

Four Corners



Activity Organization:

This is a small-sided game played with 4-8 players per team. The field size is 30-50 yards long and 20-40 yards wide. Goals are placed at each of the four corners of the field. These goals can be made with flags or cones and can be 4-7 yards apart.

The game is first played with no goal keepers. Each team is permitted to score in any of the four goals.

Coach distributes new balls as goals are scored.

Implications for the Game

Technical

- Dribbling
- Passing
- Receiving
- Shooting
- Heading

Physical

- Cardiovascular endurance and quickness

Tactical

- Organizing and reorganizing an attack and defense
- Collective play
- Small group tactics of pressure, cover, and balance

Social/Psychological

- Teamwork
- Communication

Related Activities

- Get Outta Here
- Many Goals
- Touch the Cones