



Four v Four

Session A7 • Contingency — when the plan does not fit • 12–20 players • 60 minutes

0:00 – 0:10 • 10 MIN

Arrive and Play

0:10 – 0:25 • 15 MIN

The League

0:25 – 0:40 • 15 MIN

The Long Game

0:40 – 0:55 • 15 MIN

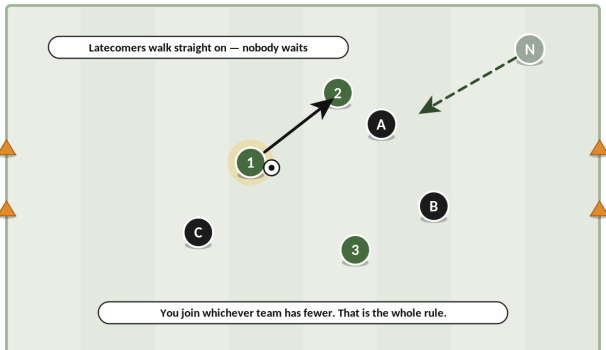
Free Play

0:55 – 1:00 • 5 MIN

Two questions, and home

A7.1 ARRIVE AND PLAY

Warm-up • 10 min



NO WHISTLE • NO SPEECH • THE BALL IS ROLLING BY 6:31

SET UP

- One 30 × 20 m pitch with gate goals at each end, set before anybody arrives.
- A ball in the middle and spares round the outside.
- Bibs in two piles at the side — players take one as ...

RULES

- Game starts at four players, whatever the time.
- You join the team with fewer. That is the whole rule.
- Gate goals count from either side.

COACH IT

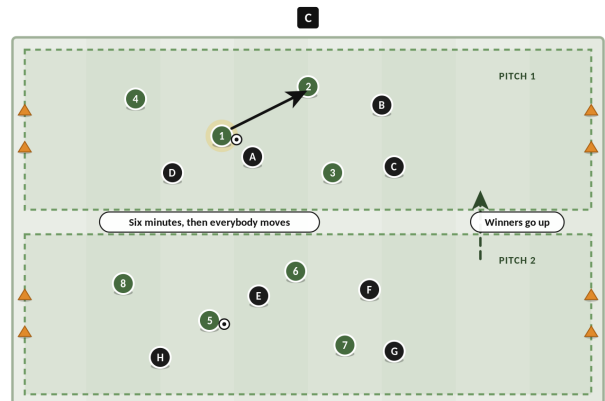
- Technical: Everything, but do not name any of it. The warm-up is the game; the game warms them up.
- Tactical: Uneven teams are a feature, not a fault ...

SAY

- Genuinely the main thing to monitor for the first ten minutes.

A7.2 THE LEAGUE

Rolling games • 15 min



FOUR TEAMS • ROLLING GAMES • THE COACH KEEPS TIME AND NOTHING ELSE

SET UP

- Two pitches, each 24 × 14 m, side by side with 2 m between them.
- Gate goals at each end of each pitch, 3 m wide. No keepers.

RULES

- Four v four, no keepers, gates count from both sides.
- Six-minute games, then everybody moves.
- Winners up, losers stay — the simplest rotation ...

COACH IT

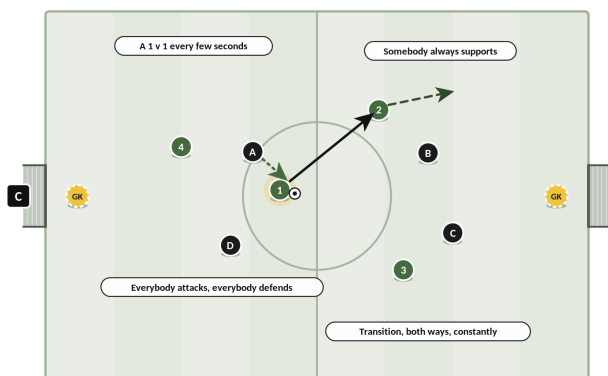
- Technical: Everything appears. Note what breaks down; write it on your hand for next time rather than saying it now.

SAY

- Your actual job. Be exact — they will notice if you are not.

A7.3 THE LONG GAME

Extended game • 15 min



NOTHING ON THIS DIAGRAM WAS COACHED • ALL OF IT WILL HAPPEN

SET UP

- 44 × 30 m with a goal at each end and a goalkeeper in each.
- Four v four outfield, keepers rotating every four minutes.

RULES

- Four v four plus keepers.
- Keepers rotate every four minutes, no exceptions and no volunteers-only.
- Normal rules. Corners, goal kicks, the lot.

COACH IT

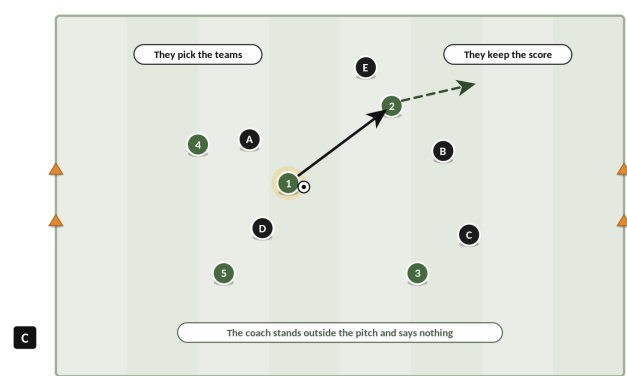
- Technical: You will see the true state of your squad's technique tonight, because nobody is being helped. That is information worth having.

SAY

- The point of the practice. Look for them deliberately.

A7.4 FREE PLAY

Free play • 15 min



THE BEST FIFTEEN MINUTES OF THE WEEK • AND THE EASIEST TO RUN

SET UP

- 44 × 28 m with gate goals, or whatever they decide to use.
- Hand them the bibs and a ball and step off the pitch.

RULES

- They pick the teams.
- They set the rules.
- They keep the score.
- They settle the arguments.

COACH IT

- Technical: They will try things they would never try in a coached practice, because nobody is watching in the evaluating sense. Some of it will ...

SAY

- Standing outside the pitch is the whole technique. Do not drift back on.