

SFA Developmental Fours

Training Session Planner

Description of Fours Games

Game 1

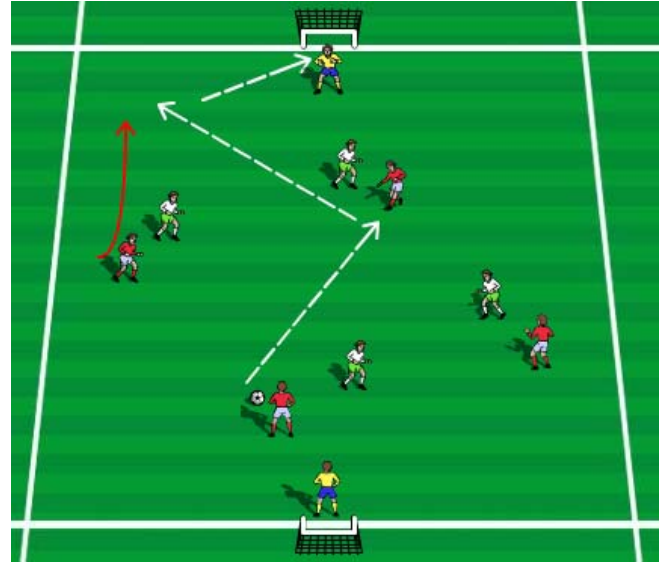
4 v 4 with goalkeepers

Players are encouraged to keep diamond shape and play game as normal.

Coach can condition game to two/three touch per player dependant upon ability of players.

When goal is scored game is restarted by goalkeeper throwing/kicking ball out.

Dimensions: 25 x 20



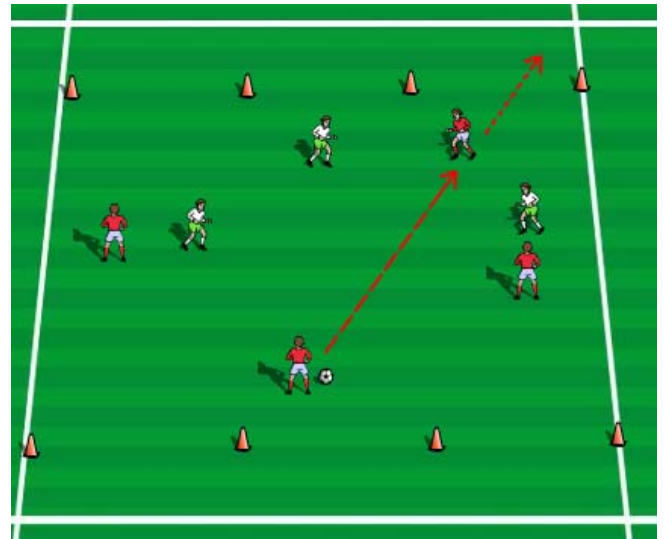
Game 2

Line Ball

Players encouraged to keep possession of ball until opportunity arises to dribble ball over line and tramp ball to score.

Game is restarted by opposition passing ball out from end line – first pass free – no pressure allowed from opposition.

Dimensions: 25 x 20 (2.5 end line)

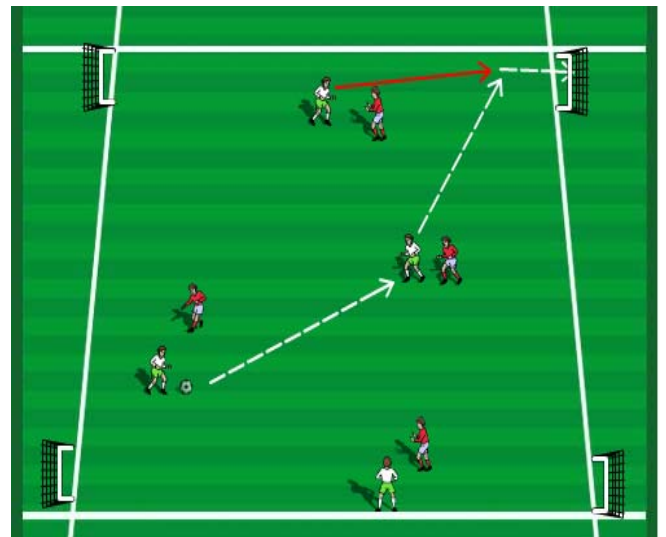


Game 3

Four Goal Game – (Wide)

Players must try to score goals in either of wide goals. Game is directional and if goal scored game restarts with kick in from end line – first pass free – no pressure allowed from opposition.

Dimensions: 20 x 30



Description of Fours Games

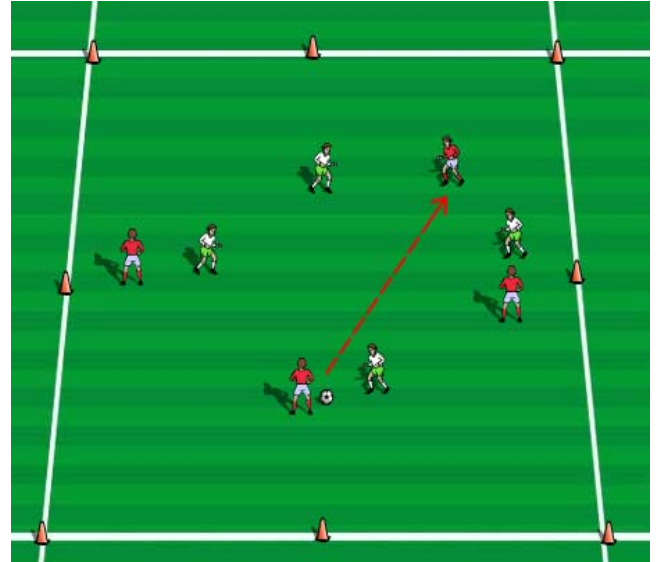
Game 4

Possession Box

Players score goal by keeping ball for successive passes amount determined by coach. The amount will be determined by ability of group of players.

Game can also be conditioned to amount of touches each player is allowed.

Dimensions: 25 x 20

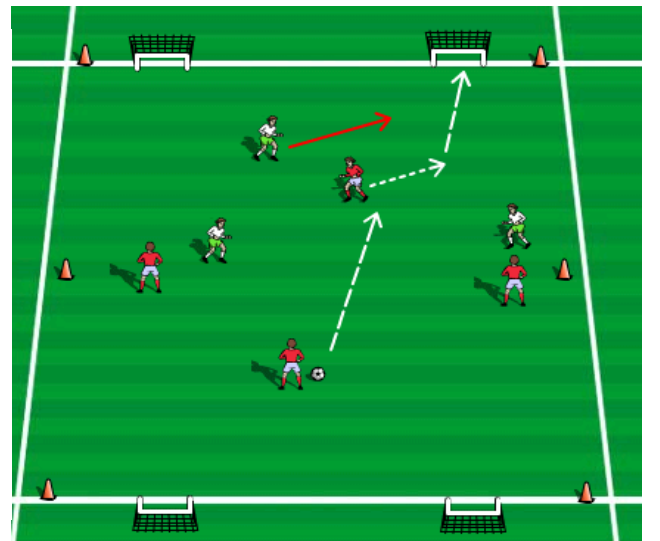


Game 5

Four Goal Game – (narrow)

Players must try to score goals in either of narrow goals. Game is directional and if goal scored game restarts with kick in from end line – first pass free – no pressure allowed from opposition.

Dimensions: 25 x 20



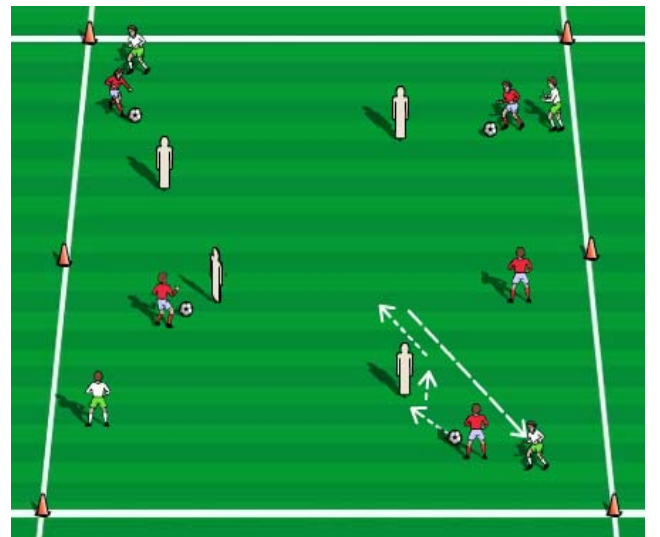
Game 6

Creative Player

Players take on mannequins using series of moves to beat an opponent as instructed by coach.

When player dribbles past mannequin plays ball back to partner who repeats the process.

Dimensions: 20 x 20





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Game 7

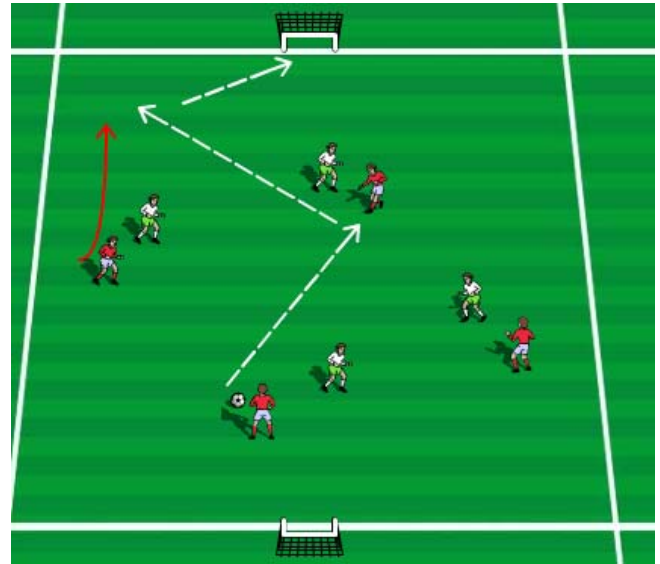
4 v 4 without goalkeepers

Players are encouraged to keep diamond shape and play game as normal.

Coach can condition game to two/three touch per player dependant upon ability of players.

When goal is scored game is restarted by a kick in from goal area – first pass free – no pressure allowed from opposition.

Dimensions: 25 x 20



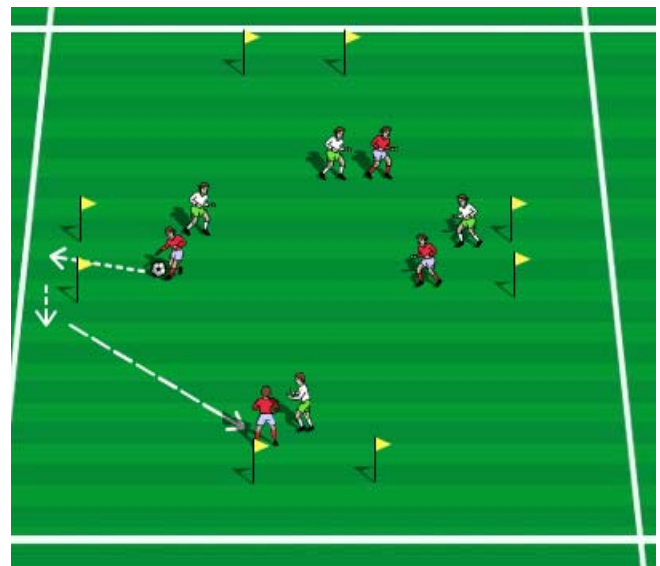
Game 8

4 Goal Dribbling Game

Players encouraged to keep possession of ball until opportunity arises to dribble ball over line and tramp ball to score.

Game is restarted by opposition passing ball out from end line – first pass free – no pressure allowed from opposition.

Dimensions: 25 x 20



Full Pitch Layout

1. 4 v 4 with gk
2. Line Ball
3. Four Goal Game(Wide)
4. Possession Box
5. Four Goal Game(Narrow)
6. Creative Player
7. 4 v 4 without gk
8. Four Goal Dribbling Game

Equipment

- 12 Goals
- 8 Poles
- 4 mannequins
- 20 Footballs
- Markers
- Bibs

