



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
2-Goal Game	<u>170</u>	44	18	51	39
Line Ball	160	NA	<u>37</u>	56	<u>58</u>
GK Game	149	49	17	<u>92</u>	36
4-Goal Game	106	<u>62</u>	28	52	45
8 v 8	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

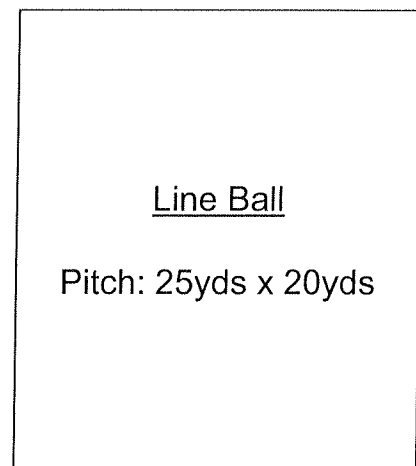
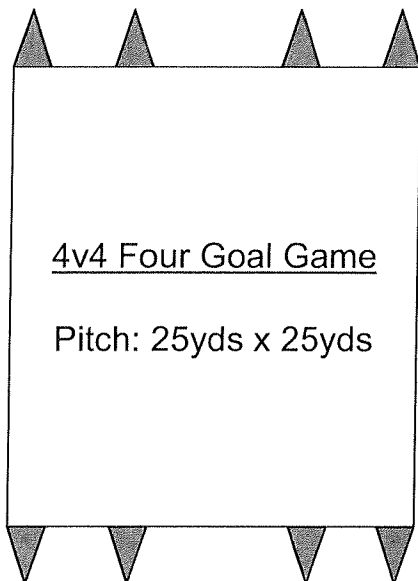
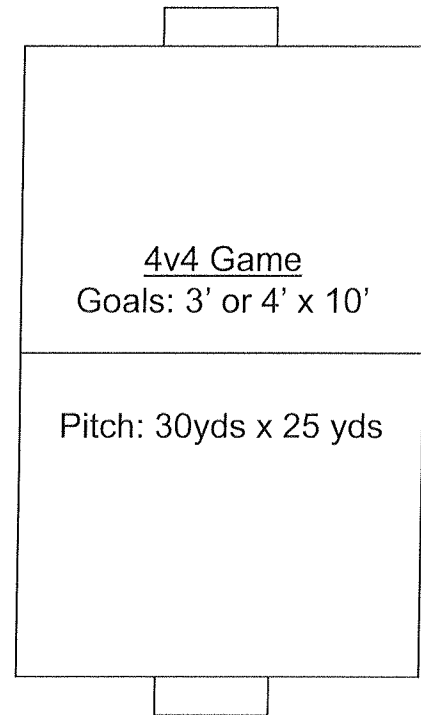
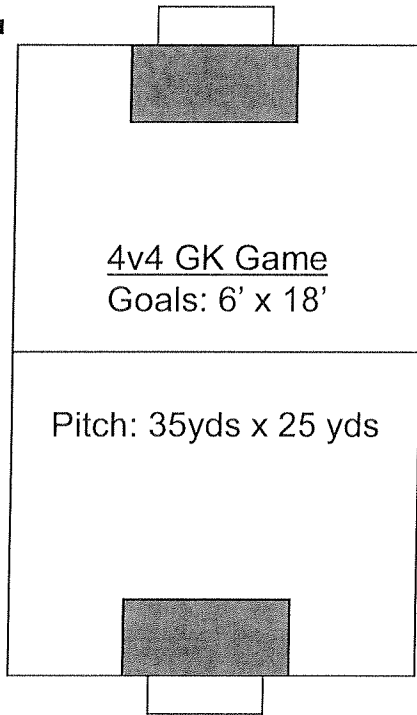
Parents:

- 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

