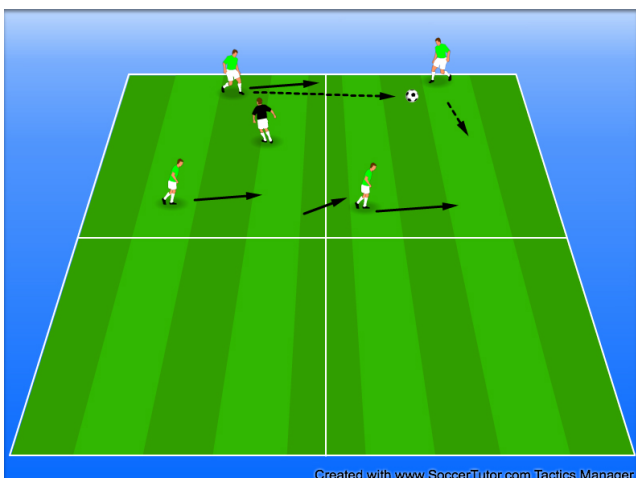


## 4 v 1

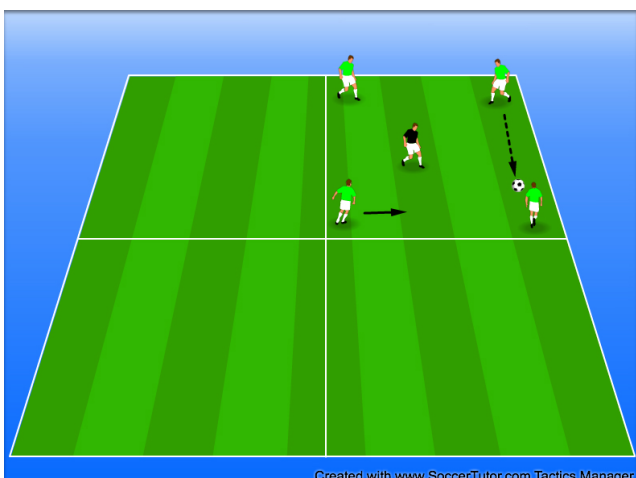
**Purpose:** Allows players to work on movement, passing and receiving under pressure. Players learn how to support the passer and how to open up their body to make the next pass.

**Organization:** Create a 10\*20 grid and split it into 2 -10\*10 grids as shown in the diagram. Have 5 players to a grid 4 in one color and 1 in another color.

**Directions:** The practice start with players playing 4 v 1 in one of the 10\*10 grids. You can start with unlimited touch until touches. Once they have made 5 passes they must now try to pass the ball into the grid next to them and continue passing with each other. If the player in the middle intercepts the ball he now goes out as a passer and the person who made the bad pass goes into the middle. In order to start a passing flow to the practice allow the first pass free (in other words the defender cannot intercept the first pass)



**Coaching Points:** This game can be used to cover many areas. Have kids create width and depth – play to the lines as far and wide as they can. Have players play along the lines and ensure they do not stay in the one spot. Have them travel along the lines to provide proper angles of support. When making the pass ensure proper weight of pass. Receive the first touch out of pressure so the next pass is easier to make. Make sure when they are receiving the ball that they can see the whole grid as to make the best choice for the next pass. When transitioning to the next grid make sure that everyone moves together to support the player who is receiving the pass.



**Progression:** Limit the number of touches on the ball to 3 per player and then 2 per player.