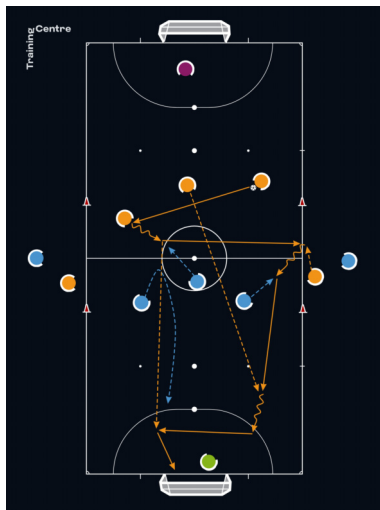


4-0 system: —●— Creating space in behind



Basic sequence



Progression 1



Progression 2

Organisation

- Set up a 28x20m playing area.
- Place a goal on the edge of the penalty area at each end of the playing area.
- Position a goalkeeper in both goals.
- Set up a 3v3.

Explanation

- Play starts with one of the goalkeepers playing the ball out to a team-mate on one of the flanks.
- The exercise involves free play.
- The out-of-possession team adopt a player-to-player marking system.

Progression 1

- Utilize the entire court.
- Place an additional player on each sideline for both teams.
- The extra player is allowed to join the attack, creating a 4v3 numerical advantage upon receiving possession in front of the midfield line.

Progression 2

- Reduced playing area, as in the basic sequence
- 4v4, with a restriction for the team out of possession to defend only in their own half.
- Players are encouraged to put into practice all the attacking movements worked on in the previous two parts of the session

Coaching points

- Support players' off-the-ball movement should enable them to receive a parallel pass.
- Support players' off-the-ball movement should enable them to receive a diagonal pass.
- Support players' off-the-ball movement should enable them to form a triangle around the ball.
- Players should avoid entering spaces occupied by a team-mate.