



## 4v4+1 to Two Small Goals

**Purposes:** Supporting Around the Ball / Playing away from Pressure / Rhythm of Play / Counter-attacking / Pressuring / Defending Side to Side as a Group / Repossessing.

**Organization:** Field 40 x 30 yds \* 4v4 with 1 neutral player (5v4) \* Score in two small goals on the long lines \* Goals are 2-3 yds wide \* Goals are close to the center of the field \* Playing time 5-10 minutes per round.



Tom Turner, April 2009