



#### 4v4v4v4 WITH TARGETS

4v4 to big goals. Each team has four reserve players with two on end line and two at mid-field as target for entry pass during transition. (in example above, Reds 1,2 and 3 are reserve players).

When ball crosses end line or goes in goal, the defending team leaves and the new four come on with a ball either with a pass to target player or on the dribble.

Above, when Yellow 1 shoots wide (A) Red 1 plays to Red 2 (B) and new Red team attacks as old Red team exits. Yellow team must stay and defend in transition.

Emphasize quick counter attacks, vision up field on entry pass and runs off target player.

Tell target player to "Hold" "Turn" or "Turn and Go"

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