

4 VERSUS 4

(4 v 4)

BETTER SOCCER, MORE ENJOYMENT

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 - ▶ for 16 - 100 participants which requires only one organiser and produces an individual winner
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1. THE DUTCH VISION ON YOUTH SOCCER

Early eighties the Technical Staff of the Dutch Soccer Association (KNVB), spent a lot of time thinking, studying and practicing, under the leadership of Rinus Michels (national coach), about the youth soccer education in Holland.

Much time was spend on thinking about the best way to teach children to play soccer.

Ideas used from street soccer were the foundations of the development of youth soccer and youth coaching in a modern style.

In the early 50-s and 60-s young players used to learn to play soccer in the streets. They played before school, during the breaks, and after school. Every day, 6 or 7 days a week.

Time was on their side. There were no adults, parents or coaches, involved in street soccer; sometimes a bad neighbour or a policeman. All aspects of the game skill; technique, tactics and fitness developed by playing in simple situations, in which WINNING was very important.

Today the situation has completely changed! The streets are too crowded to play soccer and therefore too dangerous.

The alternative is that children can be members of a soccerclub from their sixth year on.

At the most they train two hours a week and play one short match.

Naturally there are children who apart from this kick a ball now and then. But it isn't only soccer anymore. Other sports, hobbies and watching TV often take the priority.

In short: the young soccer player in the year 1994 spends a lot less time playing soccer than his father used to do.

All the knowledge of street soccer process and the knowledge we now have of how people and especially children learn, have brought us to the "Dutch Vision" of soccer, soccer training and soccer coaching for junior and senior players.



BASIC IDEAS OF THE DUTCH VISION ARE:

• **Total enjoyment from soccer**

When players are motivated practising their sport, they'll learn more from it, and therefore become a better soccer player. So our aim is to get as much pleasure from soccer as possible. From soccer training the most enjoyment can be gained in situations where players can score as much as possible and also have to defend. On a full size pitch children don't have enough touches on the ball and therefore don't learn enough.

So we suggest that children up to the age of 11 should play games with smaller sides and on smaller fields. This way they become more in contact with the ball and in match-situation this improves their vision.

• **Many repetitions**

Repetition is an important aspect in the process of teaching soccer. Practice, practice and practice again. Doing the same thing over and over again, which was in the early days the case in the street.

In training this means:

- many repetitions
- not having to wait
- sufficient balls and goals etc.
- good planning and organisation
- quality coaching

• **Good coaching**

In contrary to former street soccer training and matches are accompanied by adults. However, this isn't always successful. It is a pity that youth soccer is often compared with soccer played by adults. Often there are instructions given by coaches that the children don't understand (also parents shouldn't get involved with the coaching)

That's why it is important that coaches understand how children experience soccer and that they know how to make things clear to the children.

Teaching soccer, coaching soccer, requires a lot of knowledge and understanding of the game.

The "Dutch Vision" on coaching is a method designed to teach the youth in a better way.

We are convinced that this is the way to develop better soccer players and to get more enjoyment out of the game.



2. WHY 4 V 4

As a symbol of the Dutch Vision the form 4 v 4 was introduced in 1986. The new face of street soccer.

- * **4 v 4 is the smallest way of playing the game without losing any of the ingredients that makes soccer what it is:**
 - the ball
 - opponents
 - team-mates
 - space
 - pressure
 - rules
 - time
 - direction

- * **All the skills can be developed:**
 - T - Technical, motorical, physical characteristic
 - I - Insight, awareness (vision)
 - C - Communication

- * **Because of the number of players there are always possibilities to play deep, wide or backwards. You are always confronted with match situations.**

- * **Children recognise the different situations that are constantly repeated. Recognising these situations is important to be able to make the right decision by:**
 - controlling the ball
 - the speed of the ball
 - the direction of the pass
 - attacking the ball

7 v 7/4 v 4

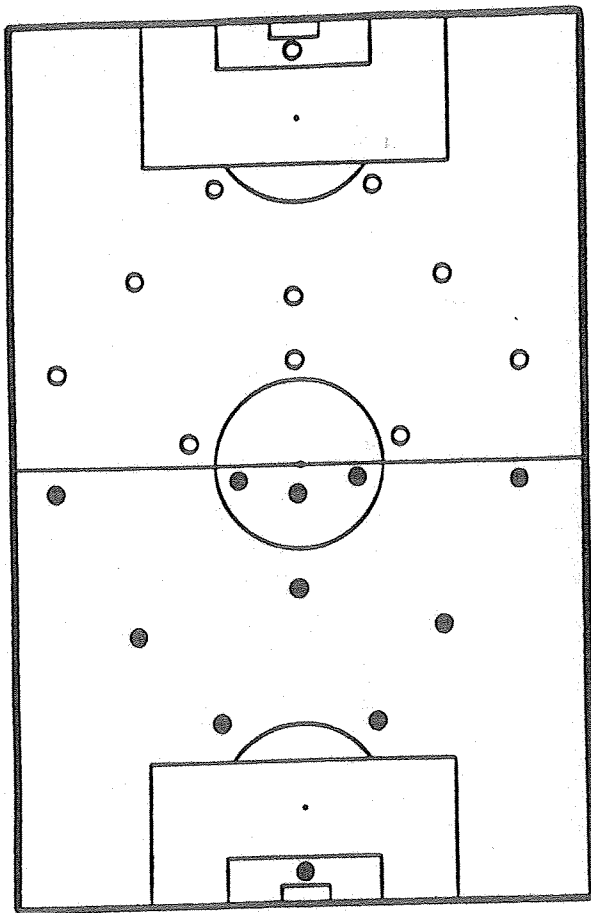
- less player
- smaller space
- simple rules
- more ball contact
- more intensive social contact
- size of the goals in proportion to the size of the child

Consequences:

- more enjoyment
- more tension
- better co-operation
- better result
- better vision
- more learning moments



11 versus 11

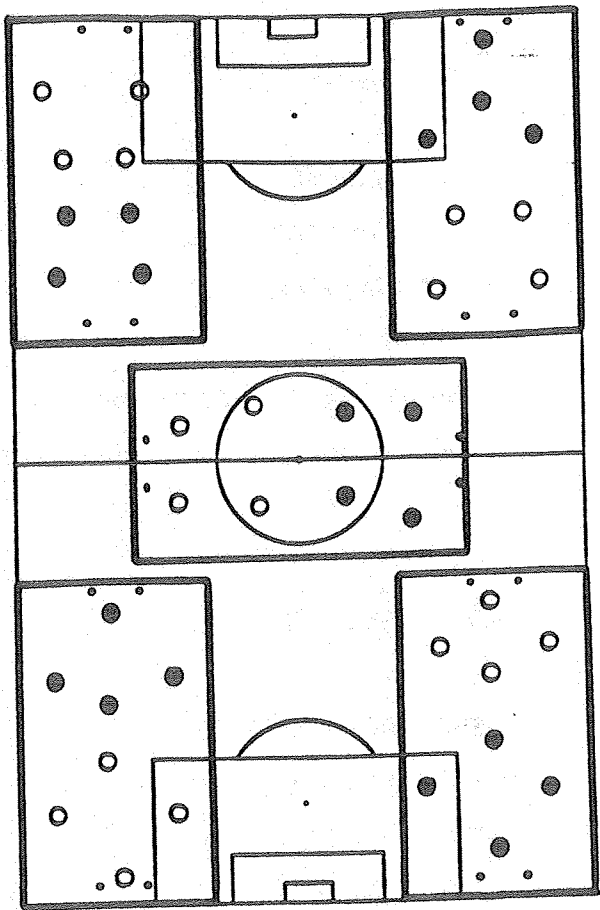


11 v 11

22 players and 1 referee

goals: 7.32 x 2.44 meters

4 versus 4



4 v 4

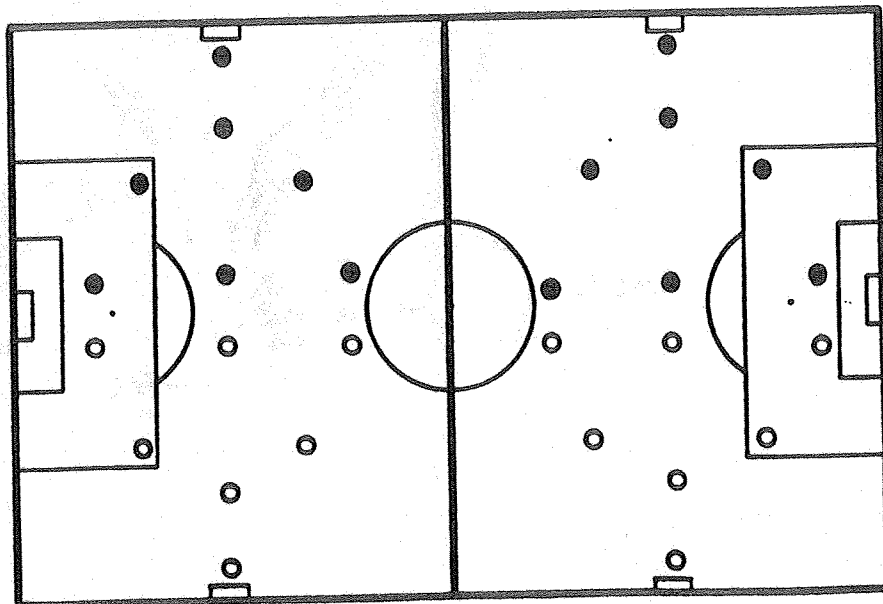
5 fields in an official field

40 players or less and no referee (players settle things themselves)

cones/stakes as a goal 2-3 meter wide

5 small fields $\approx 40 \times 20$

7 versus 7



two fields in the width of an official field:

3. THE ROLE OF THE COACH

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

Therefore coaches have to:

▶ Know the 3 main moments of soccer:

- Possession of the ball
- Possession of the ball by the opponent
- Changing possession (losing the ball, winning the ball)

▶ Have knowledge and insight of the basic skills:

- passing
- receiving and controlling
- dribbling
- shooting
- heading

▶ Give the right instructions

Give the right examples

Give the right training forms

Take into consideration age and level



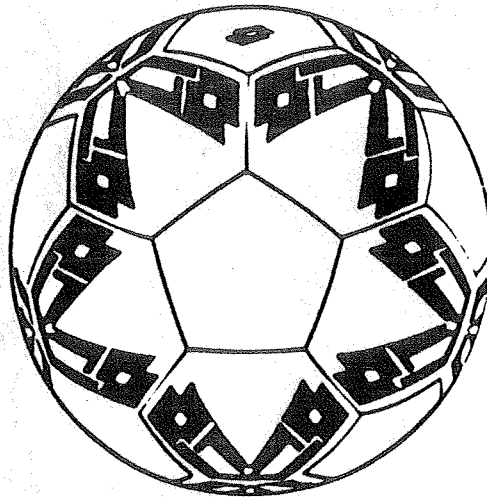
In youth-soccer up to 11 years old the main objective is to learn the technical skills.

The starting-points are:

- technique is not an objective by itself, but a tool to.....
- there must always be a relation with soccer-objectives.
- soccer-insight and technical skills should be developed through game-related situations

For juniors (up to 18 years) that means:

- Development of the tactical aspects of the game.
 - vision, awareness and communication
 - working together
- Playing soccer with a given task.
 - they must be aware that the most important thing is winning the game.
- Reading the game.
 - recognising and judging the situation



How can the coach influence the players?

Step by step:

1. Structure soccer in the 3 main moments:

- Possession
- Possession by the opponent
- Changing possession

2. Observe and listen!

◦ Concentration

- Is there close attention?
- Is there atmosphere to perform?

◦ Technique

- Do the players master the ball (technics) in relation to the objectives of the game.

◦ Insight in the game

- Do the players know the intentions
- Do the players recognise the situation?
- How is the organisation, the formation and field-occupation
- Is the space used optimally?
- Are the players positioned well in a relation to each other

◦ Communication

- Do the players understand each other.
- Are the players working together?

Technique, insight of the game and communication can be distinguished from each other, but can't be separated. They influence one another and are depending on each other.

3. Find the shortcomings.

In youth soccer up to 11 years old mostly the technique can be considered as a shortcoming. In this age-group the coach basically works on the improvement of the technical skills. In the older age-group the emphasis will be focused more to insight and communication.

For example:

- Players aren't able to take a player on and next they can't score
- Players aren't able capable of keeping the ball in their possession, create chances and to score
- Players don't recognise the opportunities to shoot on goal and don't have an appropriate shooting-technique
- Players aren't capable of out-playing the opponents in a man more situation and they can't score

4. Make the right choice for the correct practice sessions and the correct coaching-remarks, so one can increase the soccer-performance and make their soccer better.

We must strive for an optimal learning-situation:

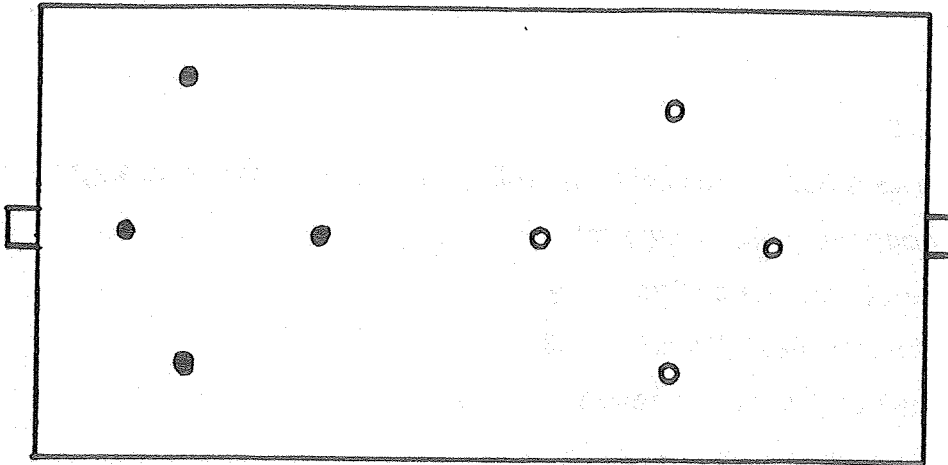
- soccer related-objectives
- many repeats
- lots of fun
- many-coaching-moments

4 THE BASIC FORM 4 V 4

4 V 4 WITH 2 SMALL GOALS WITHOUT GOALKEEPERS

size of the field: 40 x 20 meters

size of the goals: 2 x 1 meter



POSSESSION OF THE BALL

◆ Building up

- ▶ make as much space as possible (wide and deep)
- ▶ think deep and play deep as soon as possible
- ▶ otherwise use the wide player and then deep
- ▶ keep the organisation intact
- ▶ wait for the right moment to play the long pass or to ask for the long pass

◆ Create chances

- ▶ spread out
- ▶ take initiative, anticipate the situation, think ahead
- ▶ adjust your position when you've played the ball

◆ Scoring goals

- ▶ ask for the ball at the right moment (eye contact)
- ▶ take on defenders
- ▶ try to score as quick as possible

POSSESSION OF THE BALL BY THE OPPONENT

- ◆ **Preventing scoring chances and scoring**
 - ▶ mark tightly close to the ball
 - ▶ give cover to your team-mates
 - ▶ keep your opponent in front of you and block any shots at goal
 - ▶ do not foul

- ◆ **Winning the ball**
 - ▶ make space as small as possible depending on the opponents strength (pressing, dropping back, closing in)
 - ▶ pressure the opponents position play
 - ▶ give cover further away from the ball
 - ▶ attack the ball at the right moment
 - ▶ constantly choose the right position

- ◆ **Stopping the opponents from building up**
 - ▶ holding up the opponents build up
 - ▶ prevent the long pass, pressure the ball
 - ▶ force them to play wide, to dribble wide
 - ▶ pressure, close in

CHANGING POSSESSION (losing or winning the ball)

Losing:

- ▶ prevent the long pass
- ▶ pressure the ball

Winning:

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



5. VARIATIONS ON THE BASIC FORM 4 V 4

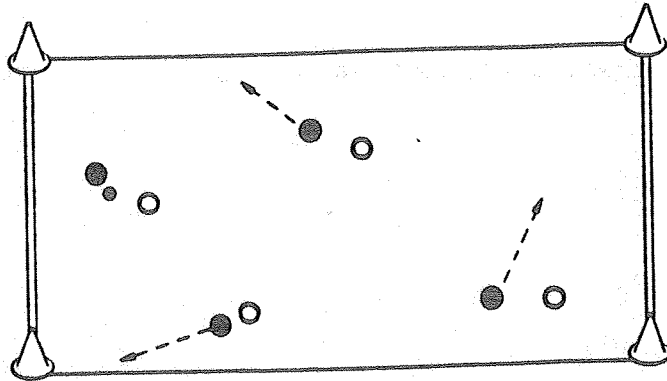
- A different organisation, different sizes of the field and goals, different rules and different ways of scoring give the game another character.
- These different rules deter other demands for the players.
- These demands can be related to:
 - technical abilities
 - physical or mental conditions
 - co-operation and communication

The coach has to recognise the specific character of the game to be able to understand and coach.



4 V 4 LINE SOCCER -- DRIBBLING GAME

Size of the field: 40 x 20 meter (or wider). Use cones to mark the goal line.



Important aspect of the game:

- You can score by **DRIBBLING** the ball over the goal line
- With good position play you can create more scoring chances or 1 v 1 situations
- Defenders must choose the right position between their opponents and the goal line

Demands of the game.

Possession of the ball:

- You must play the ball quickly by positional play
- Playing the ball directly is important to create scoring chances
- Changing the direction of play, vision, and good ball skills are important elements (dribbling and taking your opponents on). These situations have to be coached

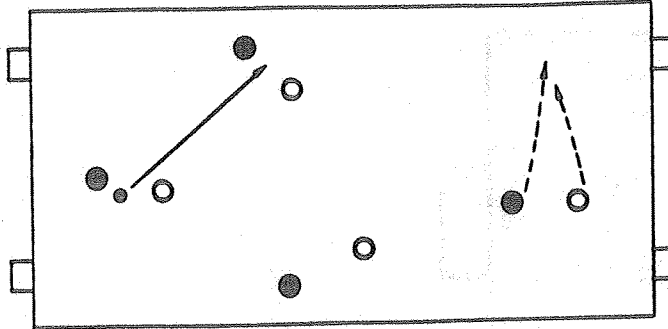
Possession of the ball by the opponent:

- Keep your eye on the ball
- Stop your opponents from scoring by good defending and no fouls
- Give cover to your team-mates

4 V 4 WITH 4 SMALL GOALS -- PASSING GAME

Size of the field : 40 x 20 meter

Size of the goals : 2 x 1 meter



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 ")

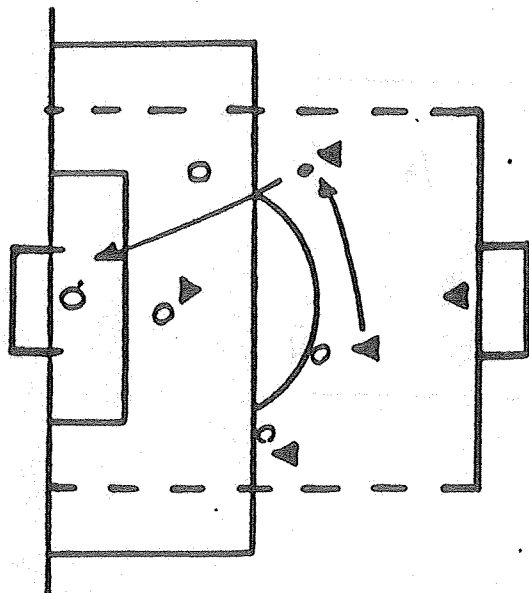
Possession of the ball by the opponent:

- 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 V 4 WITH 2 LARGE GOALS WITHOUT GOALKEEPERS -- SHOOTING GAME

Size of the field: 40 x 20 meter

Size of the goals: 7.32 x 2.44 meter (or 5 x 2 meter)



Important aspect of the game:

- By giving your opponent too much room you will concede a lot of goals.

Demands of the game

Possession of the ball:

- When you've got the chance score as quickly as possible with a good shot (a good shooting technique is important; this has to be coached).
- Make room for a shot by going past your opponent.

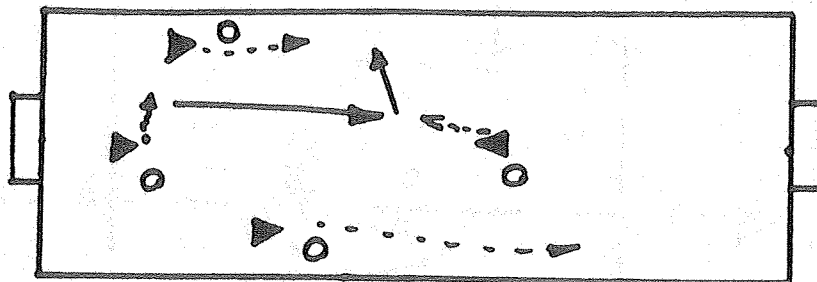
Possession of the ball by the opponent:

- Defenders must mark tightly, mustn't be beaten, don't be pushed back and eventually block the ball.

4 V 4 ON A LONG AND NARROW FIELD -- COUNTER GAME

Size of the field: 40 x 10 meter

Size of the goals: 3 x 2 meter



Important aspect of the game:

To be able to win the ball in a tight area in front of your own goal and then with a quick break playing one of your team-mates deep to try and score yourselves.

Demands of the game

Possession of the ball:

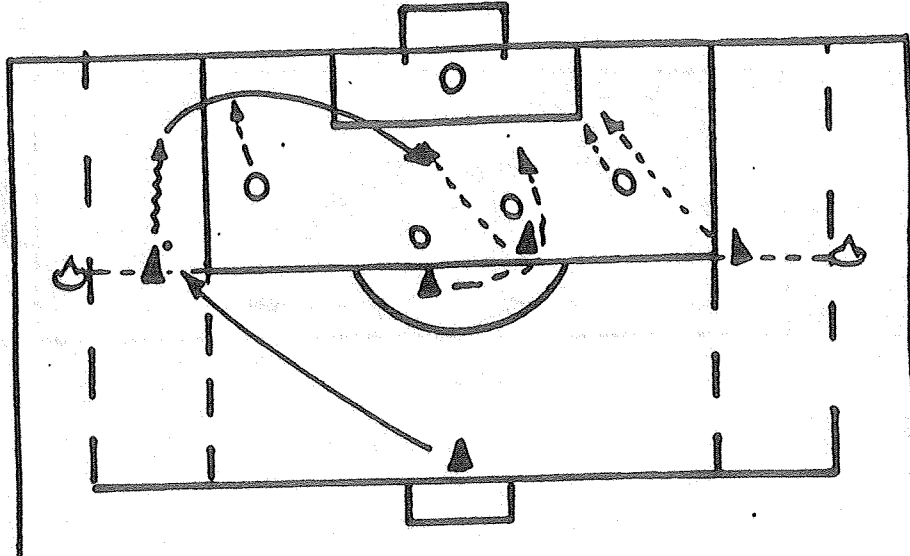
- Attack carefully and with quick positional play in a tight area try to score.
- Good ball control, passing, dribbling etc.

Possession of the ball by the opponent:

- Try to win the ball. When winning the ball there must be a good contact between the player that runs deep and with the player on the ball. The long pass has to come as quickly as possible.

4 V 4 WITH 2 LARGE GOALS AND GOALKEEPERS -- CROSSING AND HEADING GAME

Size of the field: 30 x 45/50 meter. Middle line. Free zones on the sides of the field (5 meter)



Important aspects of the game:

- Scoring with head or volley.
Scoring with shot from own half.
- Heading is here the most important aspect. So well for the strikers as for the defenders.
- Shooting from outside of a certain area (mimimum distance 16 meters).
- Positional play, building up, 1 v 1 on the flanks and crossing the ball are central of attention.
- High balls for the keeper.
- You can use this form to train the individual:

For example:

- Wingplayers who have to give a good cross.
- Defenders who have to defend.
- Strikers who have to score with the head.

Demands of the game.

Possession of the ball:

- Players playing their own positions.
- A careful build up, creating dangerous situations by playing to the flanks or shooting from a distance.

Possession of the ball by the opponent:

- Defenders are asked to choose a good position but also to mark tightly and stopping their opponents from crossing or shooting.

Moments to coach are:

- Choice of position
- Vision
- Blocking the ball
- The sliding tackle
- Heading
- Winning the ball
- No fouls