

4 v 4 Play it Forward

Emphasis: Finding the penetrating forward pass.



Set-up:

20 x 20 yard grid.

Twelve players per grid with one ball.

Two target players are positioned at each end of the grid as shown.

Eight players are positioned inside the playing area creating a 4v4 situation.

Objective:

Play begins with a pass from one of the target players. The team in possession must attempt to turn and play a pass to the targets feet at the opposite end of the grid. In the above diagram the yellow team has received a pass from the target player. Player (A) has combined with player (B). Player (B) has successfully turned and played a pass to the opposite target player. The target players must return the ball to whichever team passed to them within 2 touches. Play is continuous in both directions for a designated period of time. Points are awarded for each successful pass to the target players. Players cannot score at the same side twice in a row. Back passes can be made to the target players. Rotate the teams regularly to avoid fatigue.

Progression:

- (1) Reduce the size of the playing area.

Coaching Points:

- Passing must be sharp and accurate – keep the ball moving.
- Players must try to receive the ball in a half-turned position.
- Play penetrating balls to the targets as quickly as possible – find their feet.
- Communication is vital – “turn”, “man on” etc.