1v1 Activity for U13 and older Players - 4v4 with Goalkeeper

OBJECTIVE: Attacking Principles
PLAYER ACTIONS: Pass/dribble, Spread out, Support
KEY QUALITIES: Read game/make decisions, Initiative, Focus

ORGANIZATION:
4v4 with Goalkeepers 1. Two teams Blues and Reds in a grid of 40 by 30 yards with quads. 2. Players must stay in their quads. 3. Team with the most goals win 4. Encourage Attacking Principles - Penetration, width, support, movement, etc.

NOTES:
This could also be used to teach Defensive principles