



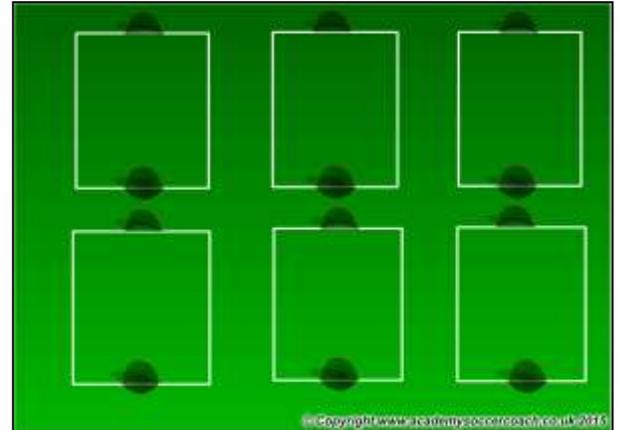
Kentucky Youth Soccer Association Lesson Plans – Fantastic 4v4 Games Adrian Parrish – Technical Director



The objective of Fantastic 4's is to allow the players to participate in different game formats to help bring out the principles of play in an enjoyable environment. Players should be encouraged to be creative and play with freedom while getting lots of touches on the ball and score more goals using many different formats.

Organization

- * Create as many fields as needed to accommodate your group
- * Recommended size: 35 yards long x 25 yards wide
- * Divide players into teams of 5 or 6 players
- * Players control the substitutes on their own
- * Coaches act more as facilitators but provide the game format
- * Play 5 minute games with a 3 minute rest
- * Teams stay together but rotate after each game
- * Involve the players in the rules e.g Goal-Kicks, Throw-Ins



Game Examples



- * Normal 4v4 Soccer
- * No Keepers
- * Following additions can be made/added
 - > Goals have to be scored with the ball on the ground
 - > Goals can only be scored with the players weaker foot

Objectives

- * Create 1v1 situations, technique of dribbling and technique of pressuring as the 1st defender
- * Support play when team is in possession
- * Defensive team shape
- * Additions help improve the technique of finishing

- * Every player has to touch the ball before a goal can be scored
- * Following additions can be made/added
 - > When possession is lost it starts again
 - > Every consecutive pass is added to the goal scored, for example 5 passes plus a goal equals 6 points scored

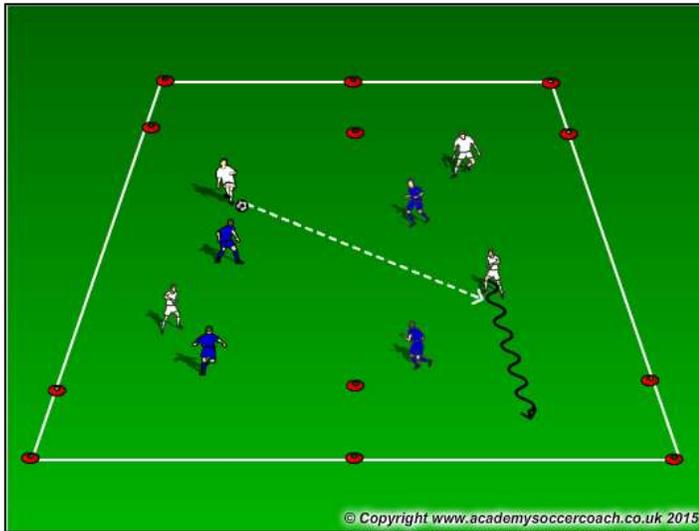
Objectives

- * Possession- improve the technique the passing & receiving
- * Movement & Support Play – Recognize when to posses and when to penetrate.





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- * Play 4v4 to end zones
- * Teams score by dribbling the ball & stopping in the end zone
- * Following additions can be made/added
 - > A pass leads a player into the end zone for them to receive it on the run
 - > Once in the end zone the team has to complete three passes

Objectives

- * Recognize when to pass & when to dribble
- * Transitional Moments
- * Recognize when to play quick and when to slow it down

- * Four Goal Game
- * Goals are scored by passing or dribbling the ball into the goal
- * Following additions can be made/added
 - > Place the goals on the sidelines instead of the end lines
 - > Coach & Assistant Coach can stand in a goal, which closes the goal and cannot be scored in

Objectives

- * Recognize when to switch the play
- * Playing with and off a target player
- * Creating and exploiting width, to help improve 1v1 situations



- * Everyone Up – Everyone Back
- * All attackers have to be over the half way line when the goal is scored or it does not count
- * All the defenders have to be back in their own half when a goal is scored otherwise it counts as double.
- * Following additions can be made/added
 - > Add the offside rule

Objectives

- * Transitional Periods
- * Creating and Defending Counter Attacks
- * Delaying & Tracking





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- * Gates – Place 2 yard gates around the grid
- * Players score by successfully passing the ball to a team mate through a gate.
- * Following additions can be made/added
 - > Dribble through the gates to score a goal
 - > First team to pass through all gates wins the game

Objectives

- * Developing short, sharp passing
- * Explosive dribbling and running with the ball
- * Improve field and spatial awareness
- * Movement and support play



- * Two Soccer Balls
- * Teams score by passing the ball into the goal
- * Following additions can be made/added
 - > Play with two different colored soccer balls, the darker ball equals two goals and the lighter ball equals one
 - > Goals scored with a header equal two goals.

Objectives

- * Improve close range finishing
- * Creates 1v1 & 2v2 scenarios
- * Combination Play

- * Angled Goals
- * Teams score by shooting in their designated goal
- * Following additions can be made/added
 - > Goals scored with a header equal two goals.
 - > After the team has scored in the goal, the coach switches it to the other corner

Objectives

- * Improve crossing and finishing
- * Creating and exploiting width
- * Defending Crosses and Wide Play

