

Liverpool v Real Madrid Four Game 3v3, 4v4 Game



Exercise Objectives:

This is one of those practices that players love to do. Its a high tempo 3v3, 4v4 attacking and defending which develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

Coaching Pointers:

Divide your team into two groups. Position a team opposite each other beside each goal. The practice starts with the coach shouting 3v3 or 4v4. The 3v3 teams play into a small sided goal with no goalkeepers. The 4v4 teams play into large goals with a goalkeeper. Keep a running score for both teams, first to 5 goals wins, then rotate teams so all teams experience attacking both the small and large goals.

Field Preparation

- ☆ 2 Goalkeeper
- ☆ 2 Even teams split into 4.
- ☆ Area 20x20 yards
- ☆ Cones
- ☆ Supply of balls