

# OREGON FUTBOL ACADEMY



# 4V4 PRACTICE PLANS

**ALL PRACTICE PLANS ARE PART OF THE U.S. SOCCER GRASSROOTS COACHING PROGRAM.  
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**CONTENTS**

---

Weekly Practice Schedule..... 2

Guided Questions for Intentional Free Play..... 3

Week 1-Attacking: Dribbling Game ..... 4

Week 2-Attacking: 4v3 on Two Goal Lines Each ..... 5

Week 3-Attacking: 3v1 with Wing Goal Lines..... 6

Week 4-Attacking: 1v1 on Goal Lines ..... 7

Week 5-Defending: 4x 1v1 on Endlines ..... 8

Week 6-Defending: From 1v2 to 2v2 ..... 9

Week 7-Defending: 1v1 on Small Goal ..... 10

Week 8-Defending: 2v2 with Recovering Defender ..... 11

Alternate Activity-Attacking: 1v1 Race to the Goal ..... 12

Alternate Activity-Attacking: 3v1 on Mini Goal ..... 13

Alternate Activity-Defending: 1v1 after Pass behind Attacker..... 14

Alternate Activity-Defending: 3v3 on Goal Lines on Wings..... 15

## WEEKLY PRACTICE SCHEDULE

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### INTENTIONAL PLAY, 10 MINUTES

When you arrive at the field, set up 2 goals and pinnies. Start playing 1v1 with your kid, and as more players show up, have them join a team. As you are playing, take breaks every few minutes and ask some of the guided questions on the next page.

### DYNAMIC STRETCHES, 5 MINUTES

- Jog forward
- Jog backward
- Side shuffle right
- Side shuffle left
- Walking lunges
- Alternating kicks
- High knees
- Bottom kickers
- Frog jumps
- Toe taps on ball
- Juggle ball

### CORE ACTIVITY, 15 MINUTES

Instructions for each week's activity are provided on the following pages. There are four alternate activities to choose from if one of the scheduled activities is not a good fit for your team.

### SKILLS DRILLS, 10 MINUTES

- Kick-off  
*Pass to a player on your team*
- Throw-ins  
*Two hands, over your head, feet planted, behind the line*
- Goal kicks  
*Kick to sides*
- Corner kicks  
*Kick to middle*
- Dribble  
*Keep the ball close*
- Passing  
*Flat surfaces of foot—inside, outside, laces*
- Shots on goal
- Give and go  
*Pass, then run to goal*

### SCRIMMAGE, 20 MINUTES

- Defending: *Focus on kicking the ball away from center, dribbling/passing up the sideline*
- Attacking: *Focus on spreading out, dribble/pass up the sideline, then go toward the center to receive a pass and take a shot*
- Positions: *Where to stand at kick-off, throw-ins, goal kicks, corner kicks, diamond formation*
- Attitude: *Encourage good sportsmanship, positive attitude, and kind words*

## GUIDED QUESTIONS FOR INTENTIONAL FREE PLAY

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1. How do you find an opening? (Look at the opponent's position)
2. How do you create an opening? (Make the opponent move)
3. What should you do if you see an opening? (Pass or dribble through it)
4. How should the attackers position themselves to get from their own half to the opponent's half? (Spread out and support the attack)
5. Why should they have two players on the wings? (So they can pass diagonally forward out of their half)
6. Why should they have one in front? (So they can pass up the middle)
7. What are your options when you have the ball? (Dribble, pass, or shoot)
8. When is it a good time to dribble? (When there aren't any defenders near me and I have space)
9. When should you pass? (When a defender is blocking my path and a teammate is open)
10. When should you shoot? (When I'm close to the goal and I have a clear shot at it)
11. Where is the goal? (In the middle)
12. So, which path do you need to block if you want to keep the opponent from shooting? (The path in the middle)
13. And, what if they manage to get in front of the goal anyway? (Then we have to pressure them and make sure they can't shoot)
14. What are you supposed to do if you lose the ball? (Drop back and protect our goal)
15. What else could you do? (Stay forward and try to win the ball back right away)
16. What's the advantage of defending higher up the field? (The opponent never gets near our goal, and if we do win the ball back, we can immediately shoot)

## WEEK 1-ATTACKING: DRIBBLING GAME

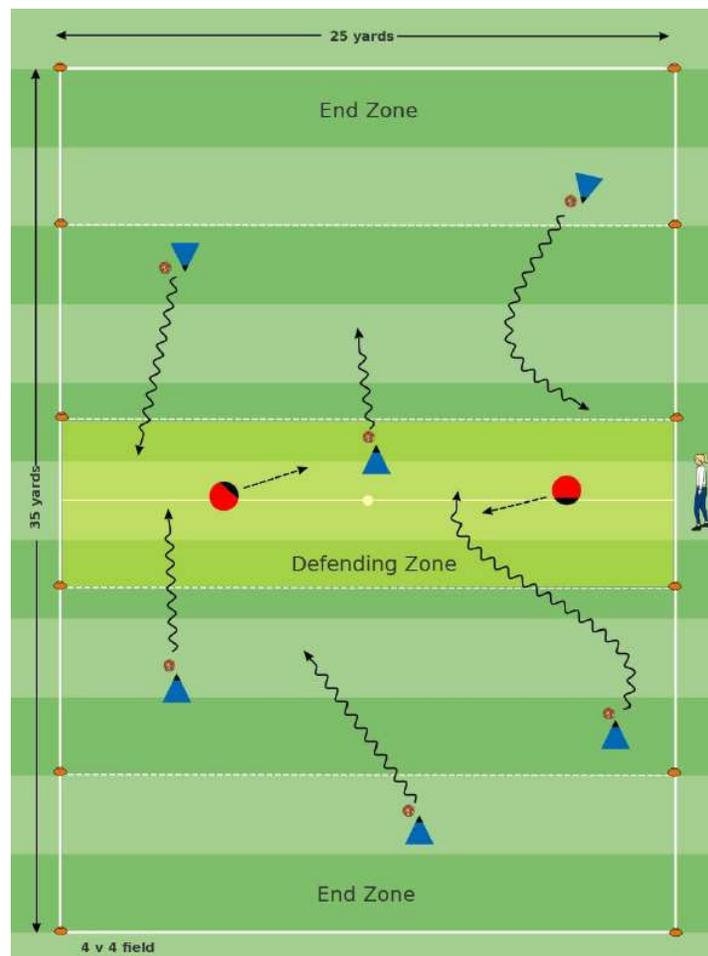
Mark out a regular 4v4 field with a defending zone in the middle and two end zones. Players dribble back and forth into end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes.

### GUIDED QUESTIONS

- 1) How do you keep the ball close? (Be gentle/soft with the ball)
- 2) How do you dribble faster? (Use hard touches)
- 3) What's the difference between dribbling forward and dribbling to the side? (You have to use a different part of the foot)

### VARIATIONS

- 1) To make the activity less challenging, the coach acts as a defender, and all the players have to go in the same direction.
- 2) To make the activity more challenging, the two defenders may defend anywhere but the end zones.



## WEEK 2-ATTACKING: 4V3 ON TWO GOAL LINES EACH

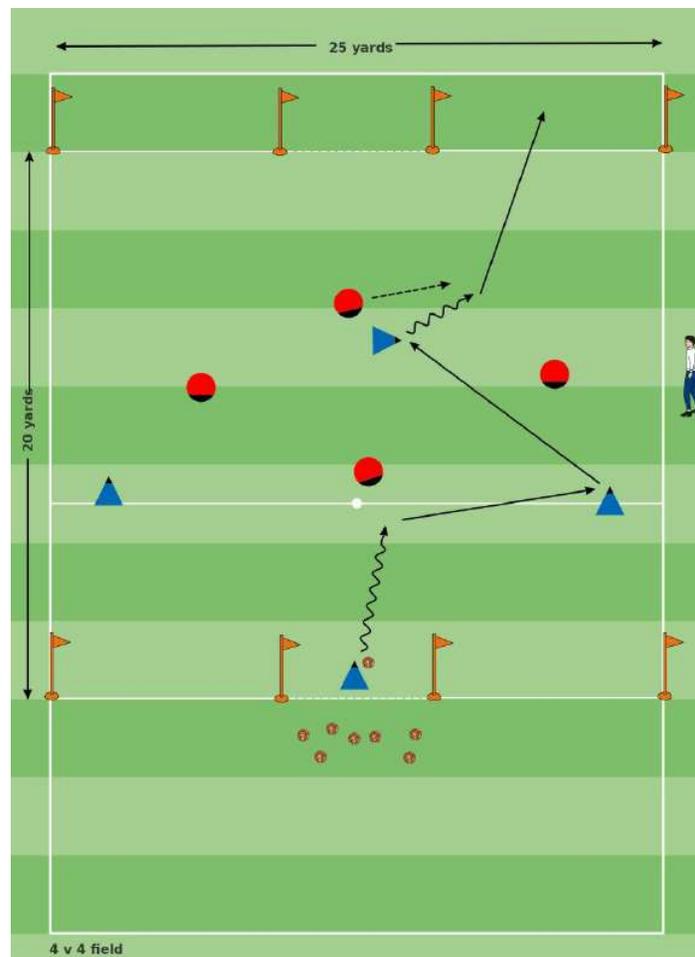
Mark out a smaller 20x25 yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4v3 on two goal lines each and score by dribbling or passing past the goal line. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks. After eight attacks, teams switch roles. Which team scores more goals?

### GUIDED QUESTIONS

- 1) How should the attackers position themselves in order to cover the field evenly? (They should spread out and create openings)
- 2) What are the ball carrier's options? (Dribble or pass)
- 3) When should attackers dribble? (When they have space)
- 4) And when should they pass? (When the defender is blocking their path and a teammate is open)

### VARIATIONS

- 1) To make the activity less challenging, play 4v2. The defenders rotate on and off in pairs every two attacks.
- 2) To make the activity more challenging, play 4v4. Teams switch roles after 8 attacks.



## WEEK 3-ATTACKING: 3V1 WITH WING GOAL LINES

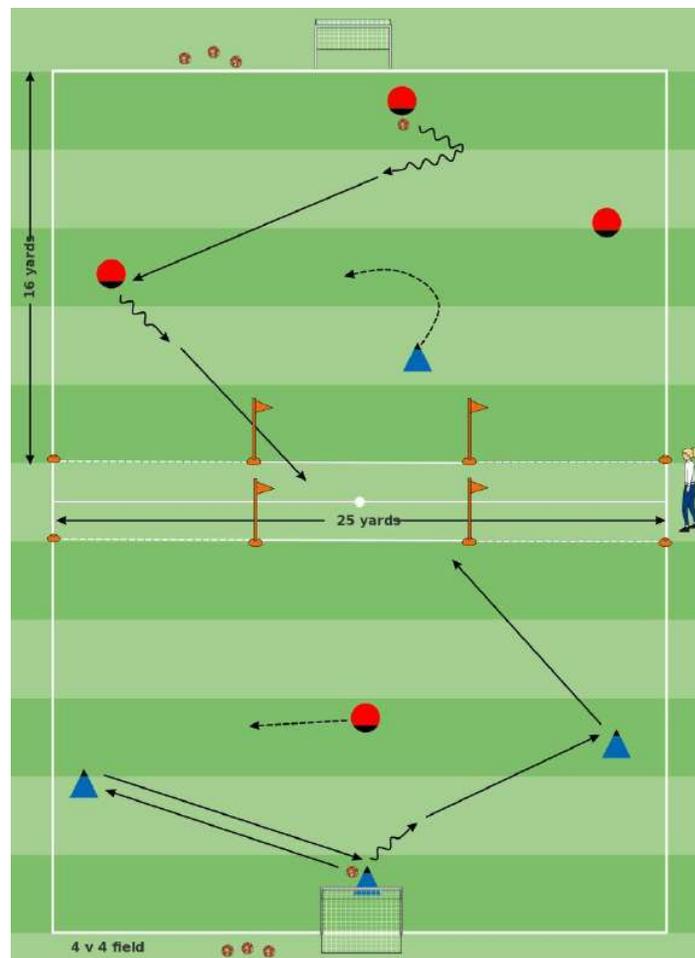
Mark out two 16x25 yard fields, each with a small goal and two goal lines. Divide players into teams of four and position them as shown. Teams play 3v1. The attackers try to dribble across the goal lines. The defenders try to win the ball and counterattack on the mini goal. Each team gets four balls/attacks. Afterward, choose new defenders and repeat.

### GUIDED QUESTIONS

- 1) How should the attackers position themselves to beat the defenders? (One player in the middle and two on the wings)
- 2) What can the wing players do to build the attack? (Dribble forward or pass back)
- 3) When should they dribble? (When they have space and are able to dribble past the defender)
- 4) When should they pass back? (When the defender is blocking their path)

### VARIATIONS

- 1) To make the activity less challenging, add a third goal line in the middle. The attackers can choose between dribbling across the outside goal lines or passing across the one in the middle.
- 2) To make the activity more challenging, the attackers can only score by passing across the goal line in the middle.



## WEEK 4-ATTACKING: 1V1 ON GOAL LINES

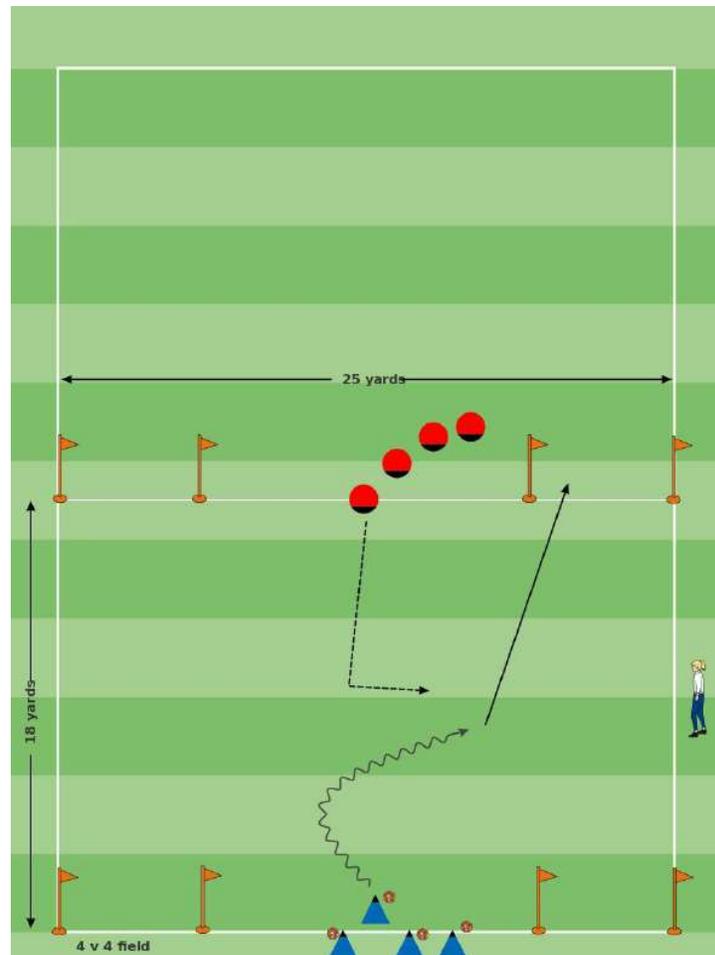
Mark out an 18x25 yard field with two goal lines on each line. Attackers (blue) and defenders (red) line up between the goal lines on opposite endlines. The first attacker dribbles on the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The defender can score by winning the ball and dribbling across a goal line. Afterwards, the next 1v1 starts.

### GUIDED QUESTIONS

- 1) Attackers, what's the fastest and most reliable way to score? (Dribble toward a goal line and pass across before the defender reaches me)
- 2) What should you do if the defender blocks your path to the goal? (Switch directions, dribble to the other goal and try to score on it)
- 3) What kind of situation do you want to avoid? (1v1)

### VARIATIONS

- 1) To make the activity less challenging, make the goal lines set at an angle diagonally across the corners.
- 2) To make the activity more challenging, each attack starts with a pass from the coach on the sideline (instead of starting with the ball at the endline).



## WEEK 5-DEFENDING: 4X 1V1 ON ENDLINES

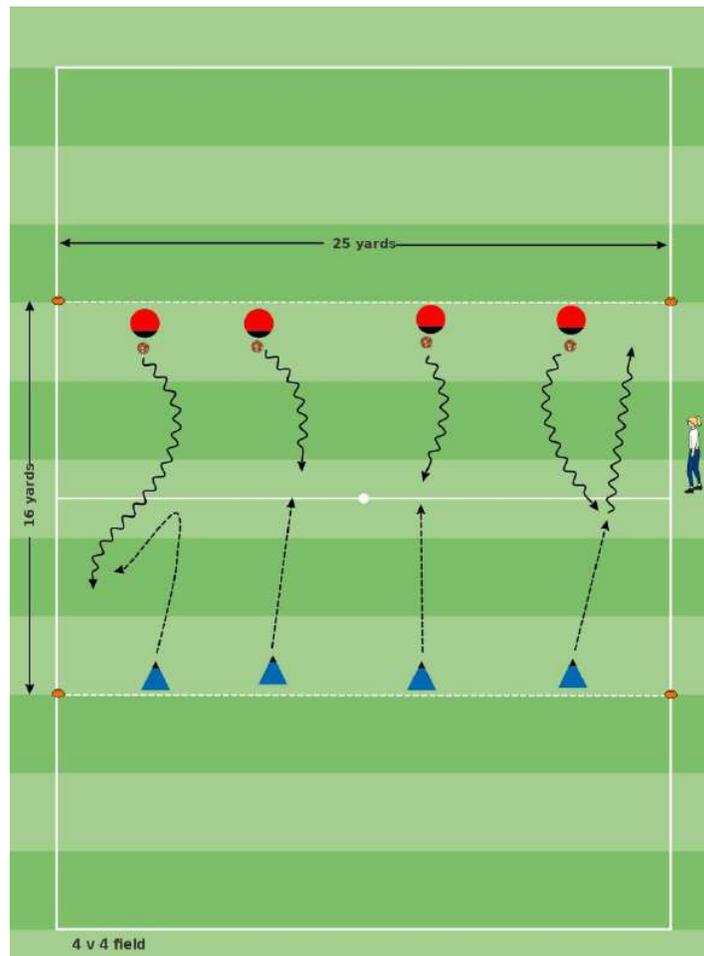
Mark out a 16x25 yard field. Divide players into two teams. The attackers (red) line up on one endline with a ball. The defenders (blue) line up on the opposite endline. At the coach's signal, all the attackers dribble onto the field and try to dribble across blue's endline. The defenders try to stop them, steal the ball, and counterattack on the opposite endline. Teams switch roles after four rounds.

### GUIDED QUESTIONS

- 1) With all the players running at you, how can you win a ball? (Pick one attacker, block their path, and steal the ball from them)
- 2) How do you steal the ball from an opponent who's dribbling? (By tackling or knocking the ball away)
- 3) What part of the foot should you use to tackle the ball? (Inside of the foot)

### VARIATIONS

- 1) To make the activity less challenging, mark out a 16x18 field.
- 2) To make the activity more challenging, only two defenders play at a time.



## WEEK 6-DEFENDING: FROM 1V2 TO 2V2

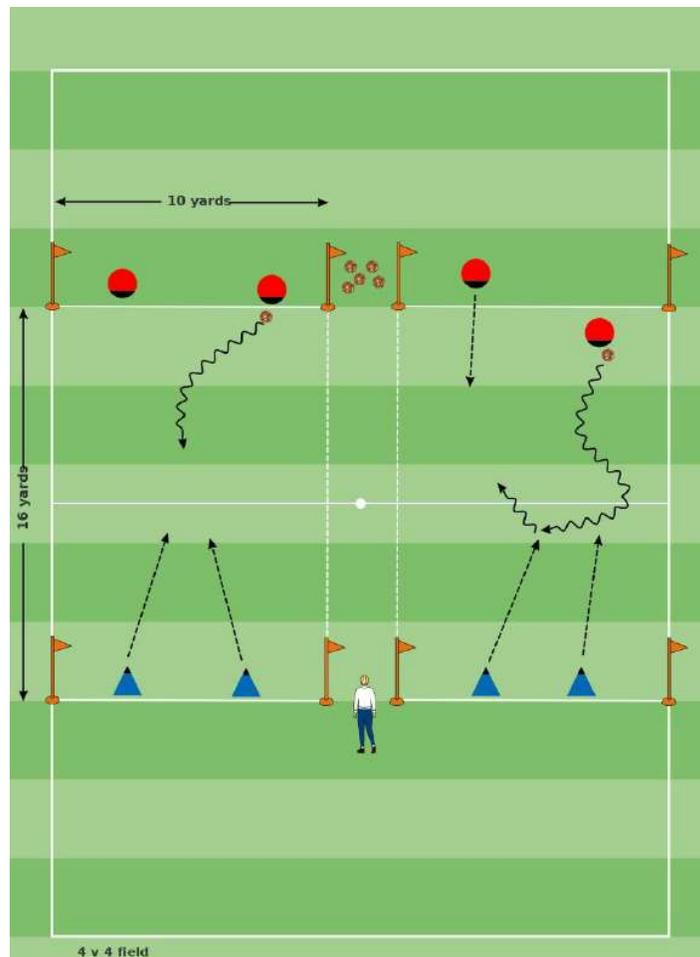
Mark out two 16x10 yard fields. On each field, two attackers (red) and two defenders (blue) line up behind the endlines. They start out playing 1v2. Red tries to dribble across blue's endline. If the attack succeeds, the round is over. If blue defenders win the ball, the second red attacker runs in, changing the 1v2 to 2v2. After each round, players return to their original positions and start a new 1v2.

### GUIDED QUESTIONS

- 1) How can you keep the attacker from dribbling past you? (By blocking the path forward)
- 2) How can you help the other defender? (By staying close together to protect the goal and communicating with each other to win the ball)

### VARIATIONS

- 1) To make the activity less challenging, play 1v2.
- 2) To make the activity more challenging, play 2v2.



## WEEK 7-DEFENDING: 1V1 ON SMALL GOAL

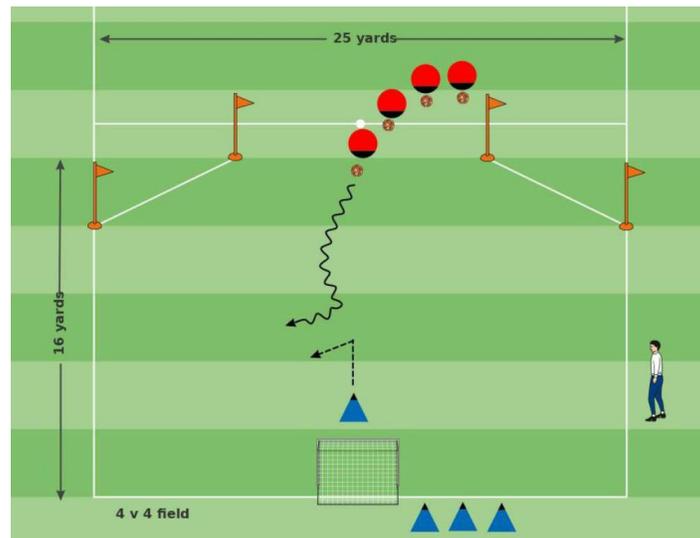
Mark out two diagonal goal lines 16 yards from a small goal. Assign attackers (red) and defenders (blue) to starting positions as shown. The first attacker runs onto the field for the 1v1. The defender anticipates the attacker, blocks the path to the goal, looks for a chance to steal the ball, and then dribbles or passes it through one of the diagonal goal lines. Play continues until a goal is scored. Afterward, the next attacker starts.

### GUIDED QUESTIONS

- 1) How can you keep the attacker from scoring? (Block the path to the goal, force the attacker outside, and steal the ball)
- 2) What's a good moment to steal the ball? (When the attacker lets it get too far away)

### VARIATIONS

- 1) To make the activity less challenging, the attacker has to stay inside a 10-yard wide lane marked down the middle of the field.
- 2) To make the activity more challenging, the attacker starts from one of the diagonal goal lines and the defender starts from the end of the field opposite the goal.





## ALTERNATE ACTIVITY-ATTACKING: 1V1 RACE TO THE GOAL

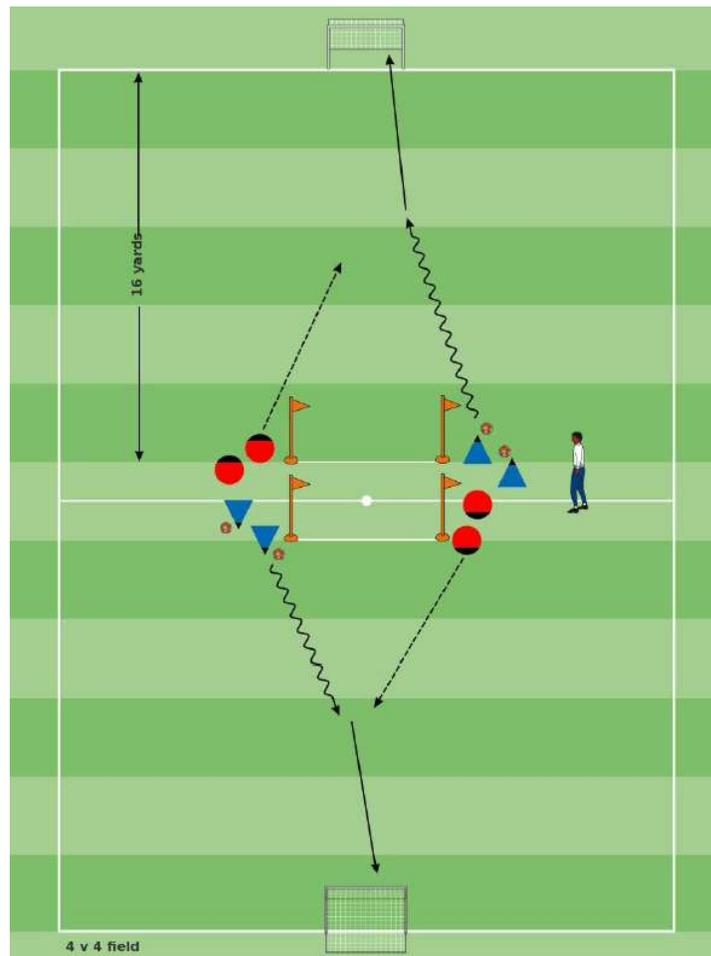
Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line.

### GUIDED QUESTIONS

- 1) What should attackers do when the path to the goal is open? (Dribble toward it as quickly and directly as possible)
- 2) How close to the goal do they need to get before shooting? (As close as necessary to be sure of scoring)
- 3) What should they do if the defender catches up to them? (Cut across in front, block the defender's path, and shoot)

### VARIATIONS

- 1) To make the activity less challenging, make a double-wide goal for attackers.
- 2) To make the activity more challenging, attacker and defender start out side by side on the goal line.



## ALTERNATE ACTIVITY-ATTACKING: 3V1 ON MINI GOAL

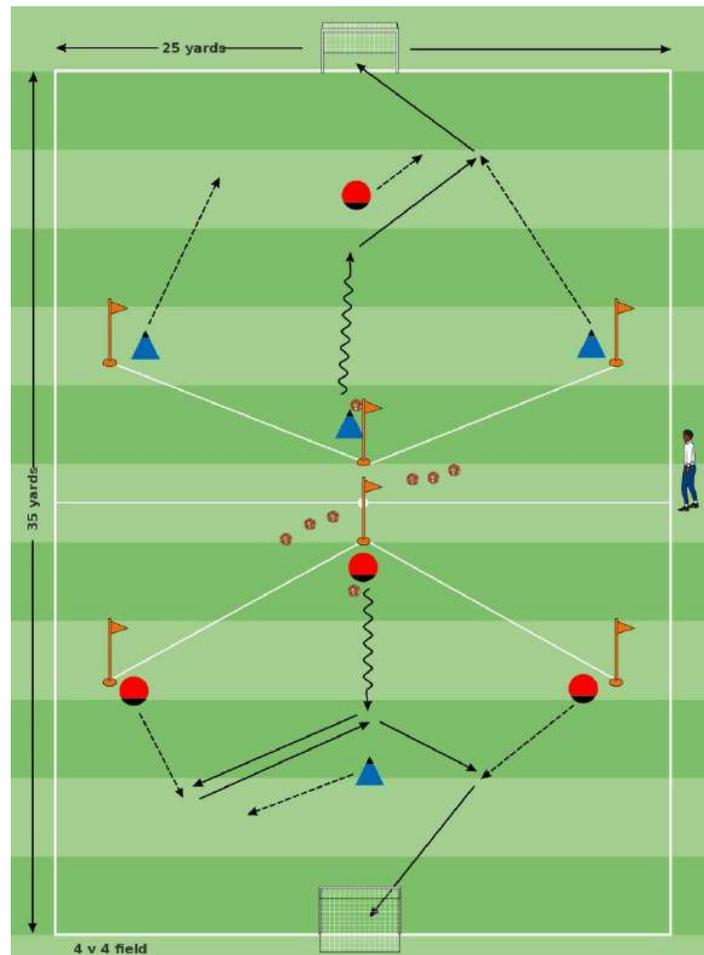
Divide a regular 4v4 field (35x25 yards) into two fields, each with one mini goal and two diagonal goal lines. Divide players into two groups of four. Choose one defender from each group. Teams play 3v1. Each attack begins with the attackers at their starting positions. The defenders counterattack on the goal lines. Each team gets four balls/attacks. Afterward, choose new defenders.

### GUIDED QUESTIONS

- 1) How can the attackers make the most of their advantage? (The middle attacker should dribble at the defender, look for passing opportunities on the right and left, and pass to a teammate)
- 2) When should you shoot? (When I'm past the defender and the goal is open)
- 3) When should you pass? (When the defender is blocking the goal)

### VARIATIONS

- 1) To make the activity less challenging, set up double-wide goals.
- 2) To make the activity more challenging, play 2v1. Assign two attackers and two defenders to each field, with one defender playing at a time. Switch defenders after each round.



## ALTERNATE ACTIVITY-DEFENDING: 1V1 AFTER PASS BEHIND ATTACKER

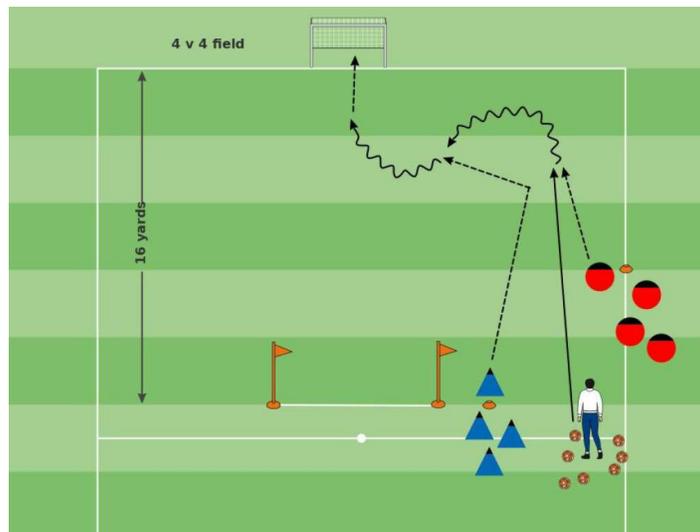
Set up one small goal and one goal line 16 yards apart (25 yards wide). Choose four attackers (red) and four defenders (blue) to position them as shown. Play the ball behind the attackers so the 1<sup>st</sup> attacker and defender run in after it to play 1v1 until a goal is scored. Red scores on the goal line, blue the small goal. At the breaks, switch the teams' roles and change the start to the opposite side of the field.

### GUIDED QUESTIONS

- 1) Defenders, what should you do when the ball is played in behind the attacker? (Quickly run in after the ball and immediately put pressure on him/her)
- 2) What don't you want the attacker to do? (Turn around and start dribbling toward you)
- 3) Why? (Because then the attacker can shoot)

### VARIATIONS

- 1) To make the activity less challenging, both players attack on small goals.
- 2) To make the activity more challenging, attackers dribble in from the sideline to start the 1v1.



## ALTERNATE ACTIVITY-DEFENDING: 3V3 ON GOAL LINES ON WINGS

Mark out a 16x25 yard field with a small goal plus two goal lines on the wings. Divide players into two teams of four. Teams play 3v3. The attackers (red) start out with the ball and try to score on the two goal lines. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks and the rotates into the game. The attackers have eight balls to attack. After eight attacks, teams switch roles.

### GUIDED QUESTIONS

- 1) How can you keep the attackers from scoring? (By pressuring the player with the ball to keep him/her from shooting)
- 2) When do you step to steal the ball? (When his/her head is down or he/she takes a big touch)
- 3) What if they pass the ball onto the other wing? (Then we have to move together to protect the goal on that side)

### VARIATIONS

- 1) To make the activity less challenging, blue defends a single goal line in the middle.
- 2) To make the activity more challenging, blue defends the whole end zone with the target player (red) in it. To score, the attackers must successfully dribble into or pass to the target player. Rotate players every 2 balls. After 8 attacks, teams switch roles.

