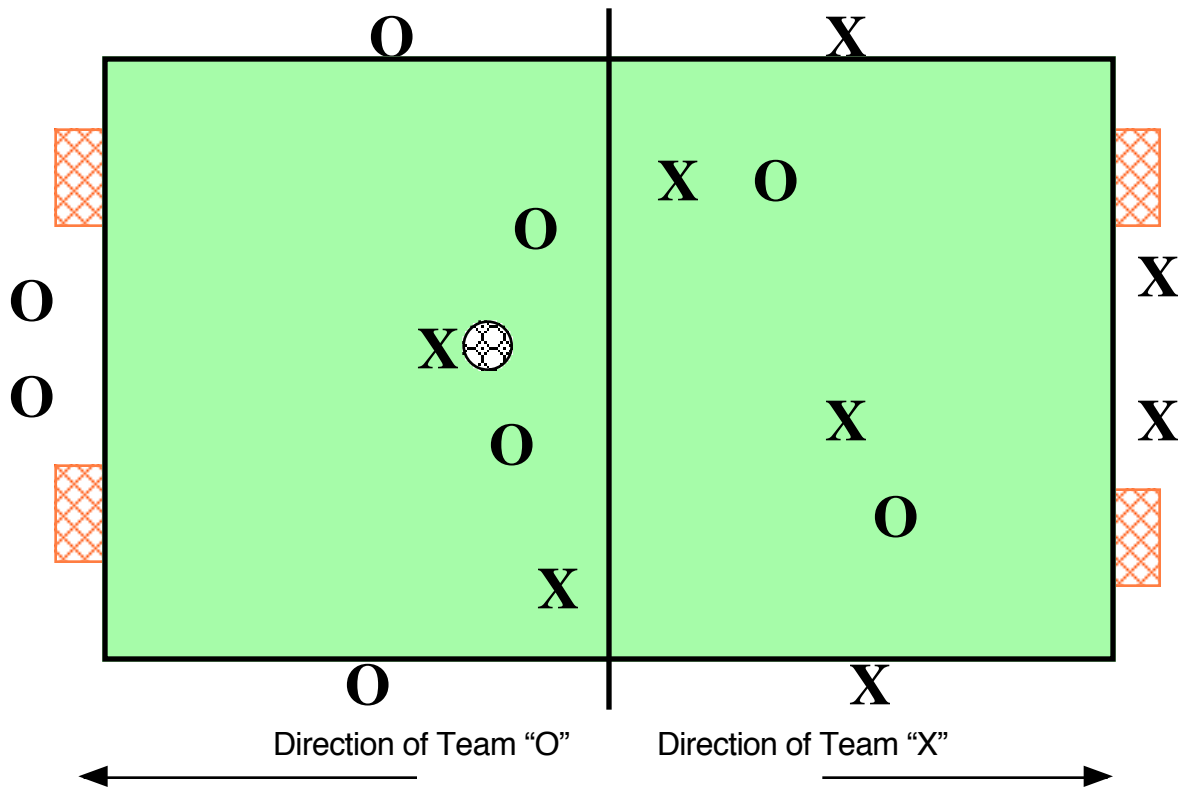


TACTICAL: 4v4 With Support “The Game Of Fours”



NUMBER OF PLAYERS: two (2) teams of eight (8) players

GRID: Depends on age and skill level

Average -- 40 long X 30 wide with 2 goals on each endline as shown above

SETUP: four (4) players from each team inside grid

-- two (2) players from each team behind opponents endline

-- two (2) players from each team outside grid over each sideline

THE GAME:

- > regular scrimmage
- > support players are not allowed inside grid
- > support players are allowed to move around but no more than 2 players are allowed over the sideline or endline
- > support players are not allowed beyond midline (must remain in their half of field)

RULES/RESTRICTIONS/VARIATIONS:

-- support players limited to 1-, 2-, or 3-touch

COACHING POINT(S):

- < small-sided play
- < use of support players to keep play moving, to speed up play, to get out of trouble