

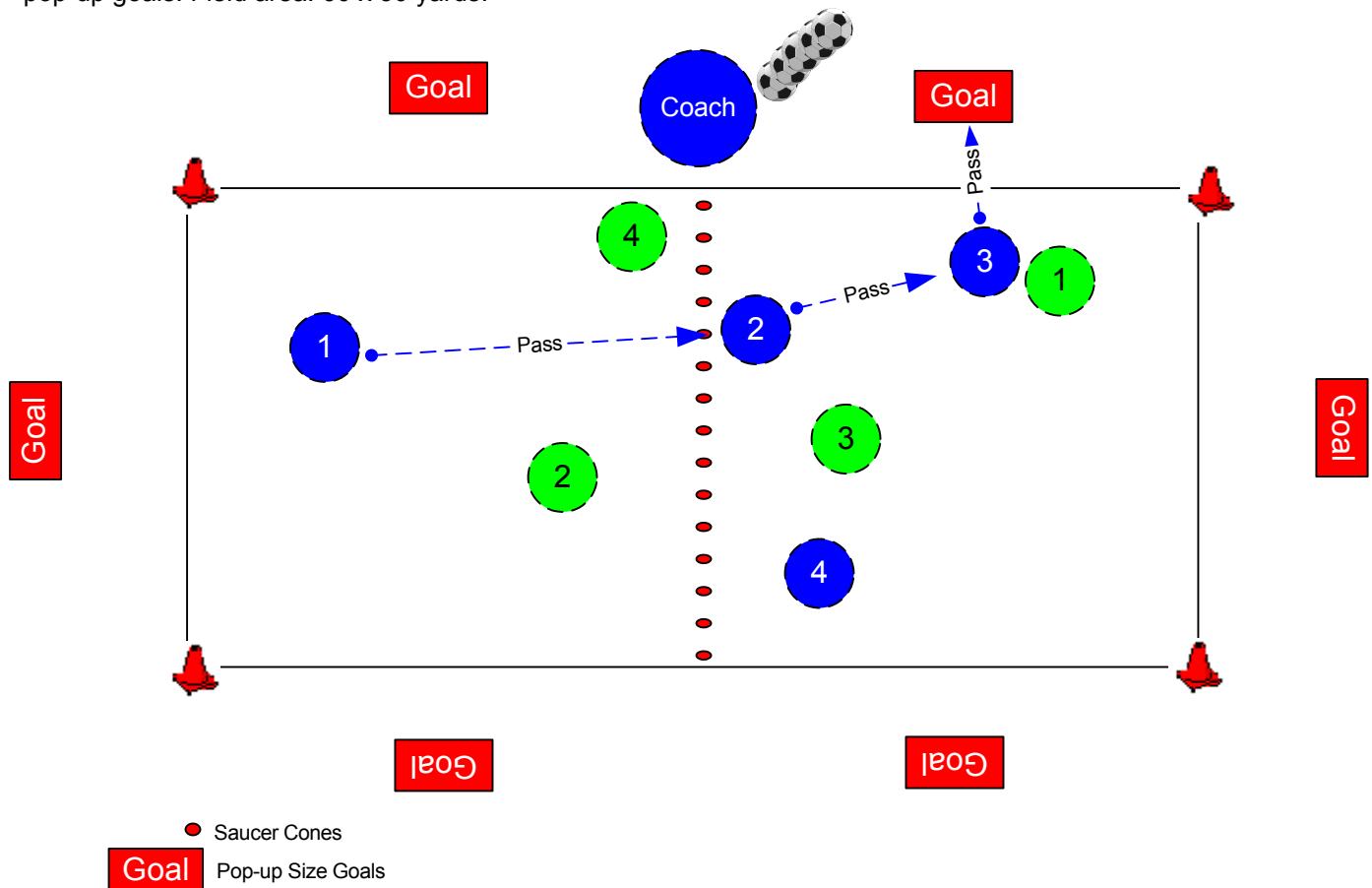
# Racine Spartans Soccer Club

## Warm-ups, Drills, Conditioned Games and Tactical Formations

### Conditioned Game #5: 4v4 with Multiple Goals

**Summary:** This game stresses passing under defensive pressure to the outside. Each team defends 1/2 the field and can only shoot (pass) in their attacking half of the field. In order to emphasize accuracy, the small goals are situated at least 10 yards from the field perimeter. This is also a good defensive drill because there are multiple scoring opportunities to defend against. A coach should maintain a fast game tempo by feeding balls into play after a score or when the ball is kicked out of play.

**Requires:** One ball in play. A supply of balls placed at the half line for use by the coach. Minimum of eight players. Six pop-up goals. Field area: 60 x 30 yards.



#### Rules

1. Simple game. Basically a 4v4 with multiple shooting (passing) options.
2. Shooting targets should be dimensioned and placed far enough from the playing area so that passing accuracy is required in order to score.

#### Progression Recommendations

1. Pass count requirement before attempting a shot on goal.
2. Placement of goals or the use of coaching sticks to vary the size of the targets.