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1. 4 GOAL GAME:

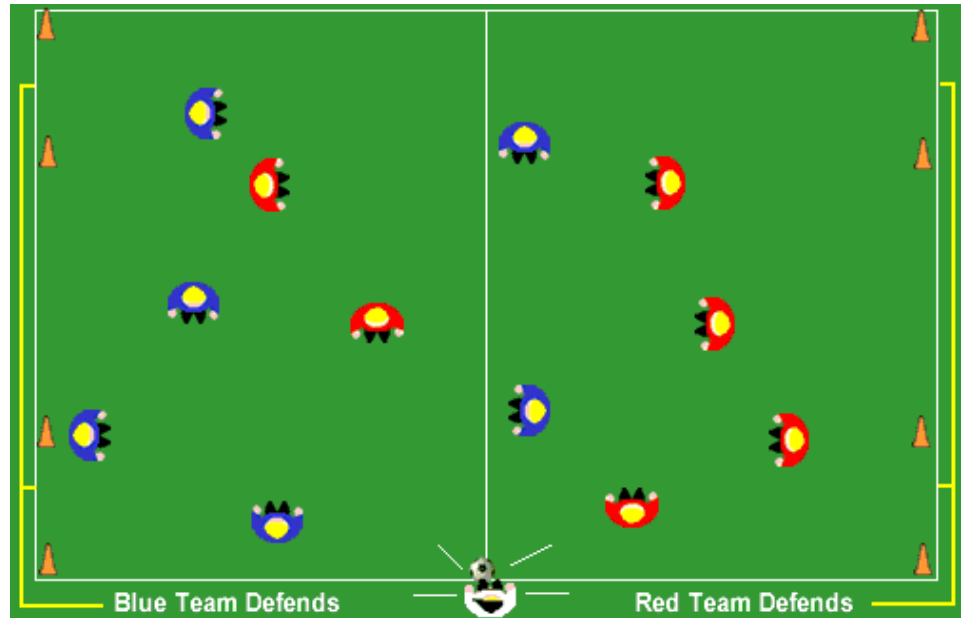
- Split players into 2 even teams (play 5 vs 5, 6 vs 6 or 7 vs 7)
- Mark off approximately 40 yards x 40 yard grid)
- Make goals 3 yards wide (use cones or corner flags).
- Place a goal near each corner of the grid (as shown in the animation)

2. COACHING POINTS:

- Players play a scrimmage but each team shoots/attacks 2 goals and defends 2 goals.
- Players should attack the open goal.
- If one of the goals a players is attacking is defended by numerous defenders, the attacking player should switch the field of play by making a long pass to a teammate near the other goal and that player should attack the less defended goal.
- It is important that attacking players provide field width and passing options to their teammates and **DO NOT** clog up one goal area.
- By spreading out, the attacking players create space and passing points for their teammates.

3. COMPETITION, VARIATIONS & RESTRICTIONS:

- Make uneven teams (6 vs 8, 7 vs 5, etc.). This ensures one team always has a numerical advantage so there should always be a player open to receive a pass and attack.
- A team must complete 5 passes before shooting on goal.



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