



# The Manchester United 4 v 4 Pilot Scheme

**Source:** “FA Insight”, Based upon study performed by the Department of Exercise and Sport Science at the Manchester Metropolitan University.

# 4 v 4 Program

## ■ Scheme format

- **Goalkeepers game:** 4v4 plus two Goalkeepers
- **Two goal game:** 4v4 with four large cones as goals
- **Four goal game:** 4v4 with eight large cones as goals
- **Line Ball:** 4v4 with dotted line as a scoring line

## ■ Scheme Construct

- **Game Duration:** 8 minutes/station, 2 min break  
(Exercise-to-rest ratio increases energy and mental awareness)
- **Scoring/Goals:** No score is kept  
(Emphasis on development, de-emphasis of winning)
- **Coaching:** Very little overt coaching  
(Encouragement only. No raised voices and no disciplining)

# Quantitative Analysis\*

	# of Passes	Scoring Attempts	Goals	1v1 Encounter	Dribbling Skills
<b>2-Goal Game</b>	<u>170</u>	44	18	51	39
<b>Line Ball</b>	160	NA	<u>37</u>	56	<u>58</u>
<b>GK Game</b>	149	49	17	<u>92</u>	36
<b>4-Goal Game</b>	106	<u>62</u>	28	52	45
<b>8 v 8</b>	108	20	5	28	16

\*Numbers listed are "Mean" scores

# Quantitative Summary

On Average 4v4 versus 8v8 had:

1. 135% more passes
2. 260% more Scoring Attempts
3. 500% more Goals Scored
4. 225% more 1v1 Encounters
5. 280% more Dribbling Skills (tricks)

# Qualitative Summary

Club Directors/Coaches/Administrators:

- 80% positive comments

Other Observers:

- 97% positive comments

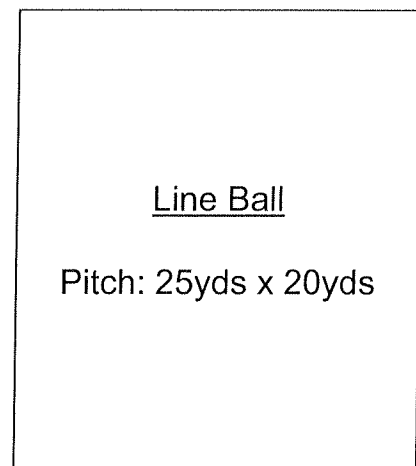
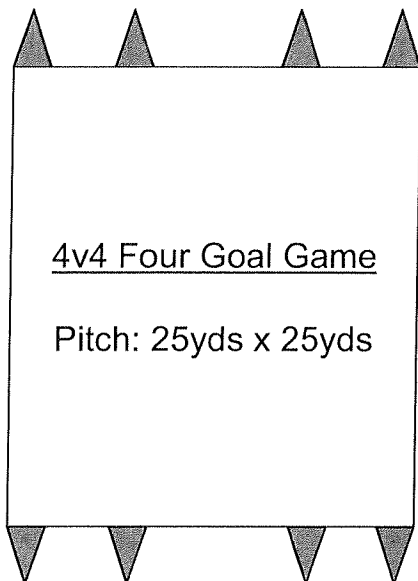
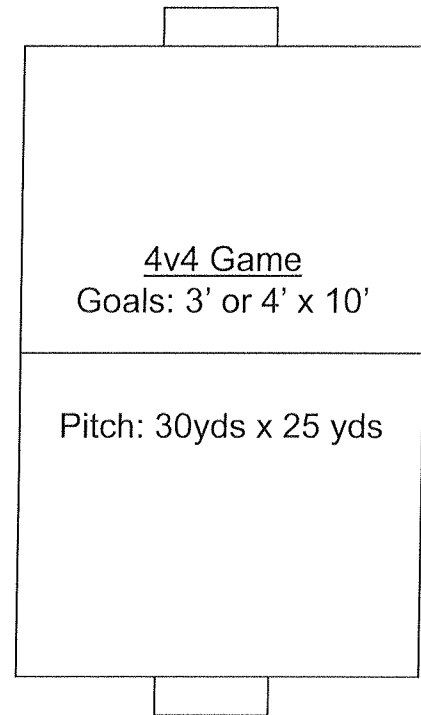
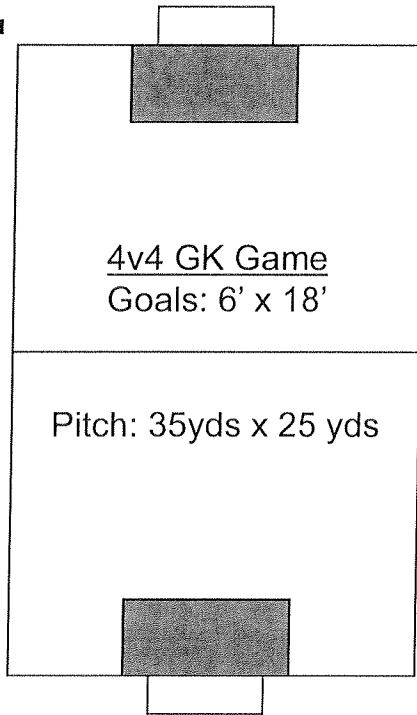
Parents:

- 68% positive comments

Players:

- 75% positive comments

# Scheme Set-up



# Buildup Activities

- Tag
- Team handball
- Possession game of 4 v 2
- Dribble tag
- 4 v 4 with 4 outside players as neutrals

