

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

## 4 Goal Game



Use this practice for switching play, keeping possession, running off the ball, reading the game, and controlling the speed of the game.

Divide the players into 2 teams of 6 to 9 and play across half a soccer pitch with 4 small goals.

- The game is started when the coach randomly serves the ball into the playing field.
- The first player to the ball starts to pass or dribble towards one of two opposing team goals.
- If the way to goal should be successfully blocked, the attacking team can switch the point of attack to the other less heavily defended goal.
- The opposing team must try to gain possession of the ball in the usual way and create scoring chances for themselves.

There are no goalkeepers, no corner kicks, and throw-ins are replaced by kick-ins. If a goal is scored the game is restarted with a goalkick.

Progressions can be added by limiting the players to 2 touches only; introducing a floating player; introducing goalkeepers.

The coach should encourage the players to keep their head's up and be aware of players and space; support the player on the ball and be prepared to switch the play; keep an open body position and give themselves options; to drift away into space if things are crowded; communicate at all times; and attack the goal at speed when play is switched.

