

4v4 Pushing Up

Field

Category: Attacking Upfield, Shooting

Difficulty: Beginner, Intermediate, Advanced

Drill of the Week #8

4v4 Upfield (20-30 minutes)

Goal: Work to get a ball high up the field and utilize baseline players.

Skill emphasis: Attack with pace, decision-making surrounding risk of the play

Drill:

1. Size of the game is up to the coach. The size should accommodate 4 v 4 about a 25x20 yard playing area. You can also play 5v5 or 6v6 with a larger playing space.
2. Both teams have an extra two players on their attacking baseline; those players can receive and pass but not enter the playing area. They can move on the endline, out of bounds, off the playing grid.
3. Goalkeepers will need to work to keep track of the endline balls and also play the endline player and watch the overlapping players looking to join the play.
4. Attacking players look to get the ball upfield quickly and then support the play and get up to support the ball. This drill requires players to pass and move upfield to score the goal

