**Age Group** U8  **Topic** The 4v4 Festival

**Who:** Attacking players in possession  
**What:** Passing, Receiving, Dribbling, Shooting  
**Where:** In the attacking half of the field  
**When:** In possession of the ball  
**Why:** To penetrate the defense and create scoring opportunities

### Play: The Game

**Duration** 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

### Coaching Points

<table>
<thead>
<tr>
<th>Activity Time</th>
<th>Rest</th>
<th>Intervals</th>
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<tbody>
<tr>
<td>15 min</td>
<td>0</td>
<td>1</td>
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**Is the activity organized?** Balls, Cones, Players, Scrimmage Vests, Goals  
**Is it reality-based (is it soccer)?** Are they making decisions?  
**Is there repetition?** Are players consistently trying to pass to a teammate  
**Is it challenging?** Are players engaged, frustrated or bored  
**Is there coaching?** Positive reinforcement of passing and receiving, and moving in to a new space

### Practice: 4v4 Festival

**Duration** 24 min

In a 25W x 35L field with goals at each end separate players into teams of 4 players each (combine with other groups). Play 3min 4v4 games with incentives. Rotate players & teams after each 3min game.

**Variations:** 1. Everyone on team must touch ball before scoring, 2. A goal after dribbling by a defender = 10pts. 3. # of passes = # of goals, 4. Coolest goal = 1000pts.

**Coaching Points**

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<thead>
<tr>
<th>Activity Time</th>
<th>Rest</th>
<th>Intervals</th>
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<tbody>
<tr>
<td>3 min</td>
<td>1 min</td>
<td>6</td>
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**Key Questions:** What surface of your foot do you use to make a short pass, a long pass? What’s a good way to receive a pass?  
**Answers:** Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

### Play: 4v4 Game

**Duration** 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

**Coaching Points**

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<thead>
<tr>
<th>Activity Time</th>
<th>Rest</th>
<th>Intervals</th>
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<tbody>
<tr>
<td>10 min</td>
<td>2.30 m</td>
<td>2</td>
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**Key Questions:** What are some visual cues for when to dribble, pass, or shoot?  
**Answers:** Dribble past the defender if he is too close to you and there’s space beyond the defender. Pass when you see a teammate that is past a defender and they have space to dribble and are closer to the goal and can shoot. Shoot when you’re in front of the goal all alone with the ball or you dribble to a space close to the goal.