

WORK OF THE 4-0 SYSTEM

4x4 Offensive triangles

- **Concepts:** Offensive individual and collective tactical principles for the work of the 4-0 system.
- **Contents:** Work on decision making and offensive triangles in attack.
- **Goals:** To improve decision making in attack creating offensive triangles in superiority to give progression to the 4-0 attack system.
- **No. of players:** 8 + 2 goalkeepers.
- **Equipment:** Balls and bibs.
- **Space:** 40x20m.
- **Time:** 10-12 minutes.

DEVELOPMENT:

We divide the court vertically along the axis as shown in the image and we play a 4x4 real game situation with the following conditions for both teams:

- The attack must play with a 4-0 structure.
- We limit the defensive players so that there will be 2 players on each side, and they will only be able to defend on their side, they will not be able to pass to the other side.
- We allow the appearance of a 3rd offensive player on the side of the ball to create a triangle in superiority and give progression to the game. One player must always stay on the other side.

We focus the corrections on the goals of the exercise and encourage decision making in the appearance of the 3rd player to form the triangle, being any of the 2 players on the opposite side the one who can appear.

