



## Benefits of a four goal game

### Under 5, Under 6 & Under 7 Leagues

- 1) Player Centered Approach (see player centered vs. command centered pdf. )
- 2) Encourages Dribbling and Footwork
- 3) Encourages Change of Direction
- 4) Encourages Creativity
- 5) More Touches on the Soccer Ball
- 6) Increased Fitness
- 7) Increased Number of Game Related Decision-Making Opportunities
- 8) Constant Transition from Attacking to Defensive Situations
- 9) Increased 1 v 1 Encounters in Both Attacking and Defending Situations
- 10) Increased Opportunities to Utilize Specific Ball Skills
- 11) Increased Opportunity to Be In Goal Scoring Position.
- 12) Increased Opportunity to be in a 2v1 Attacking and Defending Situations
- 13) Increased Demand for Players to use Vision
- 14) Increased Demand for Players to Shield
- 15) Increased Opportunities to Switch Play from side to side and front to back
- 16) Increases Demand to Keep Ball in Field of Play



- 17) Stresses Use of Technical Skill Your Child is Learning in Training Sessions
- 18) Caters to Age Specific Development Principles
- 19) 360 Degree Play in u5/u6 Game-Play
- 20) Diagonal Play Stressed in u7 Game-Play
- 21) Allows for Flow and Rhythm in Game
- 22) Introduces Focus at Early Age
- 23) Stresses Dynamic Play
- 24) Increases Opportunity for Instinctive Play
- 25) Players Attention is On Game