

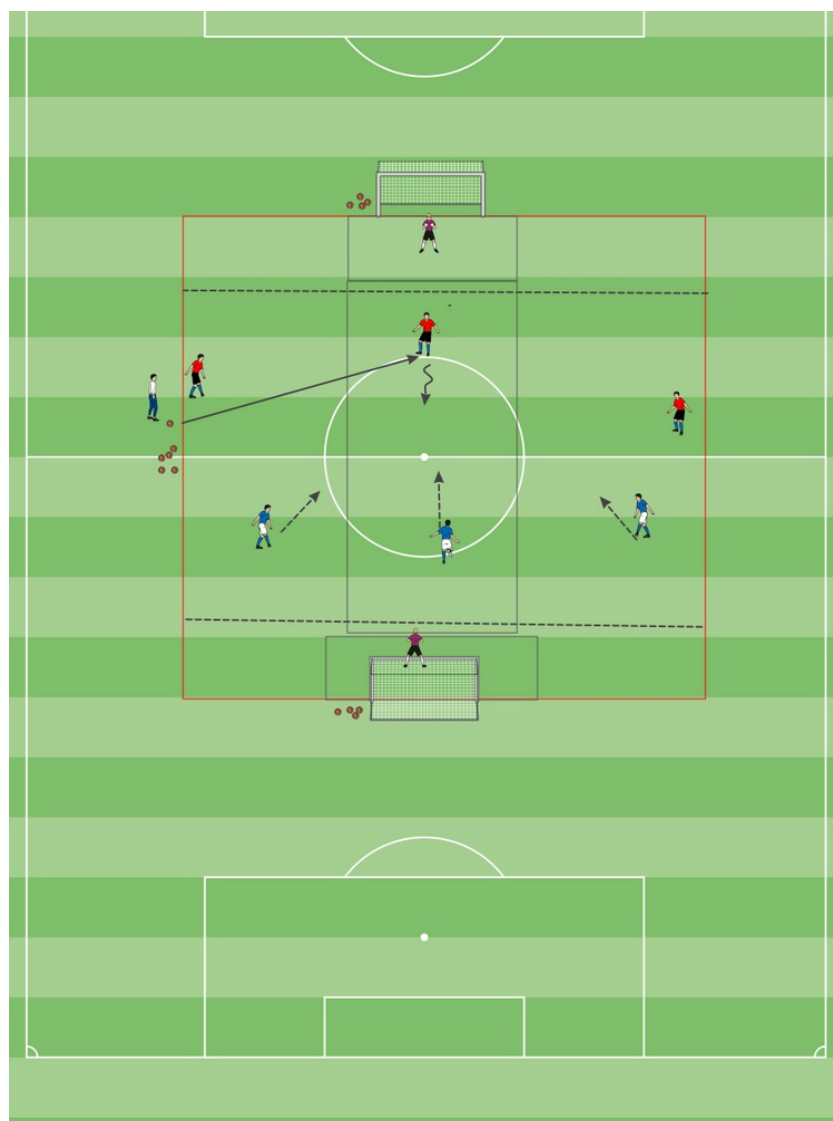
11v11 Activity for U13 and older Players - 4v4 with Goalkeeper

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OBJECTIVE: Attacking Principles

PLAYER ACTIONS: Pass/dribble, Spread out, Support

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

4v4 with Goalkeepers 1. Two teams Blues and Reds in a grid of 40 by 30 yards with quads. 2. Players must stay in their quads. 3. Team with the most goals win 4. Encourage Attacking Principles - Penetration, width, support, movement, etc.

NOTES:

This could also be used to teach Defensive principles

🕒 **MOMENT:**
Attacking

👤 **AGE:**
U13+ / 11v11

👤 **PLAYERS:**
4 vs 4

🕒 **DURATION:**
30:0 min