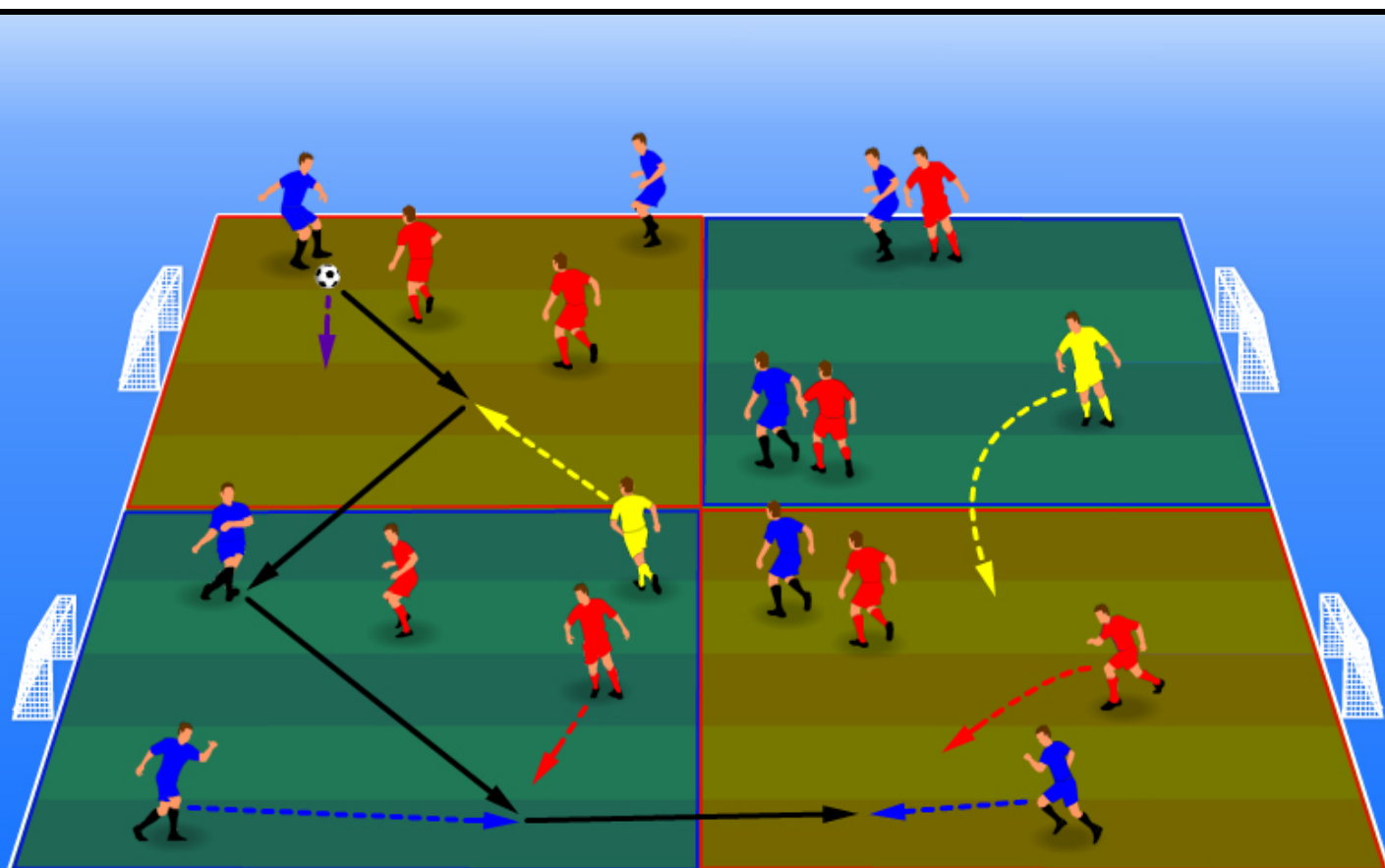


Four Zones, Four Goals

Large Sided

Group Attacking



Created using SoccerTutor.com Tactics Manager

Procedure: The two teams play 2 v 2 in all four zones, and the players must stay inside of their zones during play. Two neutrals move freely about the entire field, looking to create 3 v 2's in any of the four zones. They may not create 4 v 2's.

Coaching Points:

- 1 Expanding the space – Use the entire zone and use the full width of the field.
- 2 Possession – Keep possession long enough for the neutral players to create an overload.
- 3 Switching the Field – When one goal area closes down, change the ball over to another zone.

Progressions/Regressions:

Progression 1 – Split the field into two halves, play 4 v 4 plus one in each half.

Progression 2 – Split the field into right and left halves, play 4 v 4 in each half with free neutrals.