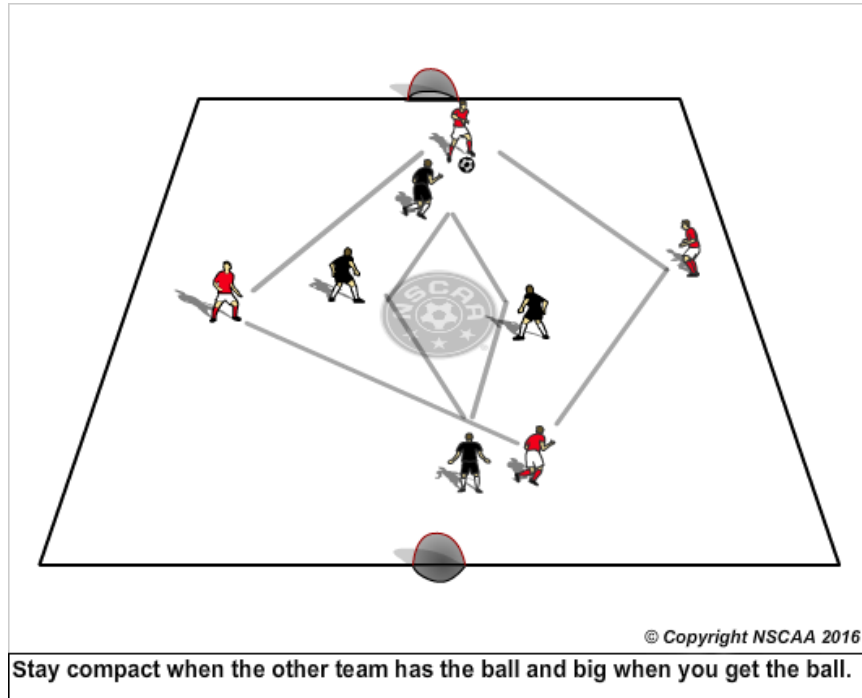
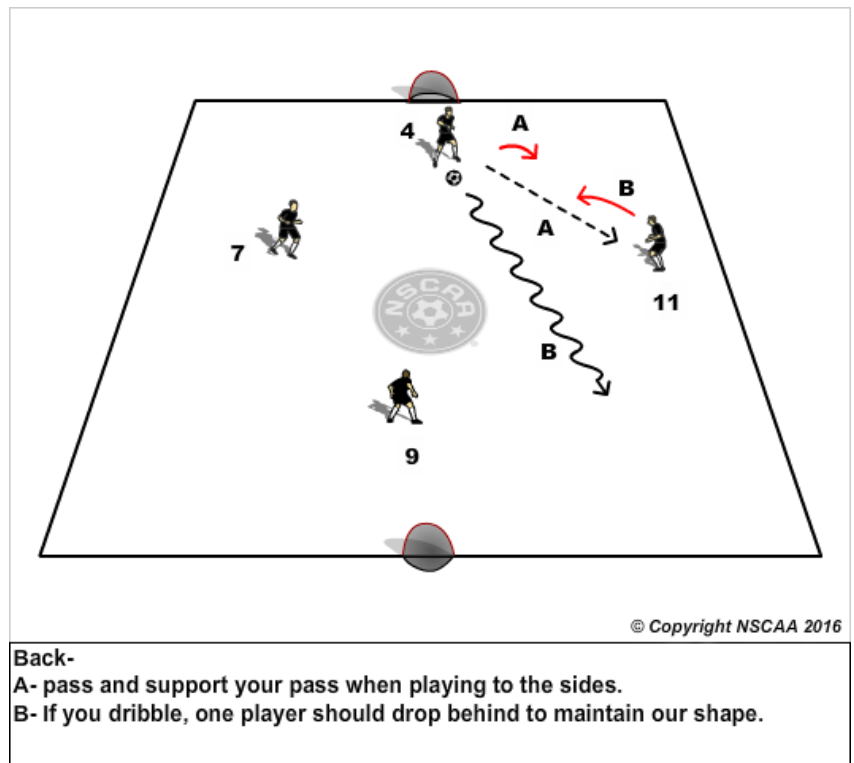




4v4 roles and shape

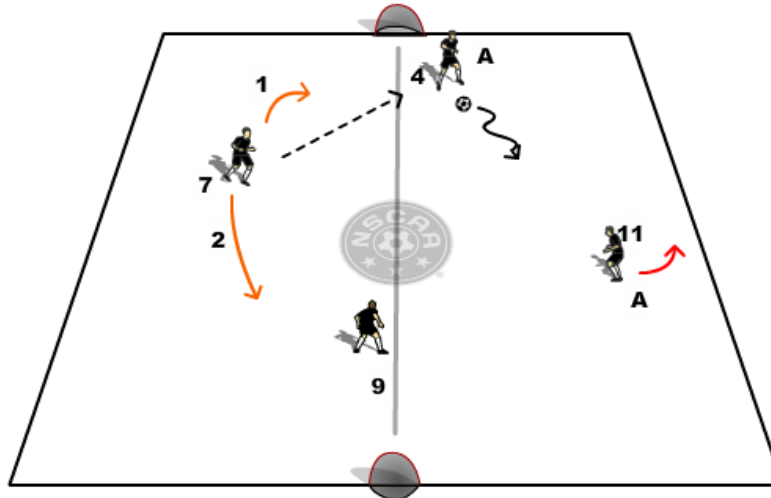


It is important to stay compact when defending (black team) and get wide (red team).





4v4 roles and shape

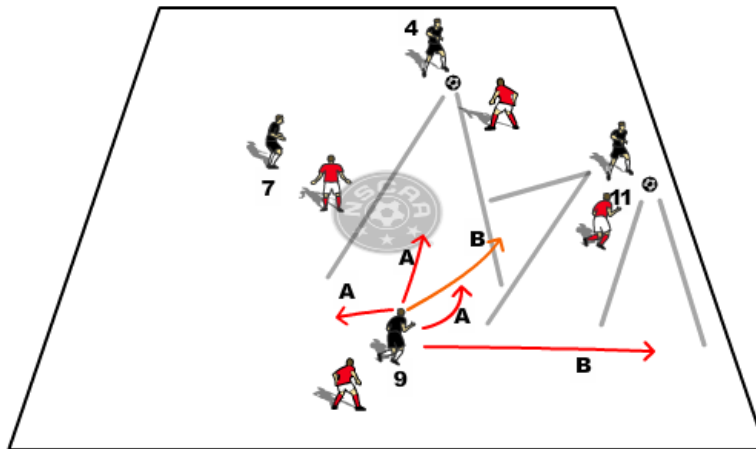


© Copyright NSCAA 2016

Mid- 7,11

A- Ball coming to your side, give width (get wide).

- Weak side pinch in and decide, 1- make shape by dropping back or 2- push forward to complete shape.



© Copyright NSCAA 2016

Forward- 9

-Stay high up the field.

- Look for areas to receive the ball from back (4)- A,

- Look for areas to receive the ball from mid (7 or 11)- B