

# 4v2 TO 4v4 ATTACKING WIDTH - FUNCTIONAL

## Why use it?

Creating space in attack can be achieved with a combination of player movement, dribbling penetration and intelligent passing. Attackers are encouraged in this activity to utilize the available width and create opportunities to play 'around' the defenders.

## Set up

The set up is 35x30 yards with two cone goals located at both end of the field approximately 5 yards from the center. A good supply of balls are placed just outside the 4 corners of the area and the coach observes from the sideline. Commence the activity with a 4v2 and progress to 4v4.

## How to play

The team with 4 players starts with one of the players collecting a ball from a pile in a corner. The player on the ball dribbles into the area and the game is live. The objective for both teams is to score through the opponent's cone goals. As a consequence of the goal location, it is likely the 2 defenders will drop deep and become compact around the goals allowing the attackers time and space. Providing the defenders with an attacking objective is important to 'draw' the defenders out to the ball carrier. Using the full width of the field the attacking team should attempt to move the ball quickly and attack around the outside of the defenders. If the defenders win possession they must counter attack and attempt to score at the other end. The activity is played in 8x2 minute intervals, with a 30-60 second break in between each interval. During intervals 1-4 the goals have different point values - 1 point for passing through the left goal and 2 points for dribbling through the right goal. For intervals 4-8, the coach imposes a rule that a player receiving a ball with back-to-goal cannot turn.

## Coaching notes

Coaching Objectives: Creating space as an individual and team is the main theme of the activity. Wide players should move to the perimeter and open their bodies on receipt of the ball. The central attacker should move 'high' up the field to create depth and height. Coaching Tip: Positioning balls in the corners allows the attacking team to restart the game and establish an attacking tempo. On occasions a quick restart may catch the defenders in transition.

## How to modify

Less Challenging: Commence the activity with a numerical advantage for the attacking team. Create more space by moving the boundaries of the area wider.

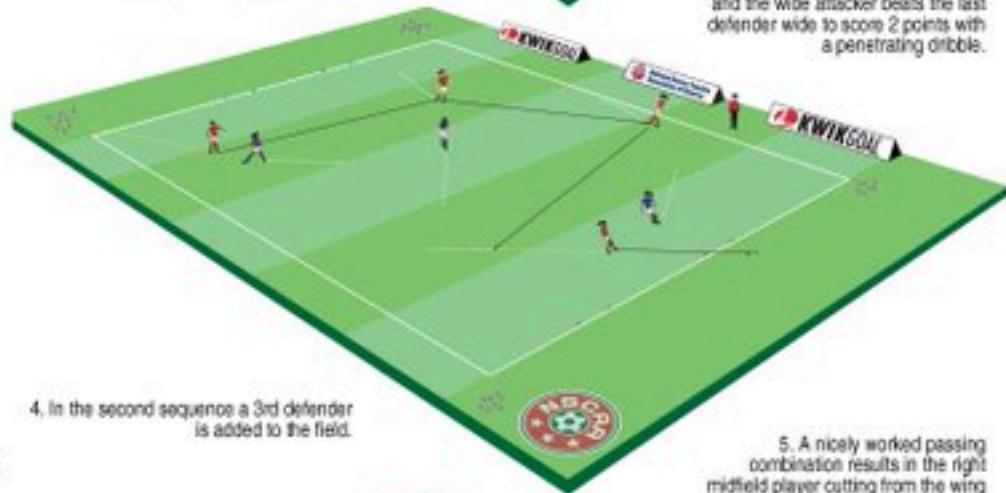
More Challenging: Add minimum touch restrictions for the attackers to slow down the attack and allow the defenders to recover. Also impose the 'no turn' rule to force the striker to play 'high'.

1. The red team attack with 4 players against the 2 blue defenders.



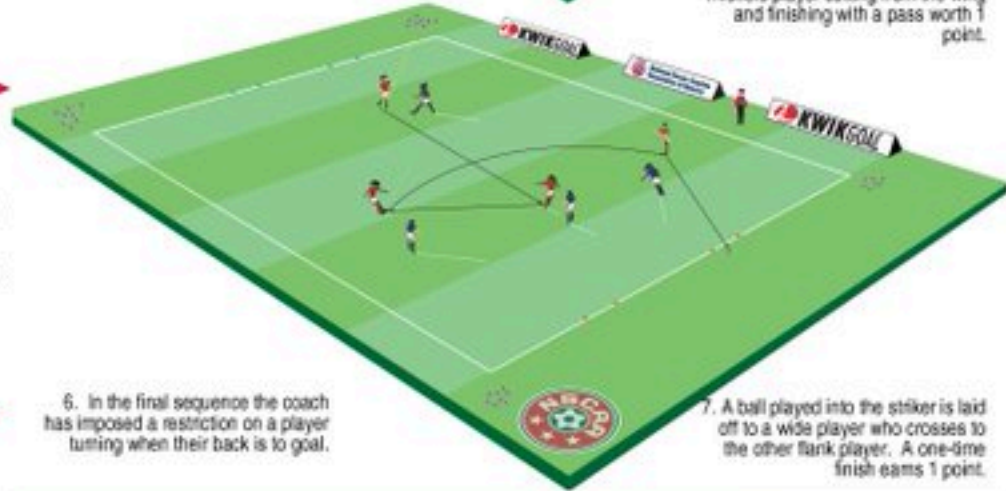
2. A red attacker collects a ball from one of the corners and dribbles onto the field. Once the game is live the defenders start to move forward in an attempt to win possession.

3. Three red attackers combine and the wide attacker beats the last defender wide to score 2 points with a penetrating dribble.



4. In the second sequence a 3rd defender is added to the field.

5. A nicely worked passing combination results in the right midfield player cutting from the wing and finishing with a pass worth 1 point.



6. In the final sequence the coach has imposed a restriction on a player turning when their back is to goal.

7. A ball played into the striker is laid off to a wide player who crosses to the other flank player. A one-time finish earns 1 point.

## Stage/s of development covered by activity

Stages 3, 4 and 5 - 9-18 year old players.

## Development themes and competencies

Top 3 Themes: Passing technique, creating space as an individual/team and defending (pressure and cover).

Top 3 Competencies: 1v1 attacking, passing over short/medium distances and movement off the ball.