



# Timed 4v2

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**Objectives:** To improve passing and receiving technique under the pressures of time, space and opponent in a competitive, challenging environment. This activity also stresses the importance of appropriate, quick decision making (tactical speed) in order to keep possession of the ball.

This game is played in a **15 x 15 yard grid** by two teams of 4, 6 or 8 players. Each team is color-coded...one team in Blue and one team in Red. Place six (6) soccer balls outside the grid at one corner for the coach to serve.

The Blue team starts with 4 players inside the grid as the attacking team (extra players rest). The red team forms two (2) single file lines centrally on one side of the grid and outside the grid. The coach designates an assistant coach to be timer.

The game begins when the coach serves a ball into the grid. The timer starts the clock at this point. When the ball is served into the grid, the first two (2) red players enter the grid and try to knock the ball out of the grid while the Blue team attempts to keep possession of the ball.

When the ball is knocked out of the grid by the two (2) Red players, they must get back into their lines on the outside of the grid. The coach then serves in the 2<sup>nd</sup> ball, and the next two (2) Red players enter the field and try to knock the ball out. The clock keeps ticking.

This activity continues for six (6) balls. Each time a ball is knocked out of the grid, two (2) new Red players enter the field. When the last ball is knocked out, time is stopped! Roles are switched...The Red players now become the possession players and the Blue players become the defenders.

This game is fast paced, fun and challenging. The coach can easily manipulate the game by changing the number of players in the grid, changing the size of the grid, and/or using more or less soccer balls.

