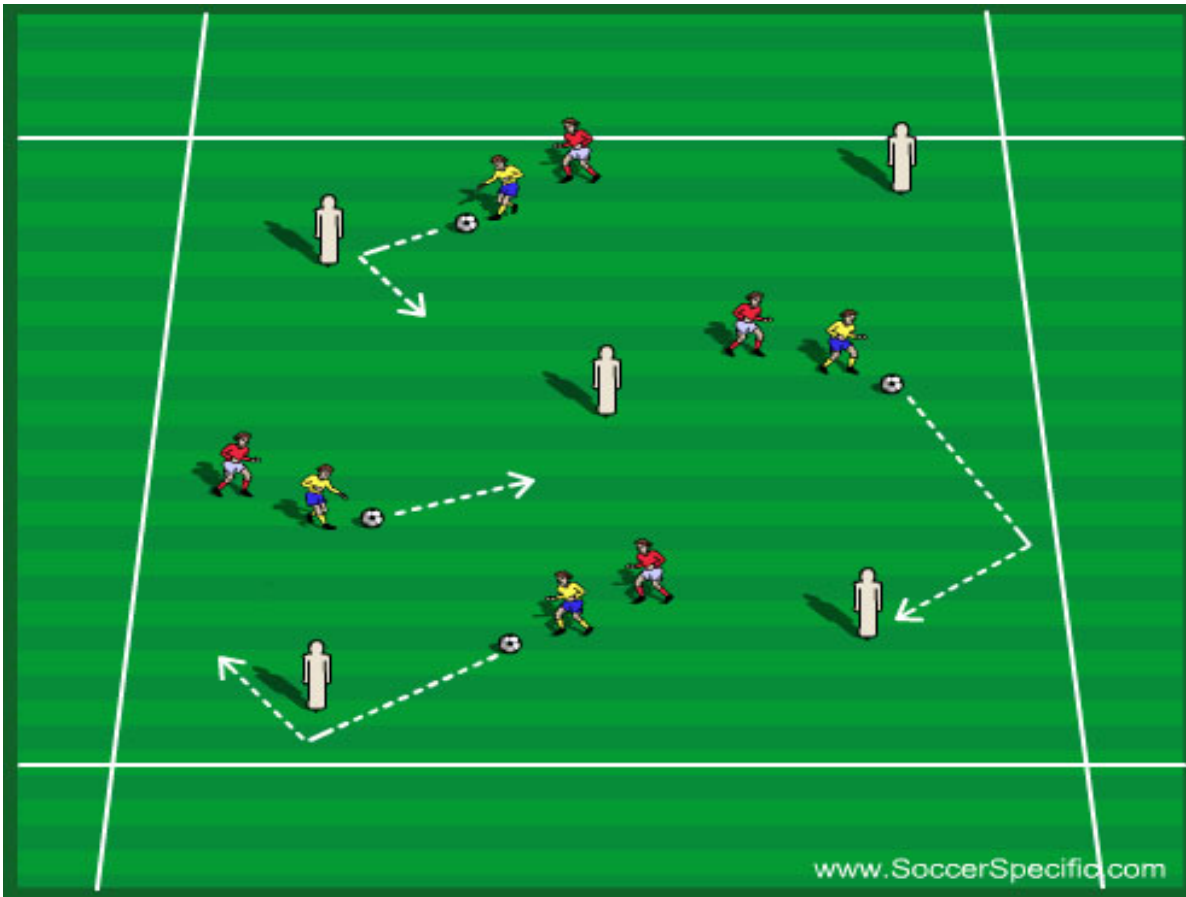


Developmental Fours Program

1	Creative Player
2	4v4
3	4v4 + GKs
4	End Zone (Dribbling)
5	Four Goal (Wide)
6	Four Goal (Long)
7	Four Goal (Dribbling)
8	Four Goal (Across)
9	Possession Box
10	One Goal



GAME 1 CREATIVE PLAYER



Game Description

Players have a ball between two and rotate every 60 seconds. The players are encouraged to practice various skills, tricks and moves to beat an opponent and/or change of speed and direction. United Soccer Academy has also developed a Creative Player program, details of which can be accessed via our website.

Principle Focus

Creative imagination & freedom of self-expression through free play

Coaching Points

Attacking

- Self-expression with skills and tricks
- Change of speed and direction
- Awareness of other players



Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond (1-2-1) team shape. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Creative imagination & freedom of self-expression through free play

Coaching Points

Attacking

- Go for goal - be positive
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support

4 v 4 GAME 2



Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond (1-1-2-1) team shape. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Creative imagination & freedom of self-expression through free play

Coaching Points

Attacking

- Go for goal - be positive
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support

4 v 4 + GKs GAME 3



END ZONE (DRIBBLING)

GAME 4



Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond (1-2-1) shape. A point is scored when a player dribble into the end zone with the ball under control. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Creative dribbling & creating width

Coaching Points

Attacking

- Ensure correct dribbling technique
- Use full width of playing area
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support



GAME 5 FOUR GOAL (WIDE)



Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond (1-2-1) shape. A point is scored when a player scores into either of the two opposing corner goals. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Switch of play & creating width

Coaching Points

Attacking

- Ensure correct passing technique
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support



GAME 6 FOUR GOAL (LONG)

Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond (1-2-1) shape. A point is scored when a player scores into either of the two opposing corner goals. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Speed of play, creating length & depth, & penetration & support

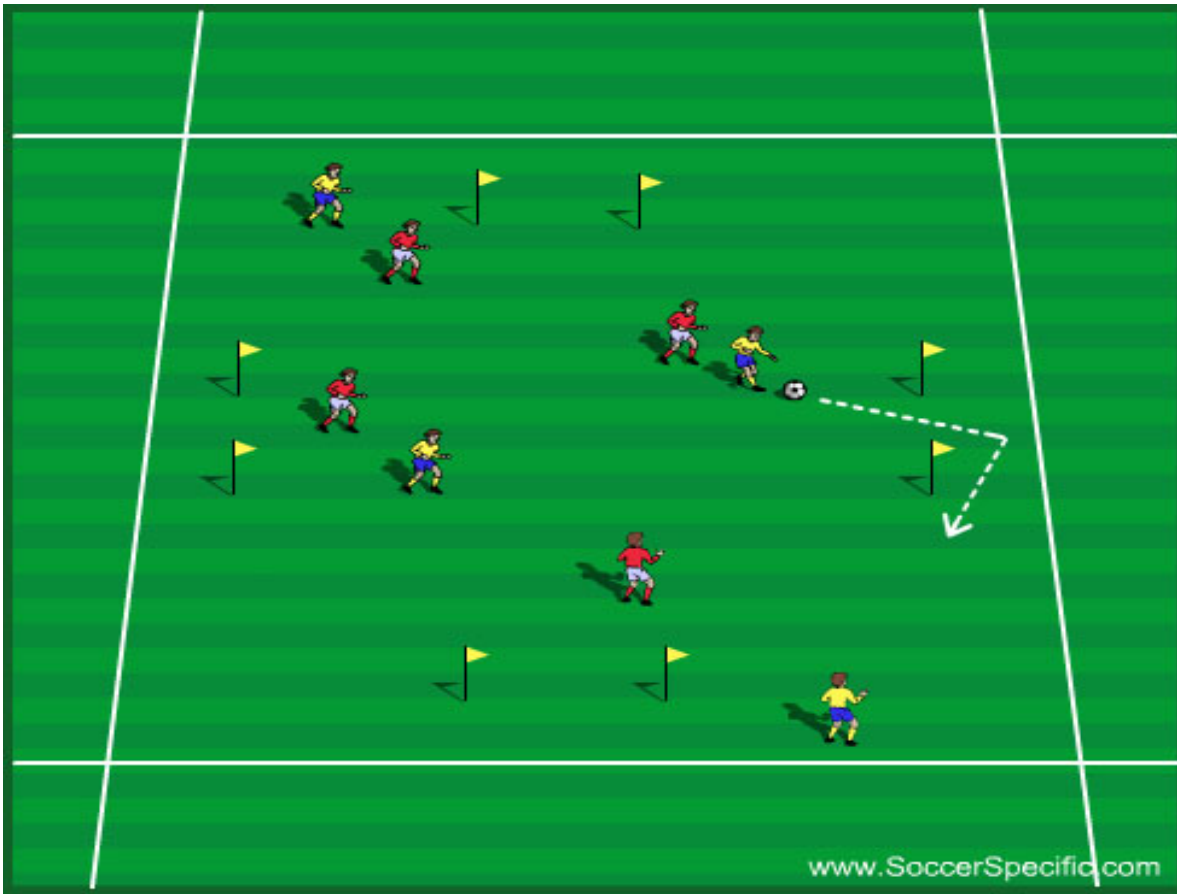
Coaching Points

Attacking

- Ensure correct passing technique
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support



FOUR GOAL (DRIBBLING)

GAME 7

Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond (1-2-1) shape. A point is scored when a player dribbles through a gate and passes to a teammate. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Creative dribbling & creating width, length & depth

Coaching Points

Attacking

- Ensure correct dribbling technique
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support



Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond shape. Two 4-aside games (across width and length) within the defined playing area. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Ball retention, speed of play & support

Coaching Points

Attacking

- Ensure correct passing technique
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support

GAME 8 FOUR GOAL (ACROSS)



POSSESSION BOX

GAME 9

Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond shape. A point is scored when a set number of passes has successfully been completed. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Ball retention, speed of play & support

Coaching Points

Attacking

- Ensure correct passing technique
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support



ONE GOAL

GAME 10



Game Description

This 4v4 game-related practice is set out as above with players encouraged to play in a basic diamond shape. Both teams play towards the same goal. A point is scored when a player scores. Coach should encourage creative skills, tricks and movements in 1v1 situations. Minimum coaching from sidelines.

Principle Focus

Ball retention, speed of play & shots at goal

Coaching Points

Attacking

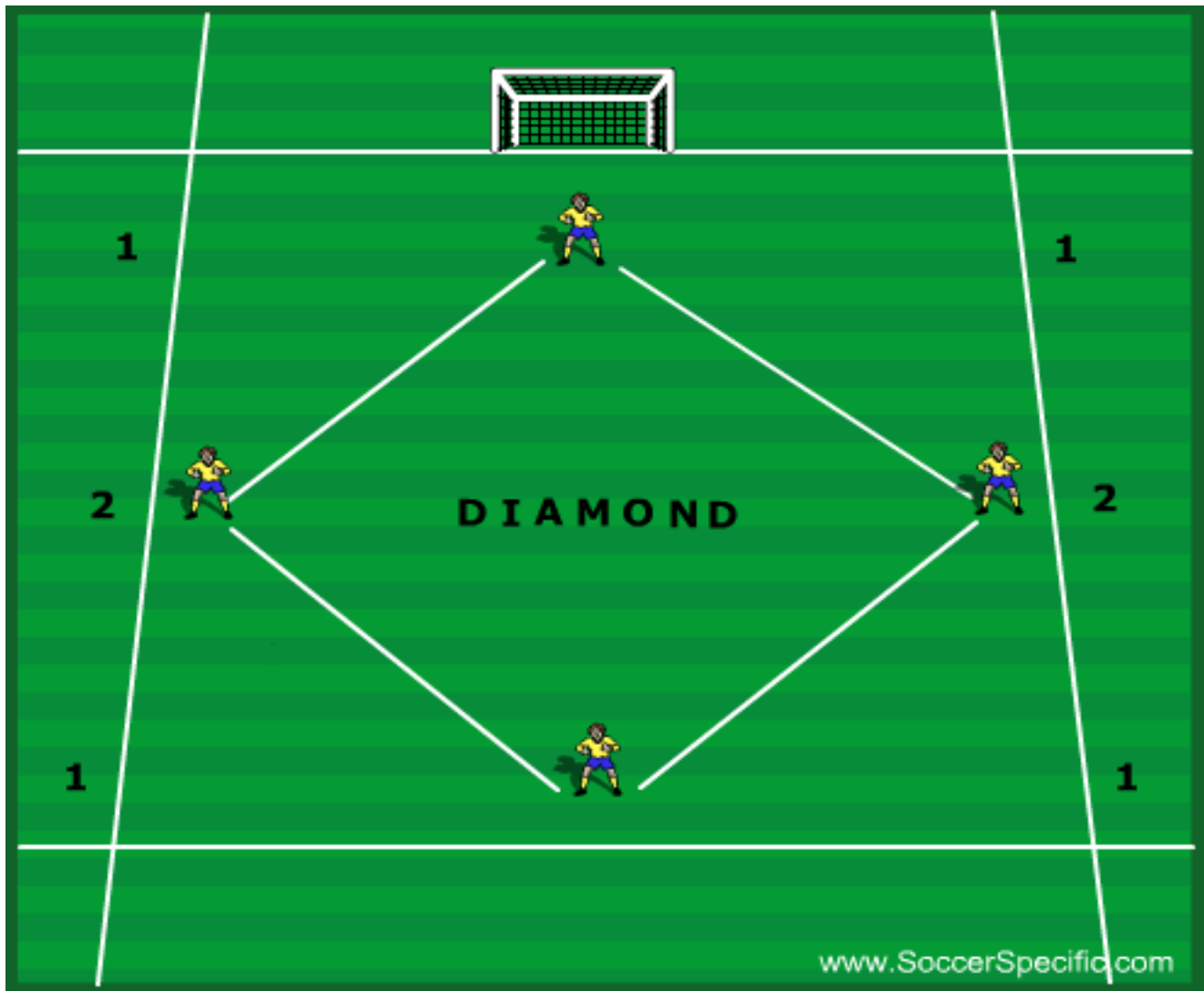
- Ensure correct shooting technique
- Lots of movement (on and off ball)
- Quick tempo / speed of play

Defending

- Win the ball back quickly
- Compact & narrow diamond shape
- Provide depth, cover and support



Team Shape—4v4 Diamond (1-2-1)



Principles of Play

- 1. Width:** using wide areas in attack to create goal scoring opportunities
- 2. Length:** stretching the game by providing an outlet in attack
- 3. Depth:** offering support behind the ball in both attacking or defensive roles
- 4. Penetration:** breaking down the opposition by moving the ball forward quickly
- 5. Support:** moving quickly into areas to assist team mates with and without the ball
- 6. Creativity:** allowing players to express themselves and use their imagination