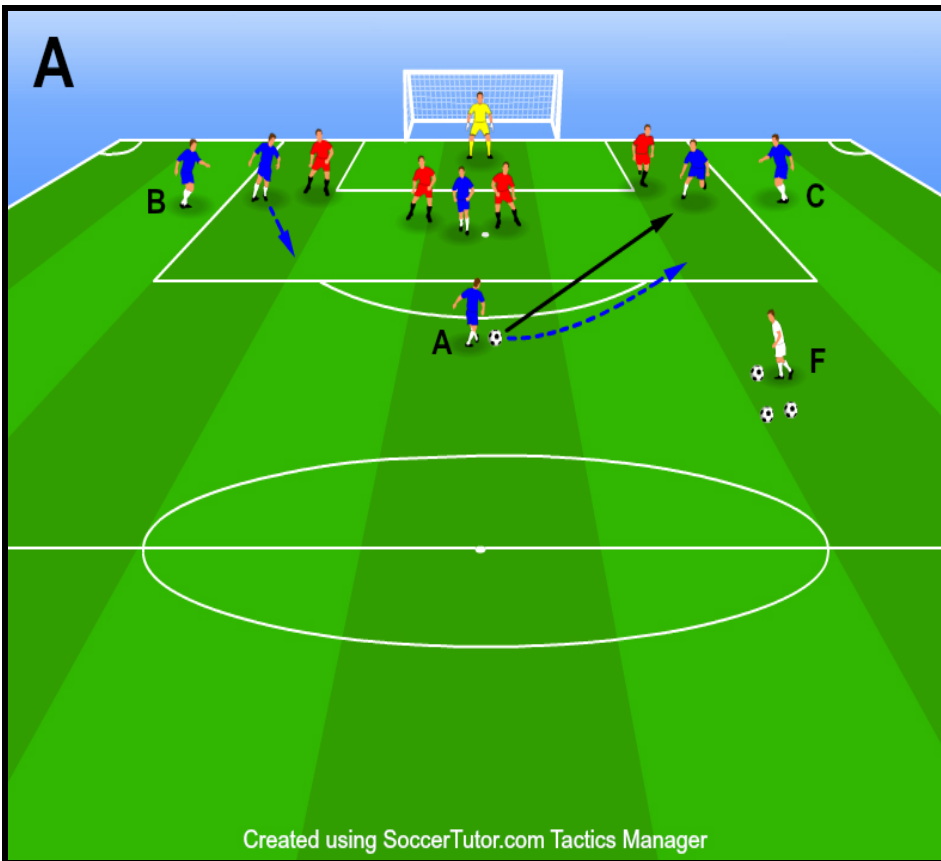


4 v 4, Penalty Area

Small Sided

Group Defending



Procedure:

The Feeder begins the drill with a pass to Player A. Player A can pass and follow into the penalty area to create the 4 v 4 (Diagram A) OR he can pass to Player B or Player C. Players B and C can then pass or dribble into the penalty area to create the 4 v 4 (Diagram B).

The defenders must rotate and switch appropriately with each ball to deny scoring chances. They can either clear the ball or win possession. When they win possession, they play the ball back to the Feeder to re-start the drill.

The priorities for the defenders are:

- Always pressure the ball.
- Communication when passing a player on to another defender.
- Communication by the GK.
- Close the distance. No open shots are given.

Coaching Points:

- 1 Communication – The first shout sorts it out.
- 2 Pressure – Close the distance while the ball is moving.
- 3 Speed – Follow the GK's commands immediately.

Progressions:

- 1 Player A can shoot from outside the penalty area.