



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

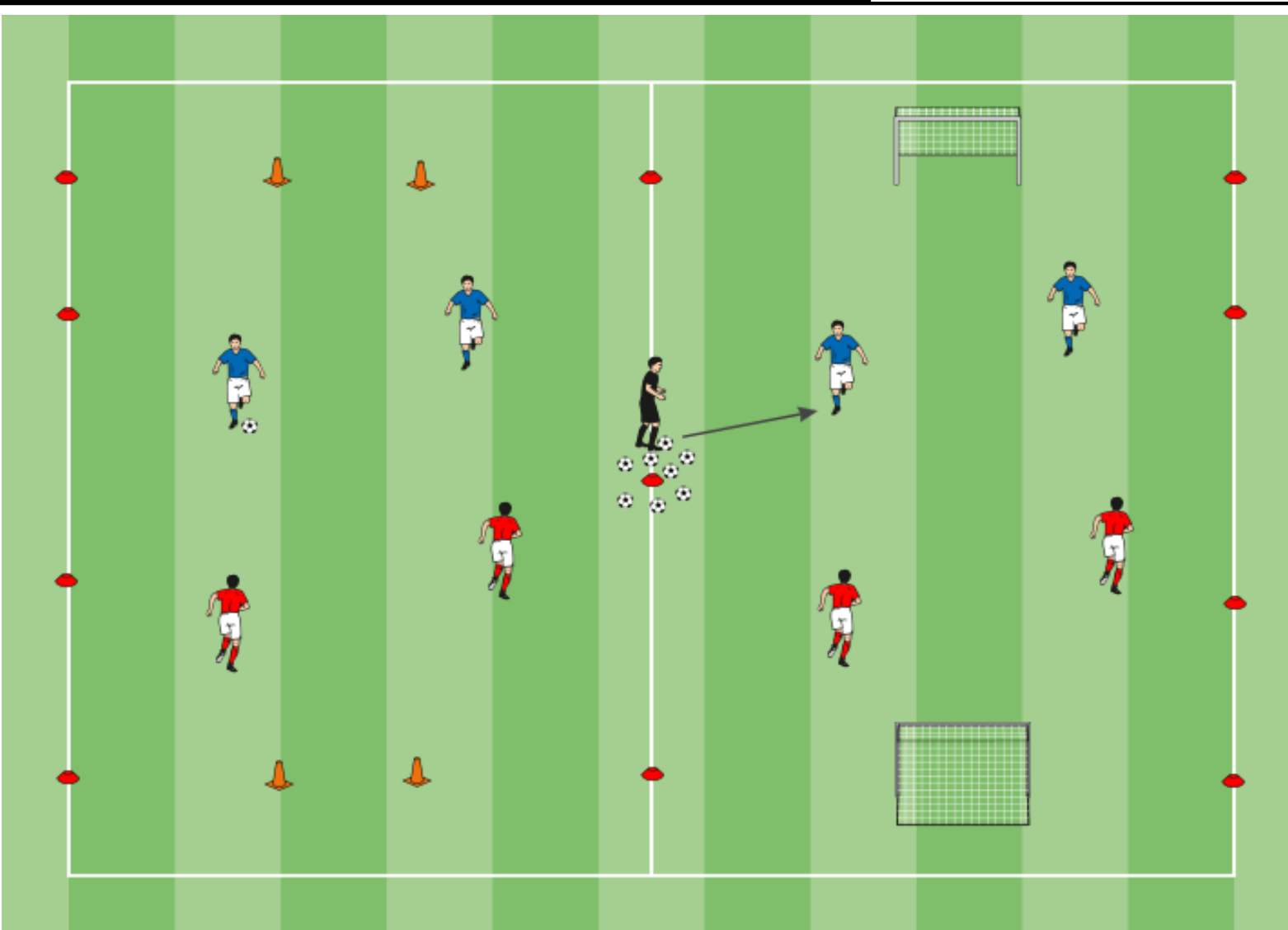
COACHING GUIDE

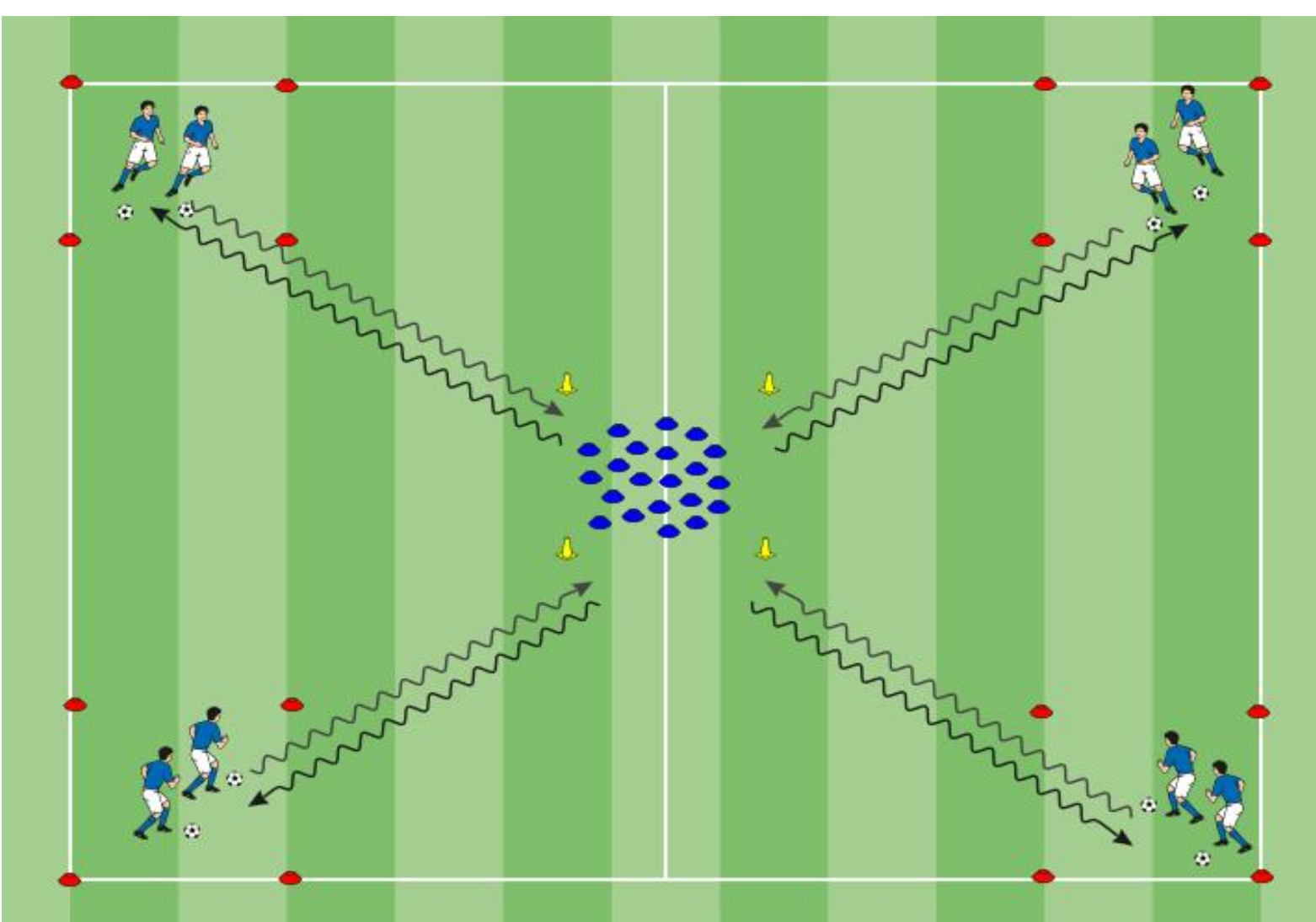
WEEK 7

1v1 ATTACKING

Be creative | Dribble at speed

Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 6	Tech Toolkit : Dribbling/Shooting/Creativity	Action : Dribble or pass forward / Finish / Spread out
Objective : To teach how and when to dribble to create and exploit space to finish		

PHASE 1 – PLAY	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 2 x small fields with goals/cones 10/15 wide x 15/20 long</p> <p>DESCRIPTION Play 1v1 as players arrive and build up to 2v2. Use 2nd field to make sure no larger than 2v2. Play 1v1 or 2v2 on 2nd field. Rotate players on each field. Start with large supply of balls in between fields. Encourage players to not chase balls when they go out of play! Get another ball in quickly.</p>

PHASE 2 – PIRATES BOOTY	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP Players are put into 3-4 teams based on the numbers. 20 x 15 area with cones marking out 5x5 squares in each corner with another square in the middle with the treasure (cones).</p> <p>DESCRIPTION Pirates love gold! On the “Shiver me timbers” command 1 player from each team dribbles their ball into the middle stopping their ball with a squish. Pick up a piece of treasure and bring it back by dribbling ball and squishing back on your ship. The next pirate can leave and go get another treasure. Keep playing until there are no treasures left. The pirates should count their booty!</p> <p>PROGRESSIONS Pirates can now steal from other pirate ships! Remember to squish your ball when you get to another ship!</p>

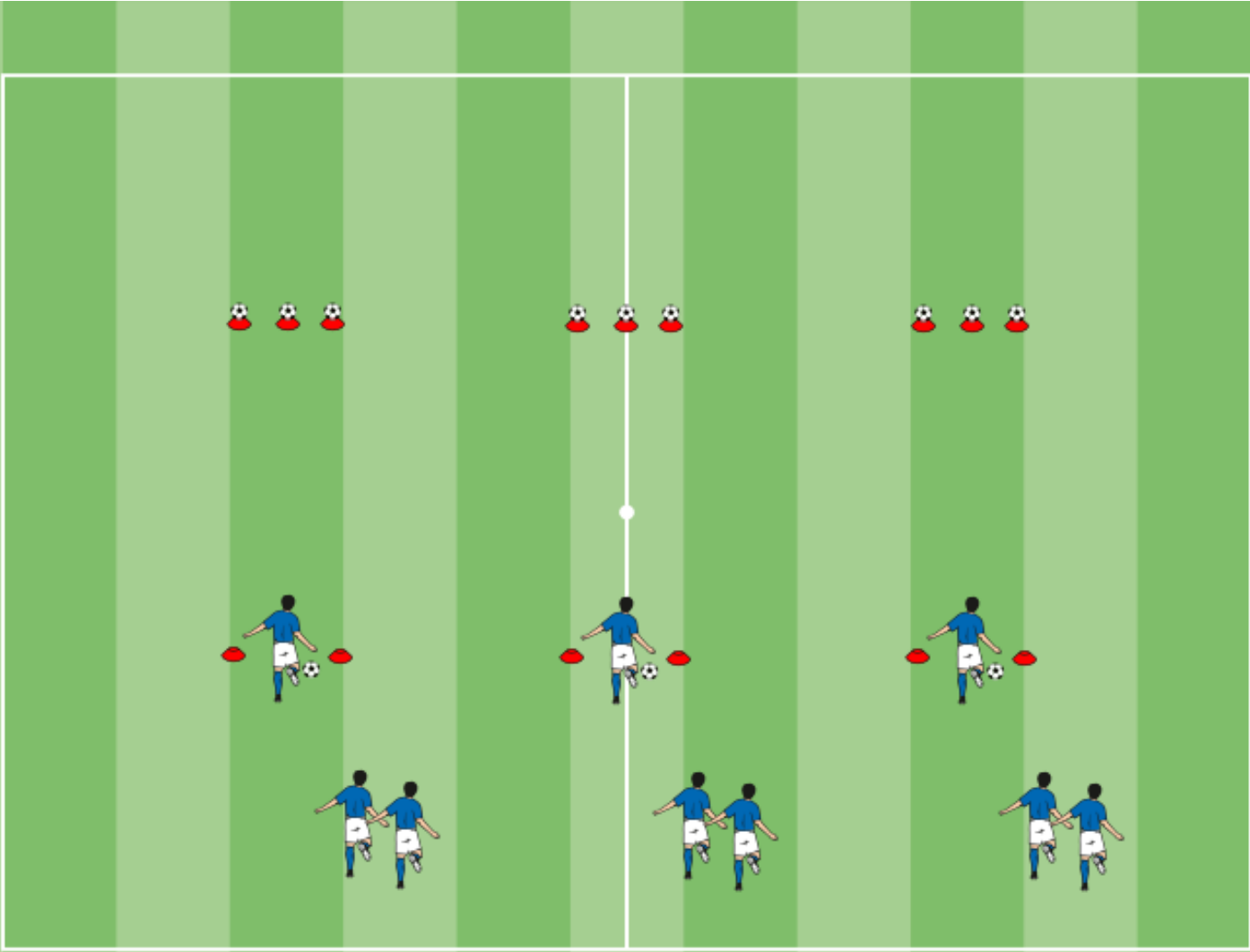
COACHING POINTS

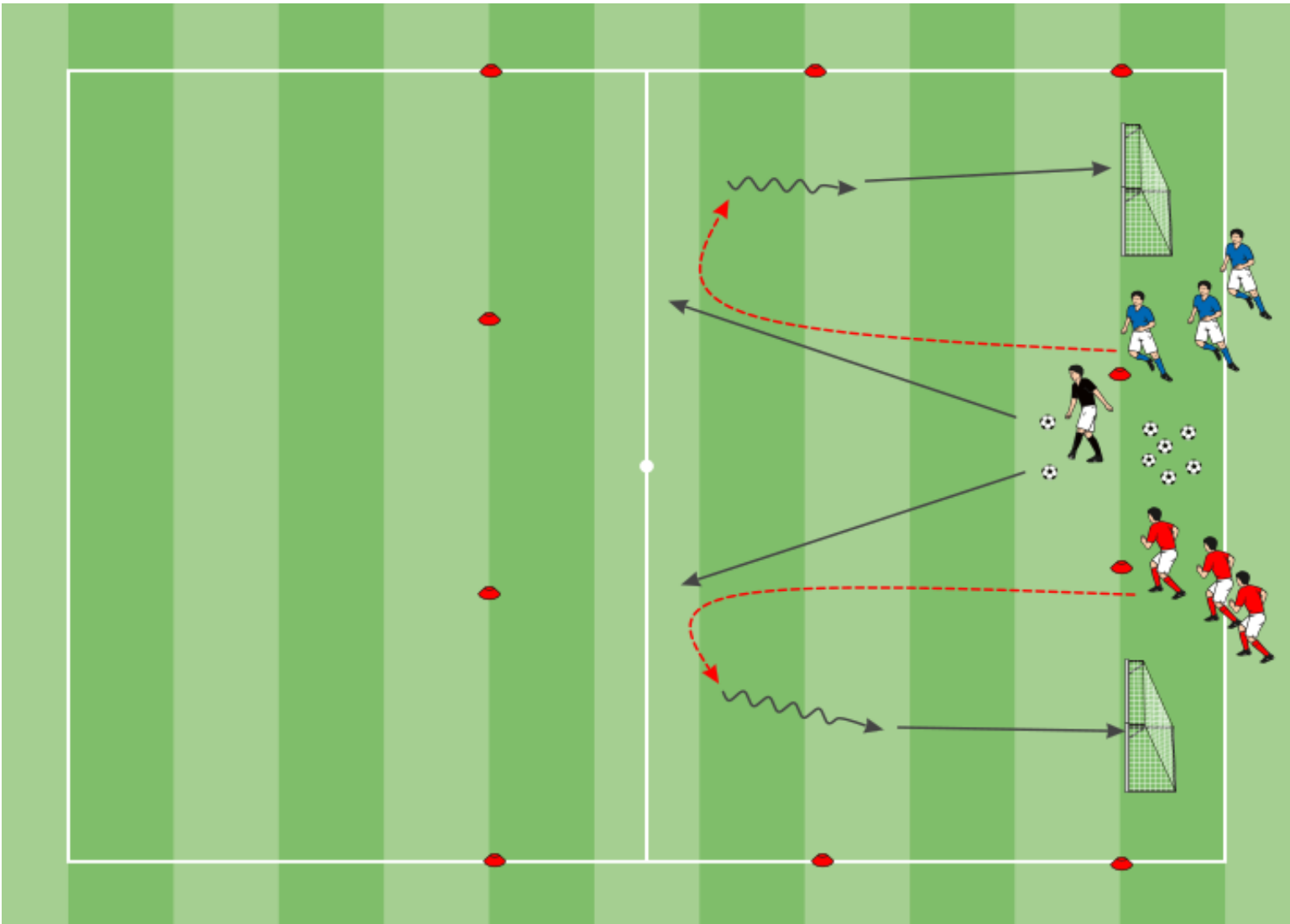
1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Slow down, tight turn, accelerate after move
4. Use different surfaces of foot to dribble and stop ball

GUIDED QUESTIONS

1. When you get ball should you go quickly or slowly back to square? How do you go quicker?
2. Which part of the foot should you use to dribble at speed (toe? Laces?)

Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 2	Tech Toolkit : Dribbling/Shooting/Creativity	Action : Dribble or pass forward / Finish / Spread out
Objective : To teach how and when to dribble to create and exploit space to finish		

PHASE 2 – SOCCER BOWLING	12 MINUTES	3 MINUTES PLAY 1 MINUTE REST
		<p>SET UP Place balls on cones 2 yards apart and 5-10 yards away from the shooters depending on players</p> <p>DESCRIPTION Each player gets one shot at the 3 balls, after your shot, dribble the ball back (no hands!) for the next person on your team. Keep the teams to 2-3 players so there is not a long wait. Once you knock all 3 balls off the cones, put them back on so you can score more points. After 3 minutes the team who knocked over the most balls wins.</p> <p>PROGRESSIONS Add in a dribble/ball mastery before shooting. Player starts lying on the ground, has to jump up and dribble ball to start point before shooting. Be creative!</p>

PHASE 3 – TWO GOAL SHOOTING RACE	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP Split group into two teams with two goals on end line and large supply of balls.</p> <p>DESCRIPTION Try to match players up opposite each other. Pass two balls forward, one to the left for the red team and one to the right for the blue team. Player's dribble and shoot in a race to score first. Get the next group going quickly to prevent a long wait. Use cones for a 2nd goal if you only have 1 goal to make sure there are always two lines.</p> <p>PROGRESSIONS Now just play 1 ball between 2 players who go 1v1 to either of the two goals. Play 2v1, 2v2, 3v2, 3v3.</p> <p>FINISH WITH 4V4 GAME</p>

COACHING POINTS

1. Head up to see goal before shooting
2. Lock ankle of shooting foot, point toe down, use laces
3. Plant non-kicking foot alongside ball pointing at target

GUIDED QUESTIONS

- 1 Which part of foot gives most power and control (not toes)?
2. How can you get the ball to go where you want it to?