

# 4 versus 4

## better soccer more and more



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# 4 VERSUS 4

## BETTER SOCCER, MORE AND MORE

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## 1. INTRODUCTION

The Royal Dutch Soccer Association (KNVB) introduced the Dutch Vision on Soccer and Youth Soccer in the middle of the 80-years.

Under the leadership of Mr Rinus Michels the ideas of streetsoccer were developed in basic rules for soccer training and youth soccer coaching.

At the NSCAA-Convention and the USYSA-Convention, both in Pittsburg 1992 the Royal Dutch Soccer Association already presented their Dutch Vision in clinics presented by Jan Derks and Bert van Lingen. The clinics were called: "Read Soccer and Coach Better".

Since 1992 the KNVB got more invitations to do clinics and presentations for coaches and youth coaches in several countries in Europe and also in the United States.

In August 1993 the KNVB accepted an invitation from the UEFA to present their Dutch Vision on a Congress for European National Youth Coaches in Helsinki - Finland.

Mr. Rinus Miches, Mr. Bert van Lingen and Mr. Jan Derks did a presentation in coaching young players in soccer. As well in theory and practice the presentation was called "The Importance of Proper Coaching".

Today practical parts of that presentation will be used in this clinic for U12 and U18 players, for technical and tactical training.

In the basic form 4 vs 4 and in several variations 4 vs 4 we will try to coach in a way that there always is a combination of technical development and tactical education.

## 2. WHY 4 VERSUS 4

Basic ideas of the Dutch Vision on soccer are:

- a) total enjoyment from soccer games
- b) many repetitions in gamelike situations
- c) quality coaching in soccer situations

When players enjoy themselves while practising their sport, they will learn more from it and will become better players.

Therefore they need many repetitions in real gamelike situations in which they can score, built up, defend, win back the ball etc. etc.

The real game 11 vs 11 is not always the best situation and therefore we simplified 11 vs 11 to 7 vs 7 and to 4 vs 4.

- \* 4 VERSUS 4 is the our view the smallest possibility to play the game without losing the ingredients (ball - opponents - teammates - space - time - pressure - direction - rules) that make soccer what it is.
- \* In 4 VERSUS 4 all the skills can be developed *Technique  
Insight  
Personality  
Speed*
- \* In 4 VERSUS 4 all directions to play are available (forward - backward - left - right)
- \* In 4 VERSUS 4 the players recognize the different situations quickly and that is necessary to make the right decisions in scoring, building up, defending etc.etc.

### 3. THE RULES OF THE GAME

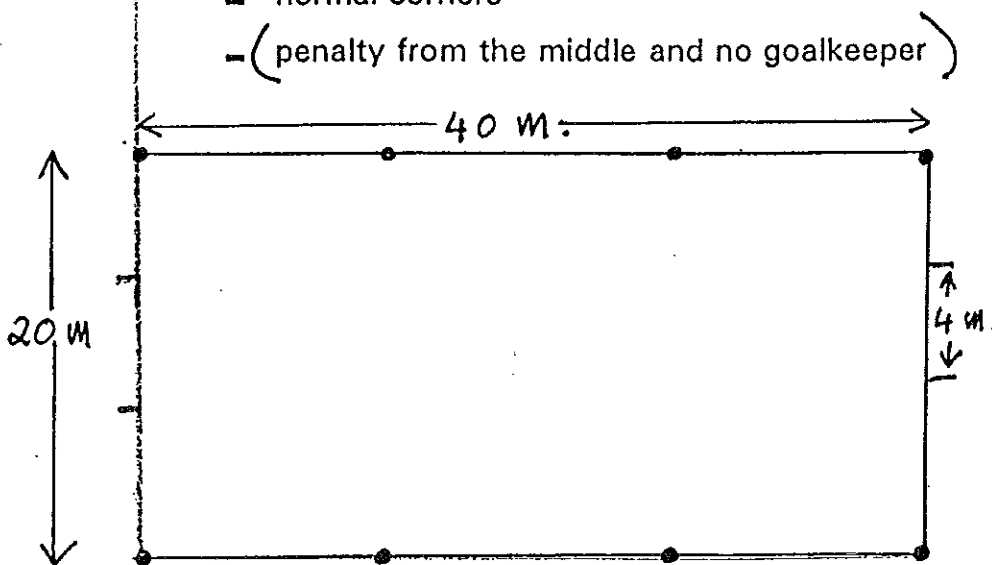
The rules in 4 versus 4 are changeable, the coach can change them if that is necessary to reach certain aims.

There is no organisation (FIFA - UEFA - CONCACAF) that is prescribing strict rules.

The rules must be clear for the players to make the training succesfull.

Basic rules are:

- no referee, the <sup>coaches</sup> ~~children~~ look after and organize
- no goalkeeper
- kick-off from the middle
- after scoring kick-in or dribble-in from the goal-line
- free kicks are always indirect, distance opponents is 3m.
- no throw-in but kick-in from the side-line
- no off side
- normal corners
- (penalty from the middle and no goalkeeper)



#### 4. THE ROLE OF THE COACH

The coach must develop and increase the soccer-performance of the players.

THEREFOR COACHES HAVE TO :

- \* Know the 3 main moments of soccer:
  - possession
  - possession by the opponent
  - losing and winning the ball
  
- \* Have knowledge and insight of the basic skills
  - passing
  - receiving - controlling
  - dribbling
  - shooting
  - heading
  
- \* Give the right instructions
  - age and level of the players



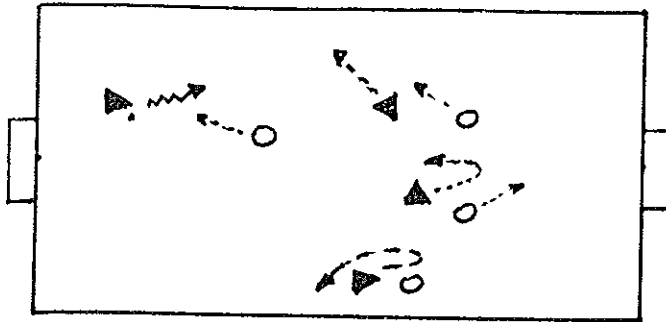
**SEQUENCE FOR COACHING:**

1. **Concentration**                      creating a soccer - atmosphere  
   asking for attention
  
2. **Intention**                              do players know the aim(s) of the practice  
   do players recognize situations
  
3. **Organisation, formation**            where do players play on the field
  
4. **Position**                                do players play in the best position according to their qualities
  
5. **Perception**                            are players alert  
   are players sensitive in the situation
  
6. **Communication**                      do players "understand" each other
  
7. **Performance**                         the quality of skills and tactical behavior
  
8. **Special qualities**                      do players know the special qualities of each other and do players make the most of it.
  
9. **Allocation of tasks**                    who is the leader, who play in the key-positions

## 5. BASICFORM 4 VERSUS 4 WITH 2 SMALL GOALS AND NO GOALKEEPERS

Size: 40 x 20 m

Goals: 5 x 2 m



Players must play the game and learn what they have to do during the main moments.

### Possession of the ball:

- \* building up:
  - create space - forwards, backwards, left, right.
  - think deep and play deep if possible
  - keep organisation
  - prepare for the long pass
  - keep possession - good passing, controlling, dribbling, shooting, etc.
  
- \* create chances:
  - spread out
  - take initiative, anticipate, think in advance
  - support or stay away
  
- \* score goals
  - ask for the ball in the right moment
  - take on defenders
  - make feints
  - dribble and shoot
  - control and shoot



Possession of the ball by the opponents:

- \* prevent scoring
  - mark tightly
  - covering
  - stay between opponents and goal
  - tackle, block shots
  - make no foul
  
- \* stop opponents built up:
  - prevent the long pass
  - force them to play, to dribble wide
  - hold up
  - pressure the ball
  
- \* winning the ball:
  - reduce space by dropping back, pressing, closing in
  - pressure the opponents play
  - cover further away from the ball
  - choose the right position
  - attack the ball on the right moment

Losing or Winning the ball:

Be alert to change as quickly as possible

Losing

- prevent the long pass
- pressure the ball

Winning

- play deep as soon as possible
- support
- keep possession

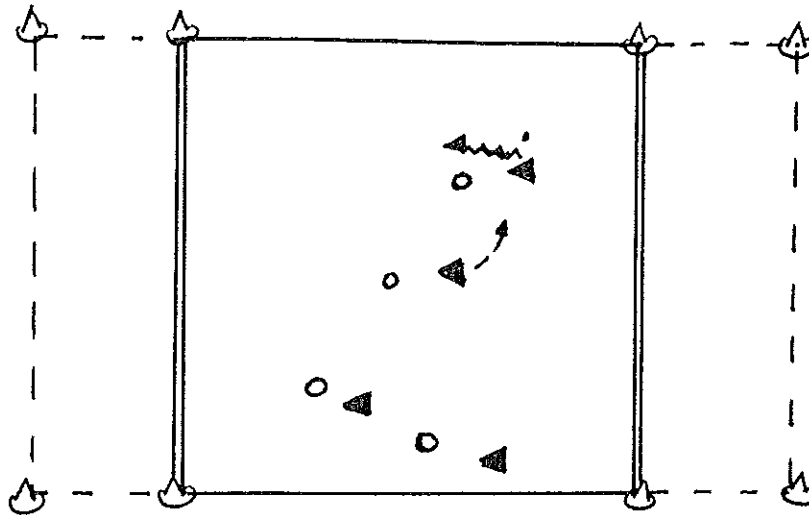
## 6. VARIATIONS ON THE BASIC FORM

- \* A different situation (organisation, size, rules etc.) gives a different game.
- \* A different situation asks a different demands.
- \* Different demands related to:
  - technical skills
  - insight, awareness
  - communication and co-operation
- \* The coach must protect the specific character of the game.



## 4 V 4 LINE SOCCER -- DRIBBLING GAME

Size: from 40 x 20 m to a wider and shorter size



Aim: You can only score by dribbling the ball over the goal-line and keep possession.

Young players must learn to dribble to the goal-line or dribble side-wards to keep possession under the pressure of an opponent.

Senior players must play a good position-play and create 1 vs 1 situations and take their opponents.

Demands: Good skills in dribbling, controlling, sheilding, etc.

Good take-overs

Good position play with passing, receiving, controlling, ballspead, direct play.

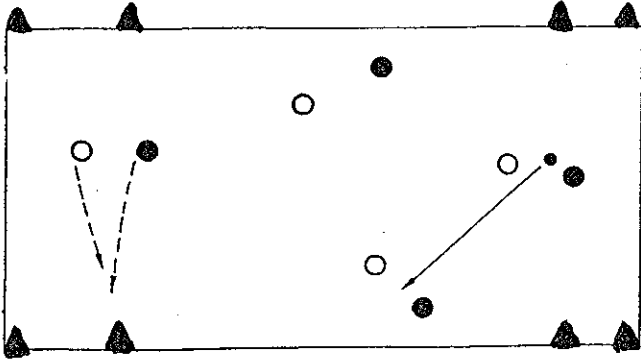
Important for defenders:

- \* keep your eye on the ball
- \* mark tightly, but make no fouls
- \* cover your teammates

### V 4 WITH 4 SMALL GOALS -- PASSING GAME

Size of the field : 40 x 20 meter

Size of the goals : 4 meter W.



#### Important aspect of the game:

- \* Creating scoring chances by quickly switching the play from one side of the field to the other.

#### Demands of the game.

##### Possession of the ball:

- \* Fast play (direct or two touch)
- \* Wing players have to be alert to receive the ball and go to the goal as quick as possible.
- \* The deepest player tries to receive the ball from the player at the back or from the players on the sides. He must be alert and ask for the ball at the right moment (eye contact, selling a " dummy ")

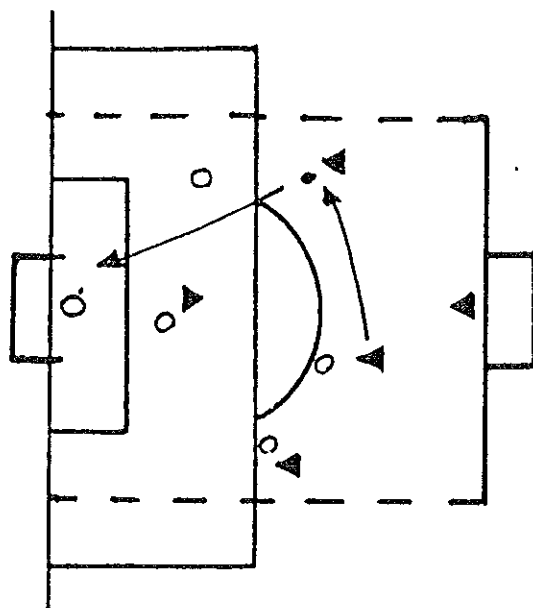
##### Possession of the ball by the opponent:

- \* Defenders must see the right moment to attack the ball. For example when your opponent has been played the ball too hard and he hasn't got it under control.
- \* Mark your opponents tightly and pressure them into making mistakes.

#### 4 VERSUS 4 WITH LARGE GOALS WITHOUT AND WITH GOALKEEPERS -- SHOOTING GAME.

Size: 40 x 25 m

Goals: 7.32 x 2.44 m



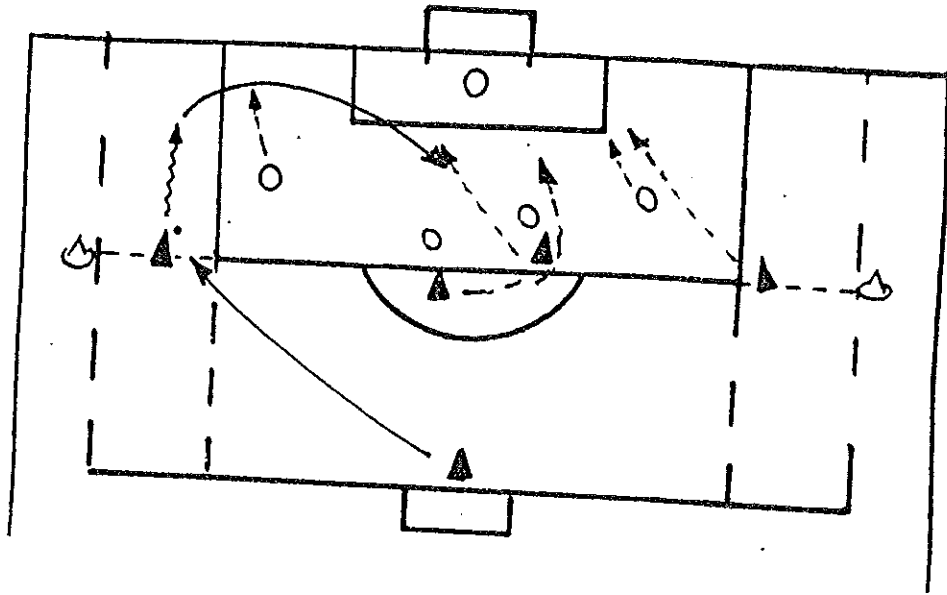
**Aims:** When you have space and time, you must shoot.  
Young players must learn the basic skill of shooting in a situation with goals and teammates and opponents,  
Senior players must learn to create chances individually, when there is no pressure than shoot, when there is pressure take your opponent and shoot.

**Demands:** Attackers must take every chance to shoot.  
Basic skill of shooting is important - position non-kicking foot, balance, were to hit the ball, etc.  
Defenders must mark tightly, must pressure the ball, must not be beaten and must block the ball with good technics

### 4 VERSUS 4 WITH LARGE GOALS AND GOALKEEPERS -- CROSSING AND HEADING GAME.

Size: 30 x 50 m

Large Goals



**Aims:** You can score goals by heading or volleying the ball from crosses into the goal.

Strikers must learn good skills for volleys and headers.

Strikers must learn to take good position.

Wingers must learn good skills for crosses.

Defenders and goalkeepers must learn to take good position to intercept crosses or to catch the ball out of the air.

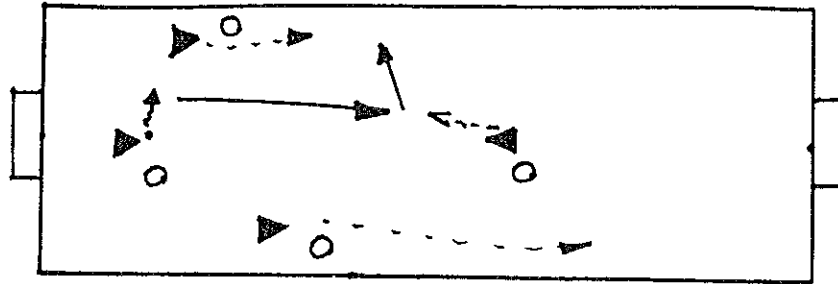
**Demands:** It is necessary that there are many crosses, so in the first place we play with a free zone for the wingers.

Later on we play without free zones and then attackers can score from their own half directly with a shot or a lob etc.

4 VERSUS 4 ON A LONG NARROW FIELD WITHOUT OR WITH GOALKEEPER --  
COUNTER GAME.

Size: 40 x 12 m

Goals: 3 x 2 m or 5 x 2 m



Aims: When you win the ball in front of your own goal play as soon as possible the long pass to your teammate up the front and then support and try to score.

Defenders must learn to take the best moment to win the ball and after the long pass they must learn when to support and when to stay away. It is very important that the performance is very quick.

You have to come to the opponents goal as quickly as possible.

Attackers must control, pass, dribble very concentrated.

Demands: Fast play, direct or two touches.

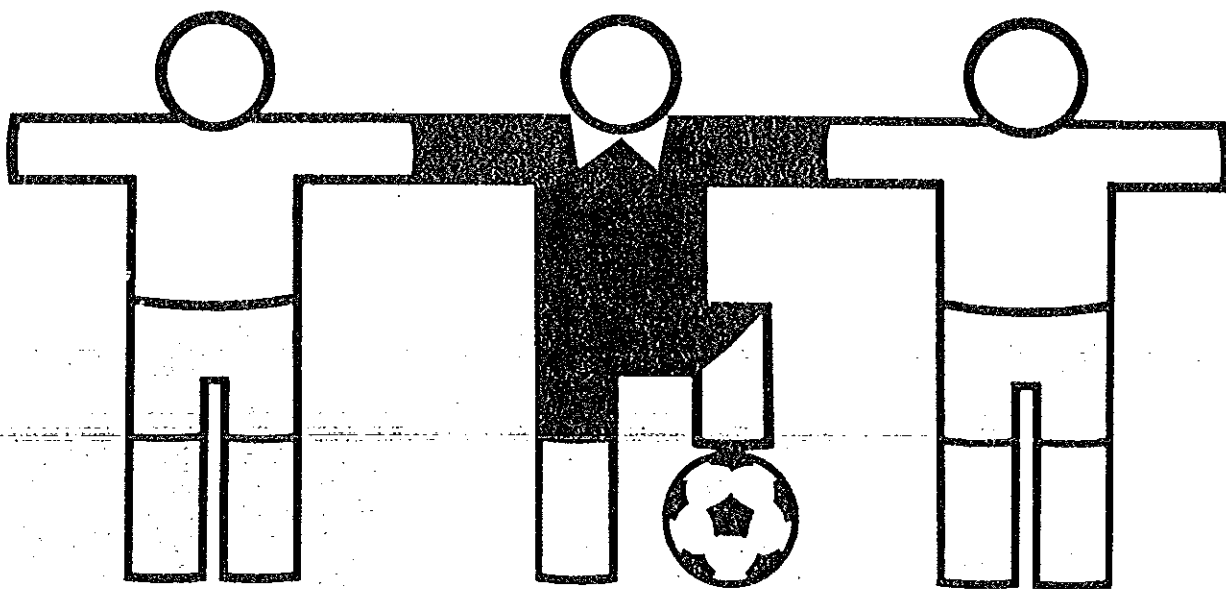
The deepest player must receive the ball under pressure of a defender.

Mark your opponents tightly and pressure them to make mistakes.

Choose the right moment to win the ball.

# Fair Play

in the name of the game



**KNVB HOLLAND**