



ACADEMY

PRESENTED BY  United
Healthcare

U8 4v4

COACHING GUIDE

EDUCATE . CONNECT . INSPIRE



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U8 4v4 DISCOVERY

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REVOLUTION ACADEMY VISION OF PROGRAMS

The New England Revolution is founded on three pillars that guide our direction, philosophy, vision and definition of success:

Educate, Connect, and Inspire.

The Academy's goal is to teach and **develop** players in safe environment that is always **challenging, professional, competitive, and fun**. We strive to develop an understanding of the Academy's **connection** with the New England Revolution as a club. All our coaches are driven to **inspire** players to realize their full potential and be the best player they can be.



THREE PILLARS OF OUR COACHING PHILOSOPHY



PLAYER CENTERED

- The needs of the individual player drives the learning process.
- Using various coaching methods to engage players.
- Allowing players to play the game with freedom.



DEVELOPMENT BASED

- Structured stage and age-appropriate training and environment
- Sessions that progress for the needs of the player
- Specific and detailed feedback to individuals, groups and teams



EXPERIENCE DRIVEN

- Provide memorable and enjoyable experiences
- Professional club support for multi-level approach
- Passionate and engaging approach to training environment

OUR CULTURE

- 1.** Player-centered environment that begins with the players learning needs.
- 2.** The learning environment feels safe, with coaches willing to role model positive behavior and take personal responsibility.
- 3.** A focus on active learning through collaboration: adjusting and adapting content/sessions based on the experiences, ideas and curiosities of the player.
- 4.** Passion for coaching and player development that inspires players to have fun, love the game and be the best player they can be.
- 5.** A holistic approach to coaching through continuous professional development to better support the player and the person.
- 6.** Enjoyable, inspirational, and positive experience.

U8 4v4 DISCOVERY

AGES & STAGES

- **Fun soccer experience**
- 4v4
- 25/35 yards x 15/25 yards Field
- Learn to master the ball
- SOCIAL | RECREATIONAL | FUN

MOVES | DRIBBLING | NEW

- Playing with the ball, Playing with friends
- Learning the basic functions of attacking and defending in groups.
- Dribbling, shooting, basic skill moves, passing introduction

U8 4v4 DISCOVERY

5 GOLDEN RULES

#1 – U8 4v4 players are still ego-centric so you should encourage them to continue to develop dribbling and moves but to share the ball with teammates.

#2 – U8 4v4 players begin to explore passing and you should encourage them to spread out to support player with ball.

#3 – U8 4v4 players are like sponges and teaching them moves and techniques in fun-based sessions will help foster their love for the game.

#4 – The ball will go out of play a lot, its okay, just have a large supply of balls during games and get another ball in play quickly

#5 – U8 4v4 players love it when the coach is into it! Relax and have fun, if you are energetic and into it the players will respond

U8 4v4 DISCOVERY

10 WEEK SEASON PLAN

SESSION TOPICS

1. DRIBBLING
2. PASSING AND RECEIVING
3. CHANGE OF DIRECTION
4. 1v1 MOVES
5. COACHES CHOICE
6. SHOOTING TECHNIQUE
7. PASSING AND RECEIVING
8. SHOOTING SITUATIONS
9. MOVES TO UNBALANCE
10. MIXED



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U8 4v4

CURRICULUM

WEEK 1

BALL MASTERY

Be Creative | Be Exciting | Be Unique

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 1

Tech Toolkit : Dribbling/Shooting

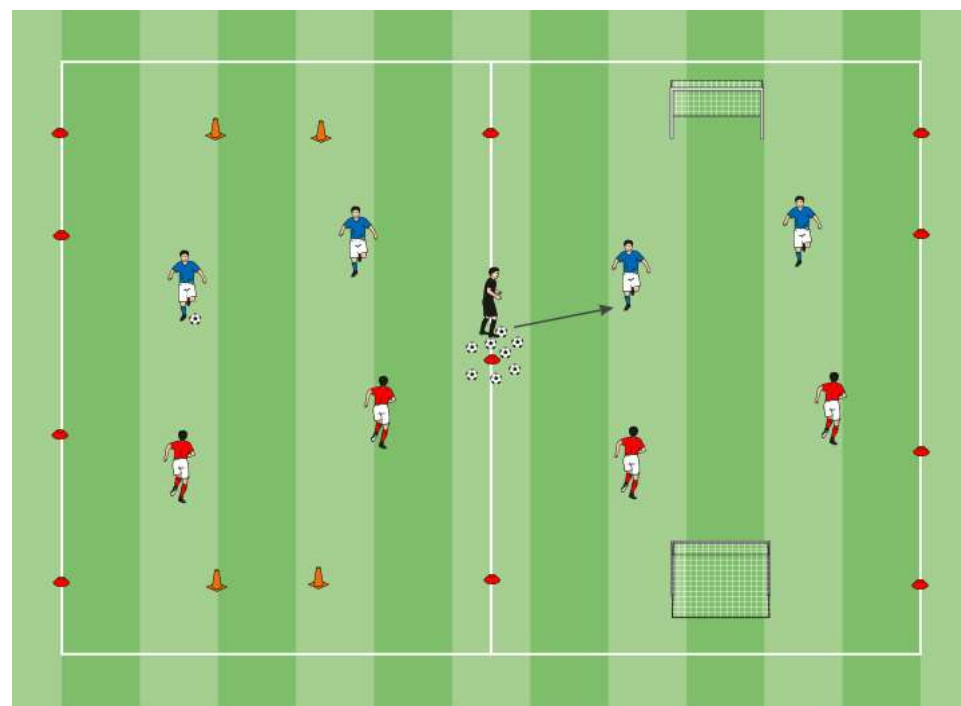
Action : Pass or dribble forward / Spread out / Finish

Objective : To teach players basic touches, ball mastery, dribbling with stopping.

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

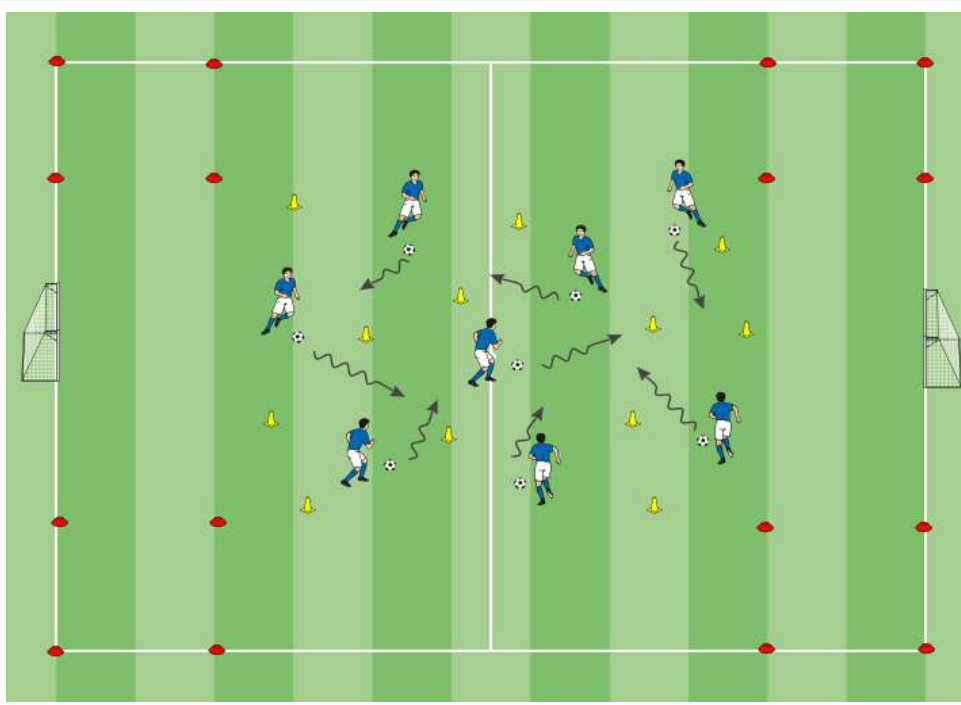
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – TRAFFIC LIGHT CHALLENGE

15 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20 x 15 yard area with tall cones spread out randomly.
- 4 corners marked out with cones.
- Players with ball each.

DESCRIPTION

- Players start by dribbling in area.
- Add in traffic lights, red to stop, green to go, yellow to go slowly with tick tocks.
- On the command of "cone" players dribble quickly to one of the tall cones and stop their ball, first wins a point. Introduce change of direction moves and ball mastery touches.
- Number the 4 corners, when you call out a number players dribble quickly to that square, first wins a point, return to middle each time.

PROGRESSIONS

- Add 1 police officer to try to kick ball out of grid, give a ball mastery task to get back in game.

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed
4. Use different surfaces of foot to dribble and stop ball

GUIDED QUESTIONS

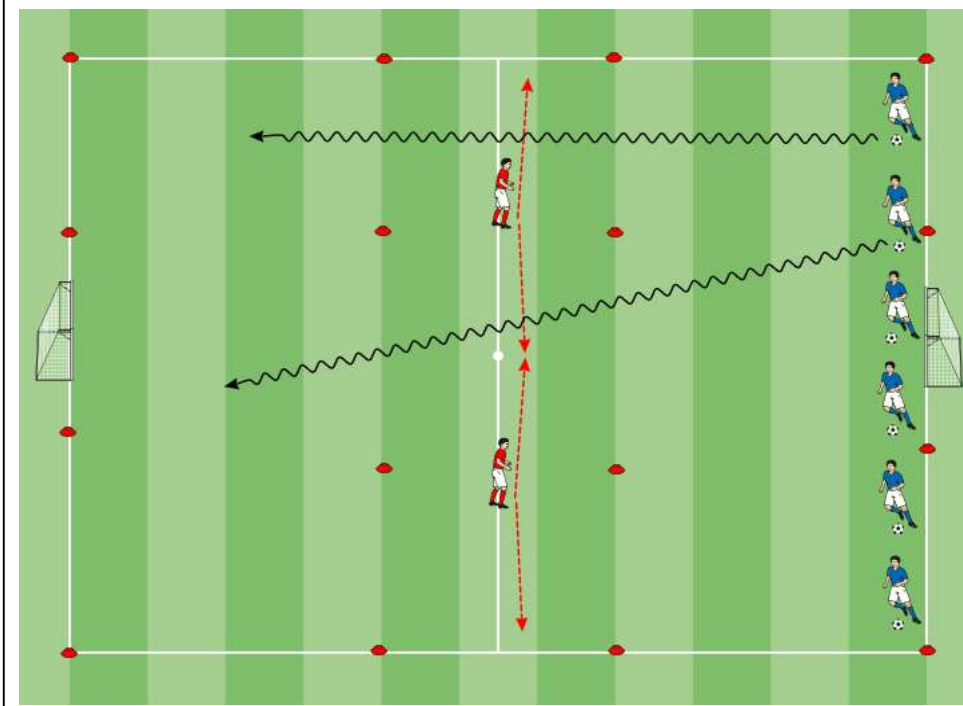
1. How can you keep your ball close?
2. How can you avoid bumping into other players?
3. When dribbling to outside squares how can you get there quickly?

Age : U8	Moment : Attacking	Area of the field : All field
Week : 1	Tech Toolkit : Dribbling/Shooting	Action : Pass or dribble forward / Spread out / Finish
Objective : To teach players basic touches, ball mastery, dribbling with stopping.		

PHASE 3 – SHARKS AND MINNOWS

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20 wide x 30 long field with middle channel 8 yards wide with two goals.

DESCRIPTION

- Players with ball on end line are the minnows.
- Select 1-2 sharks without a ball in channel (ocean)
- On "Go" command minnows dribble ball to opposite end line (beach) by squishing the ball to stop before the line. (don't be a fish out of water)
- Sharks attempt to knock balls out.
- Once eliminated, minnows become sharks.
- Sharks can hop on one leg to start to make it easier for players to get across.

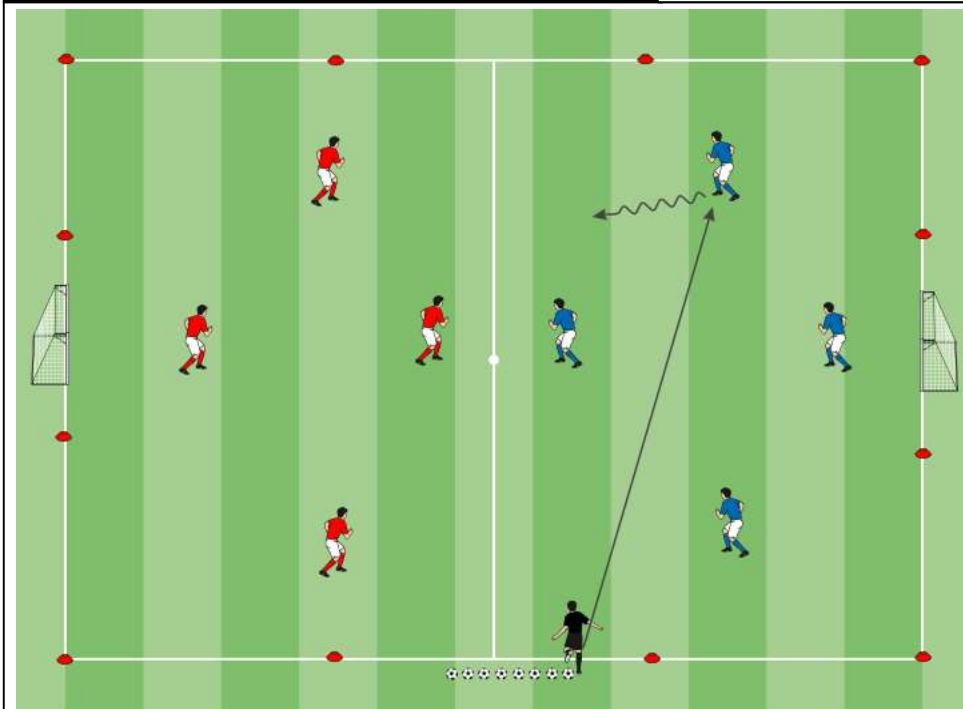
PROGRESSIONS

- After crossing safely, score on goal
- Add more sharks

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals

DESCRIPTION

- Play 3v3 to 4v4 full field game
- Play 2x10 minute halves with half time
- Supply of balls at halfway line
- Start with pass to different player each time
- Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space

GUIDED QUESTIONS

1. What should you do if you see a shark blocking your way?
2. If you want to go faster with the ball, what can you do?



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U8 4v4

CURRICULUM

WEEK 2

PASSING AND RECEIVING

On your toes | Head up | Scan

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 2

Tech Toolkit :
Passing/Receiving

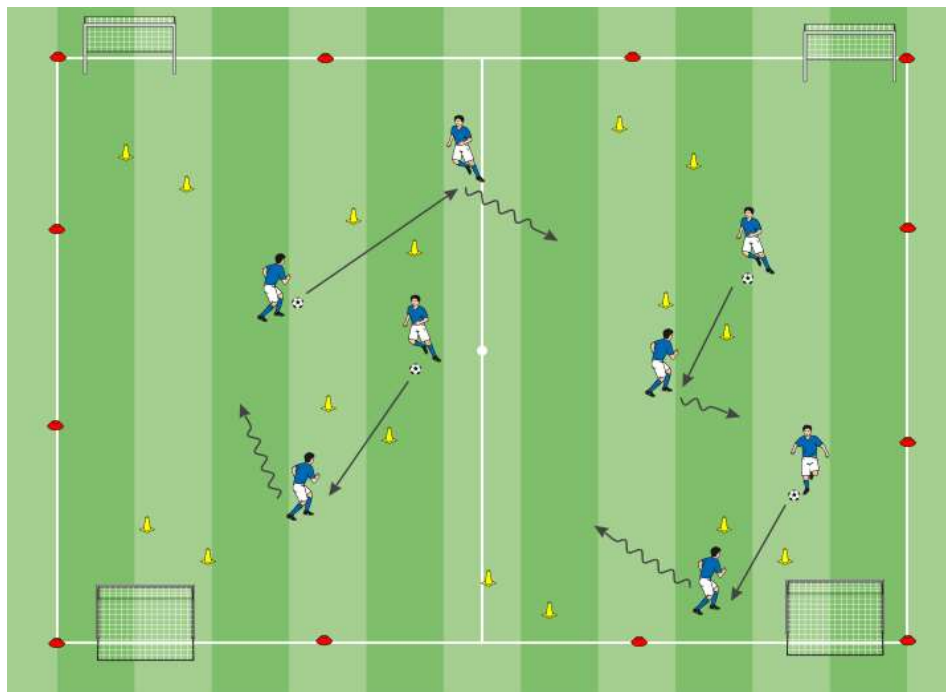
Action : Pass or dribble forward / Spread out / Finish / Create passing options

Objective : To introduce passing and receiving technique, supporting player with ball

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20 x 30 yard area with gates spread out randomly 2-3 yards wide. Four goals set up as shown.

DESCRIPTION

- Passing in two's through 5-8 yard gate practicing passing technique.
- Next, players make 2-3 passes and then one player dribbles to an open gate with their partner following.
- Repeat another 2-3 passes and the opposite player now dribbles the ball to the next open gate.

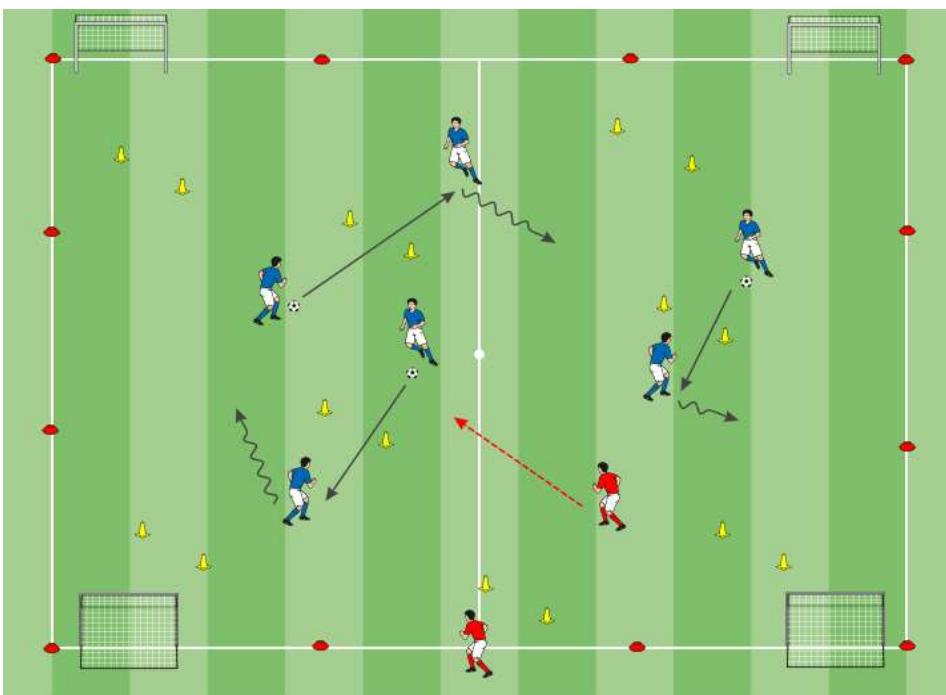
PROGRESSIONS

- After 3 gates completed, dribble & score on goal
- Play 1 pass through gate and move

PHASE 2 – PASSING GATES

15 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- 20 x 30 yard area with gates spread out randomly 2-3 yards wide. Four goals set up as shown.

DESCRIPTION

- Passing in two's through a gate stood 5-8 yards apart with a point for each pass through.
- Add 1 x Defender who can kick ball out of grid.
- If ball goes out, blue pair must get ball back in grid as quick as possible.

PROGRESSIONS

- Add 2nd and 3rd defenders.
- If defender wins ball they can score on goal for point with blue player defending in 1v2.

COACHING POINTS

1. Scan field to see where defender is
2. Center of foot strikes center of the ball
3. On your toes when receiving ball
4. Head up to see opponents, space and teammate

GUIDED QUESTIONS

1. Where should you look before passing?
2. How can you be ready to receive the ball?
3. What can do you do if defender applies pressure? (Dribble/Pass)
4. How can you help your teammate know where to pass?

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 2

Tech Toolkit :
Passing/Receiving

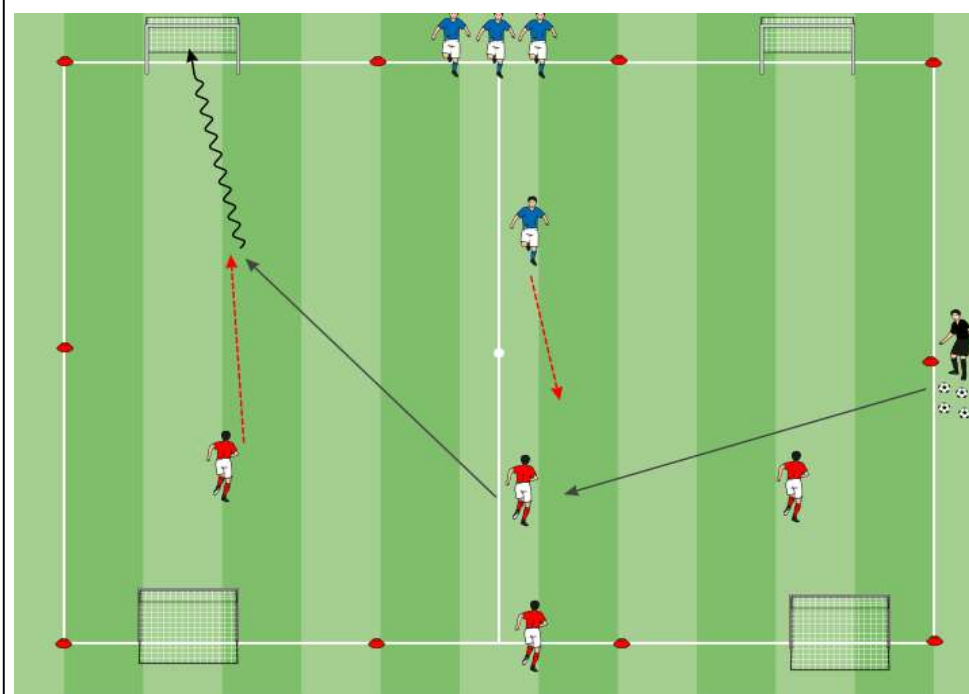
Action : Pass or dribble forward / Spread out / Finish / Create passing options

Objective : To introduce passing and receiving technique, supporting player with ball

PHASE 3 – 3v1 to Goal

15 MINUTES

4 MINUTE PLAY | 2 MINUTE REST



SET UP

- Set up 20 x 30 field with 4 goals
- Two teams.
- Attacking team start with 3 and defending team start with 1.

DESCRIPTION

- Coach passes ball in OR start with a dribble.
- 3v1 to 2 goals using a pass or dribble to get past the defender, 1 point for a goal.
- If the defender wins the ball, they dribble to opposite goals for a point.
- If the ball goes out of play, a new 3 attackers v 1 defender.

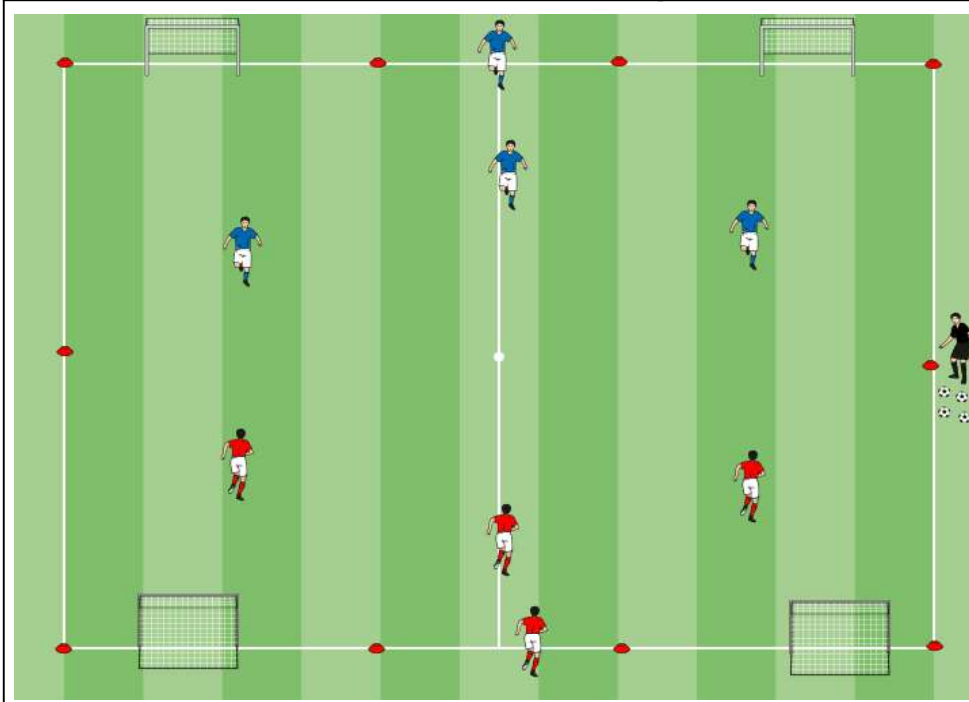
PROGRESSIONS

- Play 2v1
- Play 3v2
- Give time restriction to score.

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals

DESCRIPTION

- Play 3v3 to 4v4 four goal game
- Play 2x10 minute halves with half time
- Supply of balls at halfway line
- Start with pass to different player each time
- Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

COACHING POINTS

1. Look for the opening
2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space
4. Pace, direction and weight of pass

GUIDED QUESTIONS

1. How do you know where your teammates are? (look up)
2. How can we make the space as big as possible? (support by being wide)
3. When should you dribble or pass? (where is the defender?)



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U8 4v4

CURRICULUM

WEEK 3

CHANGE OF DIRECTION

Be Creative | Be Exciting | Be Unique

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 3

Tech Toolkit :
Dribbling/Creativity/Shooting

Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach players how and when to use a change of direction move

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

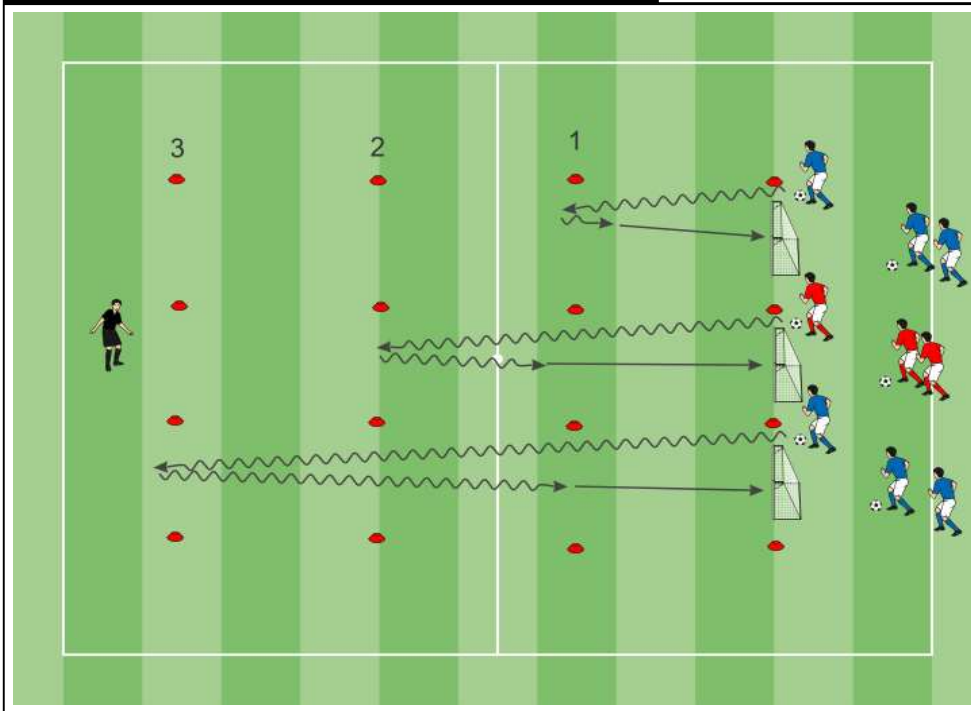
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – CHANGE OF DIRECTION RACE

15 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 24 x 18 yard area with cones marking out zones 1-3 with a goal at the beginning of each channel.

DESCRIPTION

- Form 3 teams.
- First player dribbles up to cone 1 and performs a change of direction move back to beginning
- Repeat until all players have gone.
- Add 2nd cone and then 3rd cone
- Makegame a race with first team finished sitting in line.

PROGRESSIONS

- After cone 3 change of direction race back with the first player to score a goal scores a point for their team.

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see space
3. Small touches then larger touches to change speed
4. Slow down before turn, speed up after completion of move

GUIDED QUESTIONS

1. Why do you slow down before changing direction? (more control)
2. Why should you speed up after change of direction move? (accelerate away from defender)

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 3

Tech Toolkit :
Dribbling/Creativity/Shooting

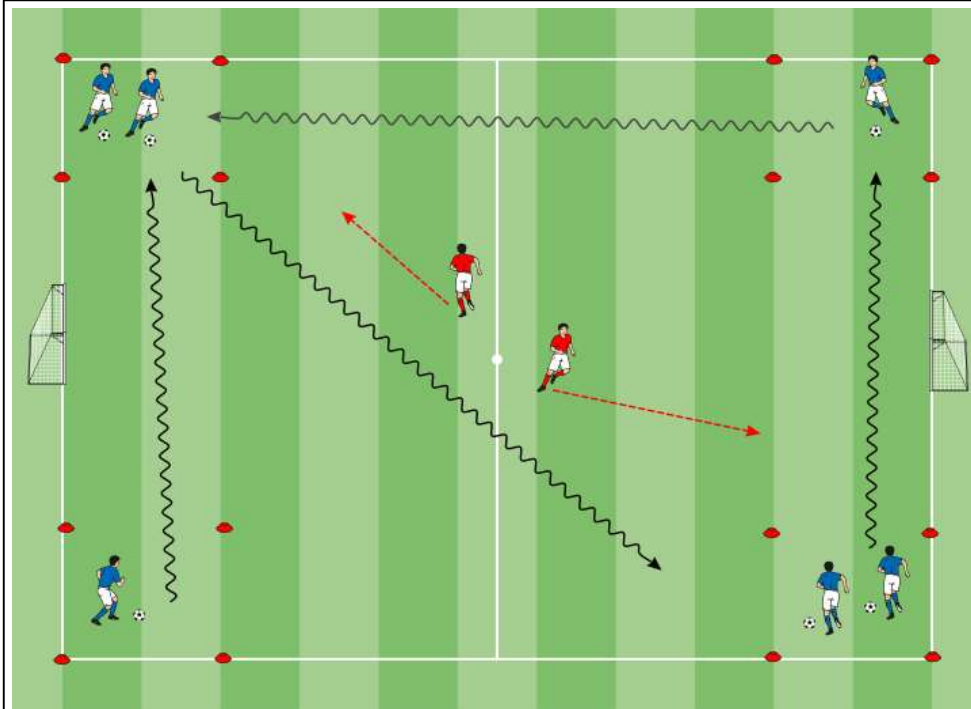
Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach players how and when to use a change of direction move

PHASE 3 – ISLAND HOPPING

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- 20 wide x 30 area with 4 squares (Island) in the corners.
- Blue players with a ball in an Island.
- Red "Pirates" without a ball.

DESCRIPTION

- Players attempt to hop from Island to Island avoiding the pirates who can start with or without a ball
- If a player loses their ball to a Pirate they must perform a ball mastery move to get back into the game.
- 1 point for every island visited.
- Use change of direction move to quickly escape the pirate.

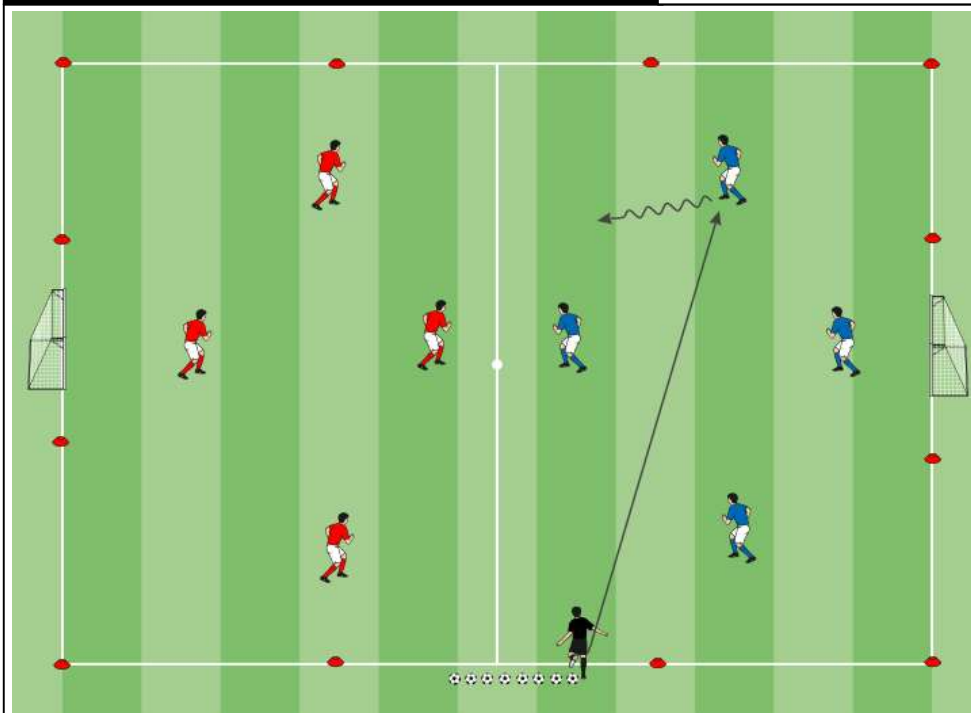
PROGRESSIONS

- After being captured, become a pirate until there is one player left trying to island hop.
- After 2 x Islands, go to opposite goal for 3 points! Pirates can defend

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals

DESCRIPTION

- Play 3v3 to 4v4 full field game
- Play 2x10 minute halves with half time
- Supply of balls at halfway line
- Start with pass to different player each time
- Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

COACHING POINTS

1. Head up to see opponents, space & teammates
2. Larger touches to accelerate into space
3. Use body to shield ball from opponent
4. Slow down, tight turn, accelerate away from opponent

GUIDED QUESTIONS

1. How can you get to open Island quickly?
2. What do you do if someone is blocking one Island?



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U8 4v4

CURRICULUM

WEEK 4

1v1 MOVES

Be Creative | Take Risks | Drive into space

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 4

Tech Toolkit : Dribbling/Creativity
Shooting

Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach players how and when to use a 1v1 to beat a defender

PHASE 1 – PLAY

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

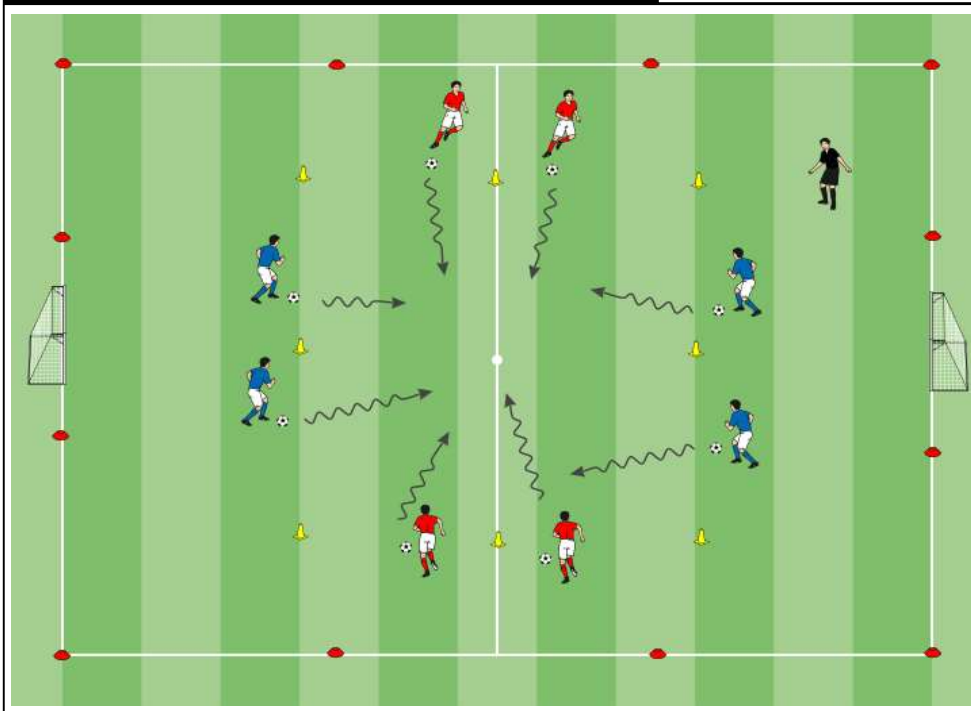
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – 1v1 Moves in traffic

15 MINUTES

2.5 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20 x 15 yard area marked with tall yellow cones.
- Players in two teams with a ball each.

DESCRIPTION

- Players start with ball on opposite ends of team.
- On go command dribble across to opposite side avoiding players
- Players now perform 1v1 moves across the grid
- The movement of players in the middle provides opportunities for player to find openings.

PROGRESSIONS

- Add 1 defender from each team who starts in the middle without a ball and attempts to clear ball from the area.

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed
4. Feint one direction, accelerate into space

GUIDED QUESTIONS

1. What can you do to make sure your ball stays close?
2. How can you avoid bumping into other players?
3. What do you do if see open space in front of you

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 4

Tech Toolkit : Dribbling/Creativity
Shooting

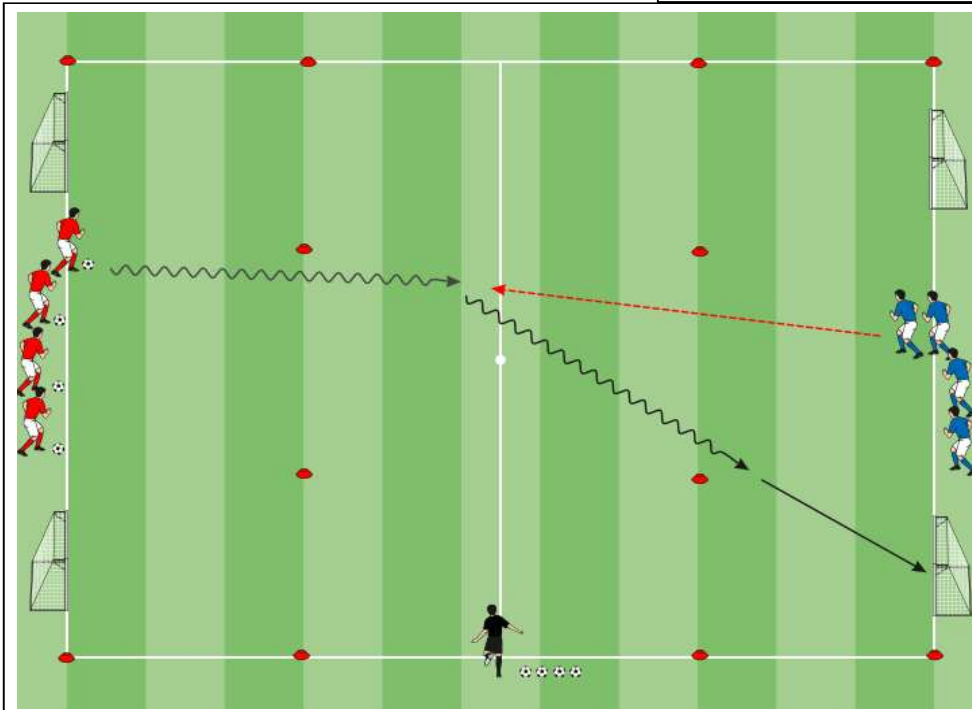
Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach players how and when to use a 1v1 to beat a defender

PHASE 3 – 1v1 / 2v2 TO TWO SMALL GOALS

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- Two teams, Red players with ball
- 20 x 30 yard area with zones
- 2 goals on end line.

DESCRIPTION

- Red player dribbles past 1st red line.
- Blue player defends 1v1.
- Red player attempts to beat defender and score on mini goals.
- Limit touches or time once getting passed final red line.
- Defender can't defend past final red line.
- Blue counter on opposite end line goals if they win ball.
- Once ball goes out of play, two new players enter.

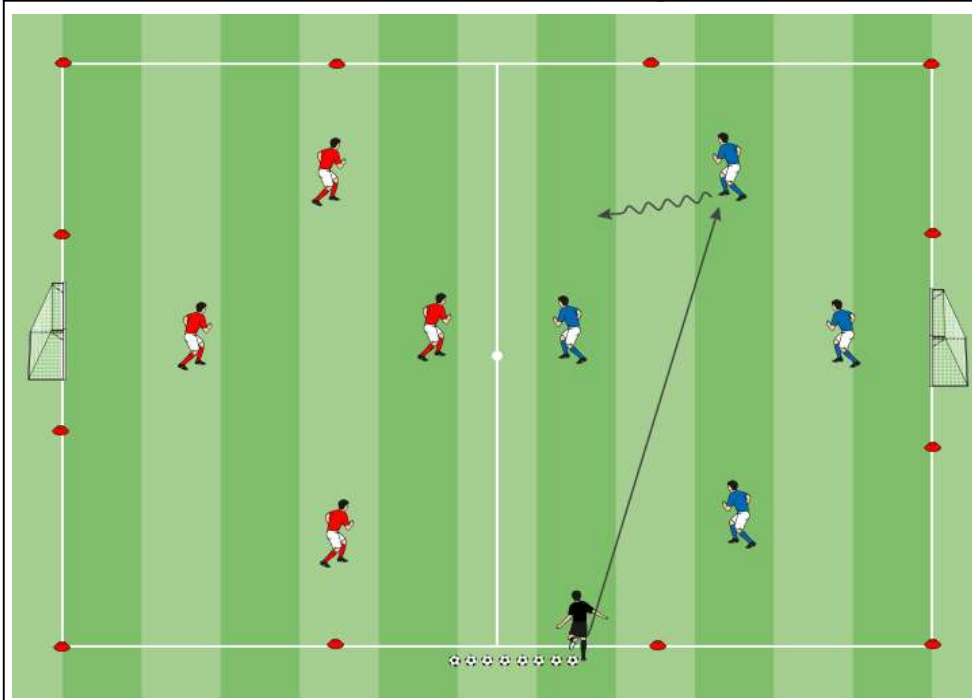
PROGRESSIONS

- Blues can defend past final red line
- Play 2v1 or 2v2

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals

DESCRIPTION

- Play 3v3 to 4v4 full field game
- Play 2x10 minute halves with half time
- Supply of balls at halfway line
- Start with pass to different player each time
- Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space
4. Point toe down when dribbling

GUIDED QUESTIONS

1. What should you do if you someone is blocking your path?
2. Once you beat defender how do you know where to shoot?



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U8 4v4

CURRICULUM

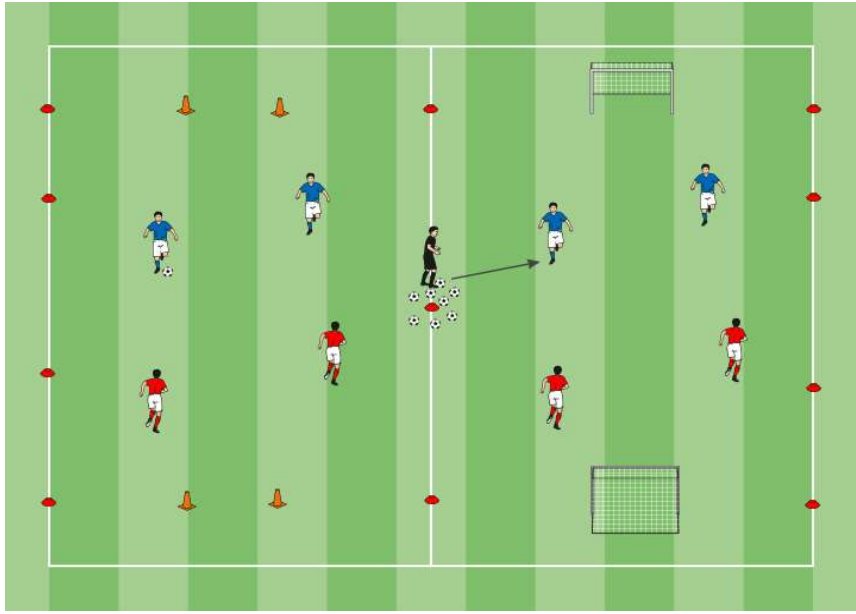
WEEK 5

COACH CHOICE

OR

2v2, 3v3, 4v4 mini tournament

Age : U6	Moment : Attacking/Defending	Area of the field : All field
Week : 5	Tech Toolkit : Dribble/Shoot	Action : Pass or dribble forward / Spread out / Finish
Objective : Mini Tournament style week as an option.		

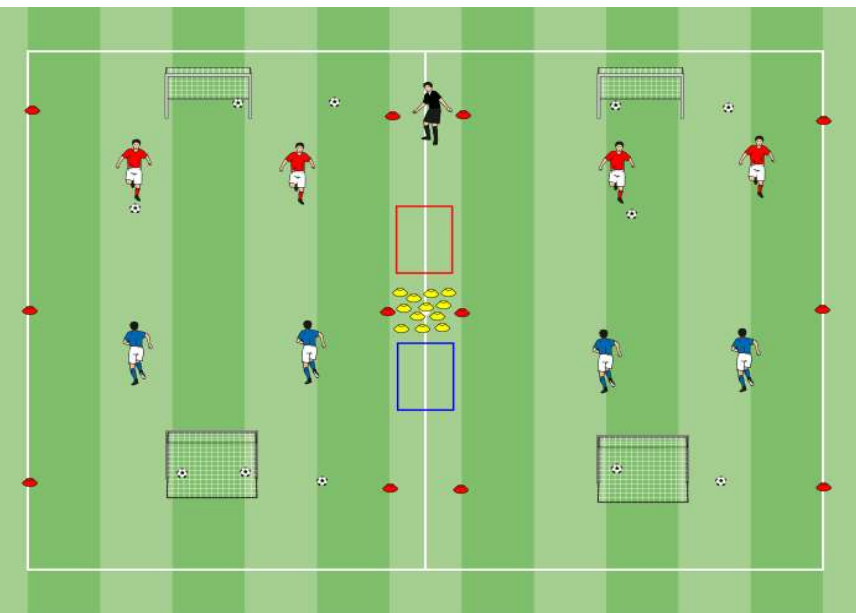
PHASE 1 – PLAY	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 2 x small fields with goals/cones 10/15 wide x 15/20 long</p> <p>DESCRIPTION Play 1v1 as players arrive and build up to 2v2. Use 2nd field to make sure no larger than 2v2. Play 1v1 or 2v2 on 2nd field. Rotate players on each field. Start 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> <p>TECHNICAL TOOLS Close control of ball Dribble at speed Scan field / head up Select surface of foot Spread out Shoot Placement of shot</p>

COACHING POINTS

1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed | 4. Look at goal before shooting

GUIDED QUESTIONS

1. What do you do if someone is blocking your path to goal?
2. How do you keep the ball away from opposition when dribbling?
3. How do you know where the open space is?

PHASE 2 – FUN 2V2 COINS IN THE BANK	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 2v2/3v3 on each field. Each player trying to score on goal. If a player scores a goal they put in a coin in their teams bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. 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> <p>Play 3v3, 4v4 to finish</p> <p>TECHNICAL TOOLS Close control of ball Dribble at speed Scan field / head up Select surface of foot Placement of shot</p>

COACHING POINTS

1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed | 4. Look at goal before shooting

GUIDED QUESTIONS

1. What do you do if someone is blocking your path to goal?
2. How do you keep the ball away from opposition when dribbling?
3. How do you know where the open space is?



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U8 4v4

CURRICULUM

WEEK 6

SHOOTING TECHNIQUE

Lock your ankle | Hit the corners

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 6

Tech Toolkit : Dribbling/Shoot

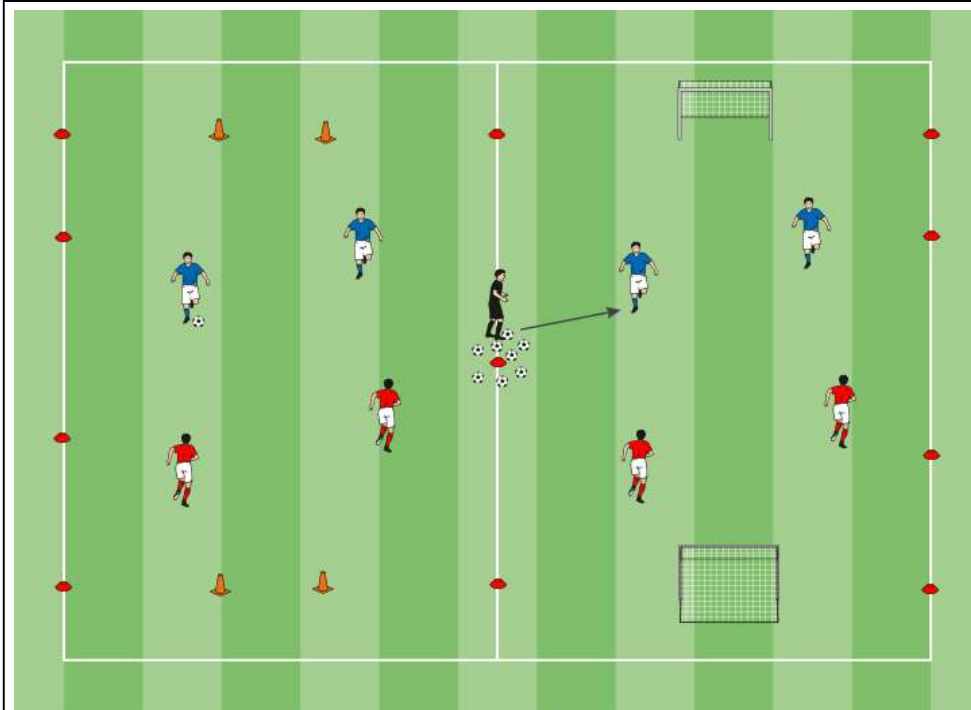
Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

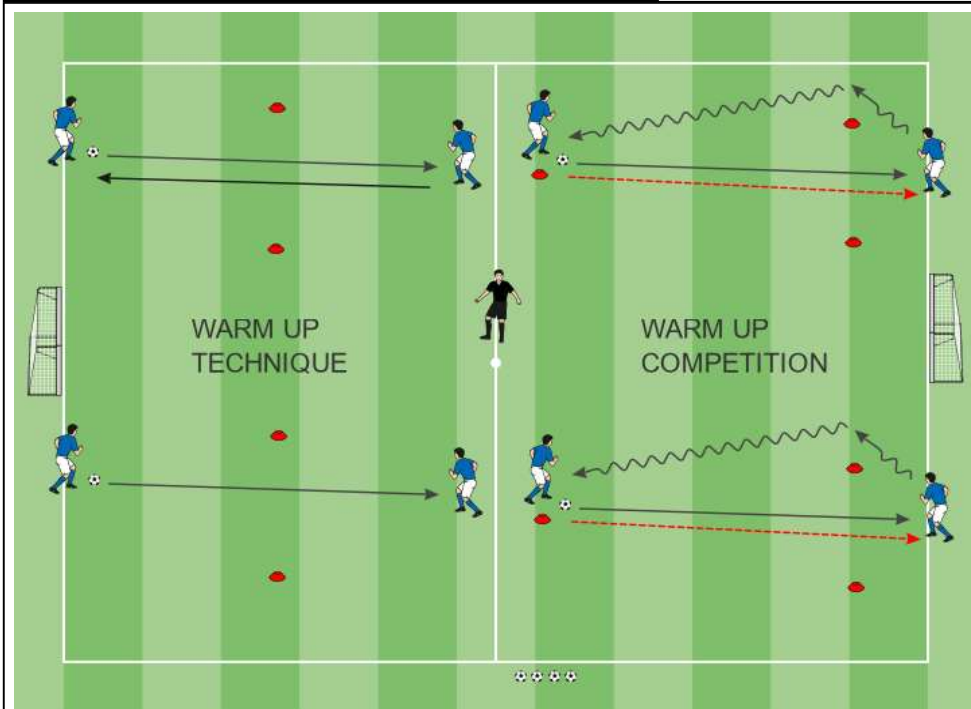
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 12 – SHOOTING TECHNIQUE

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- Place two cones 5–8 yards wide.
- Two players 10–15 yards apart.

DESCRIPTION

- Players begin shooting the ball through the gate to each other
- work on the shooting technique..
- Add in competition (shown on right side) with each pair attempting to score as many goals in 2 minutes.
- One player shoots, the other player waits for ball behind the goal and dribbles to start cone.

PROGRESSIONS

- Create 2 x cone goals, 1v1 shooting to see who can score most goals!

COACHING POINTS

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

GUIDED QUESTIONS

1. Which surface of the foot gives you more power when shooting? (laces)
2. Where should you point your non-kicking foot when shooting? (at the target)

Age : U8 4V4

Moment : Attacking

Area of the field : All field

Week : 6

Tech Toolkit : Dribbling/Shoot

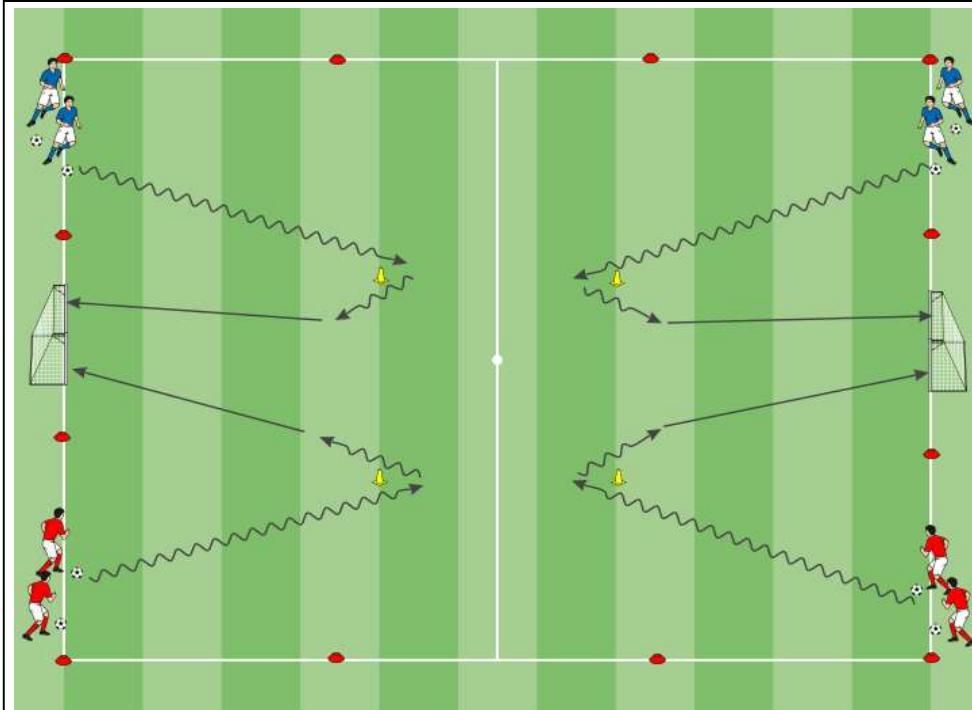
Action : Pass or dribble forward / Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 3 – GOALS, GOALS, GOALS

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- 20 wide x 30 long field with yellow cones for each of the four groups.

DESCRIPTION

- On "Go" command 1 player from each group dribbles to yellow cone and turns to shoot on goal in a race.
- All four players go at the same time in a 1v0 to goal.
- Score a point for shooting ball in the goal. Bonus point for the player that scores first.
- Change sides every couple of minutes.

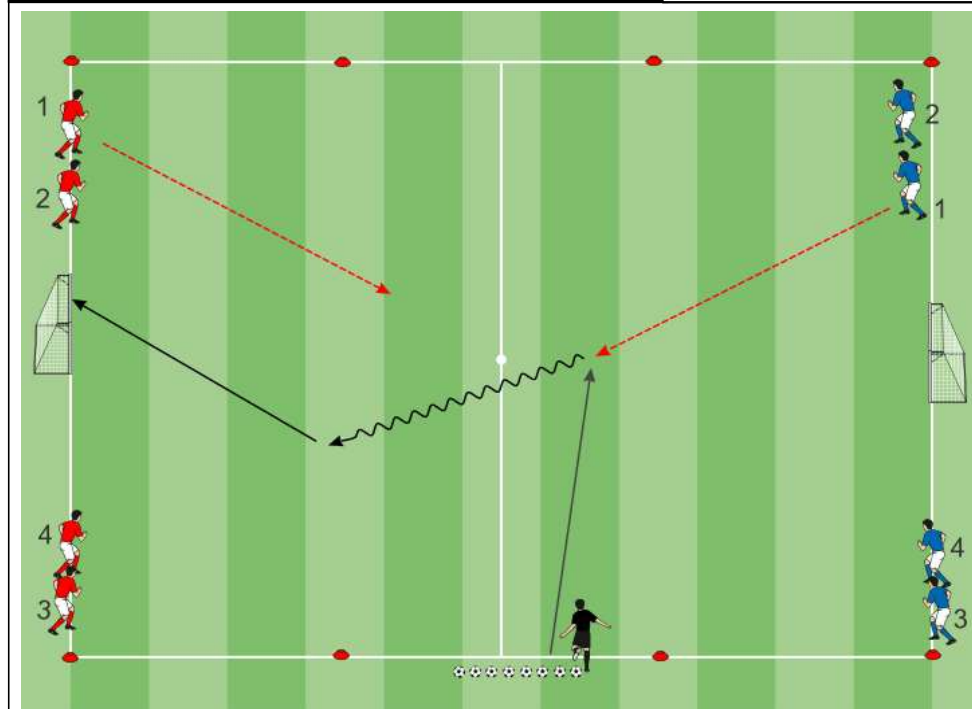
PROGRESSIONS

- Add in cones to dribble through before yellow cone.
- 1 ball between 2 for a 1v1 to goal.

PHASE 4 – NUMBERS GAME TO GOAL

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals Two teams numbered 1-4
- Match up players level on opposite side 1 blue and 1 red same level....

DESCRIPTION

- Coach calls out a number (1 shown) for a 1v1 to goal.
- Attack and defend until goal is scored.
- Return to team and call out next number. If ball goes out of play, round over.

PROGRESSIONS

- 2v1, 2v2, 3v2, 3v3
- End with regular 4v4 with large goal to encourage shooting.

COACHING POINTS

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

GUIDED QUESTIONS

1. When you get past the yellow cone where should you take ball? |
2. How do you know where the goal is before shooting?



ACADEMY

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Healthcare

U8 4v4

CURRICULUM

WEEK 7

PASSING AND RECEIVING

On your toes | Head up | Scan

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 7

Tech Toolkit :
Passing/Receiving

Action : Pass or dribble forward / Spread out / Finish / Create passing options

Objective : To introduce passing and receiving technique, supporting player with ball

PHASE 1 – PLAY

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

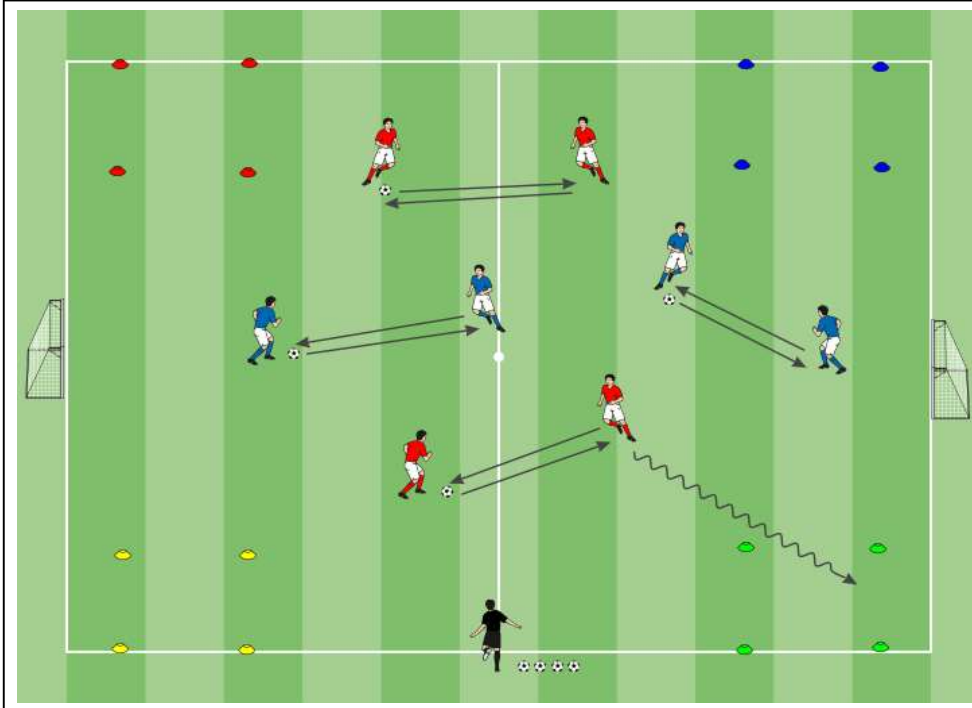
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – PASS & MOVE SQUARES

12 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20x30 area w/ 5x5 squares corners, Two goals.

DESCRIPTION

- Passing in two's working on technique of passing / receiving.
- Now make 3-5 passes before taking the ball to an open square by dribbling.
- Repeat by asking players to pass ball to teammate in an open square encouraging movement off ball to find open square.

PROGRESSIONS

- Extra point for scoring on goal after taking ball to a square.
- Competition by asking players to find as many squares in 2 minutes as possible.
- Groups of 3-4 players passing with 1 ball.

COACHING POINTS

1. Lock ankle, point toe up for inside of foot pass
2. Lock ankle, point toe down for laces pass
3. Plant non-kicking foot by side of ball in direction
4. On your toes when waiting to receive pass

GUIDED QUESTIONS

1. How do you know where to pass the ball?
2. How can you help your teammate find you with a pass?

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 7

Tech Toolkit :
Passing/Receiving

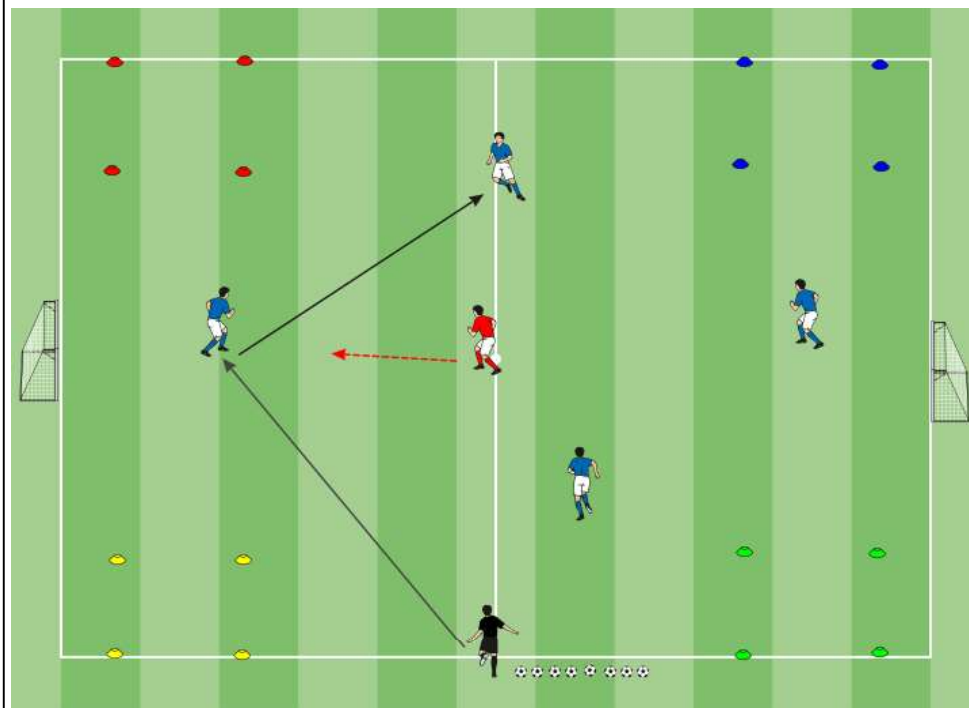
Action : Pass or dribble forward / Spread out / Finish / Create passing options

Objective : To introduce passing and receiving technique, supporting player with ball

PHASE 3 – 3v1 to Goal

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 x 30 yard area with 5x5 squares in each corner. Two goals

DESCRIPTION

- Play a 4 or 5 v 1 to start
- Ball that is passed in from coach. Red defender tries to win ball and score on mini goals.
- Blue players score a point for every pass they receive in one of the four squares.
- Players can't stand in square for longer than 5 seconds.

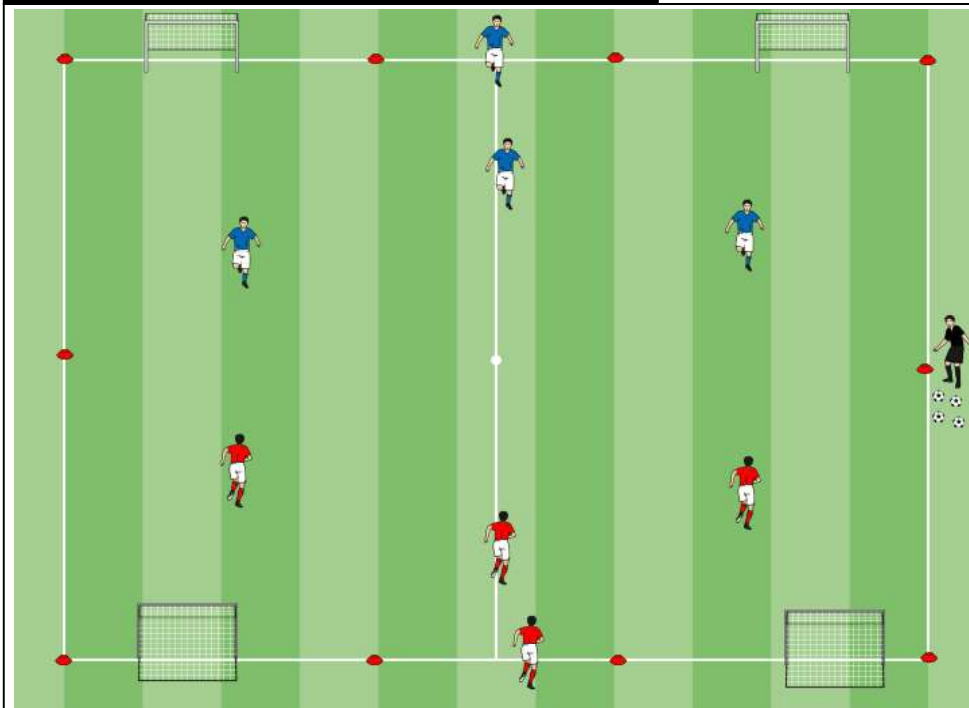
PROGRESSIONS

- Add another defender to make is 4 or 5 v 2.
- Add a 3rd defender

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

20 wide x 30 long field with four goals

DESCRIPTION

Play 3v3 to 4v4 full field game with 4 goals placed to make a wide field to encourage passing, moving and spreading out.

Supply of balls at halfway line

Start with pass to different player each time

Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.

Score a goal by passing into one of the two goals defending team win ball and attack opposite two goals.

Finish with a regular 4v4 game.

COACHING POINTS

1. Plant non-kicking foot by side of ball in direction of pass
2. On your toes when waiting to receive pass
3. Spread out
4. Get open, find space

GUIDED QUESTIONS

1. How do you know where to pass the ball?
2. How can you help your teammate find you with a pass?
3. What should you do after you pass the ball? (move to open space)



ACADEMY

PRESENTED BY  United
Healthcare

U8 4v4

CURRICULUM

WEEK 8

SHOOTING SITUATIONS

Lock your ankle | Hit the corners

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 8

Tech Toolkit : Dribbling/Shoot

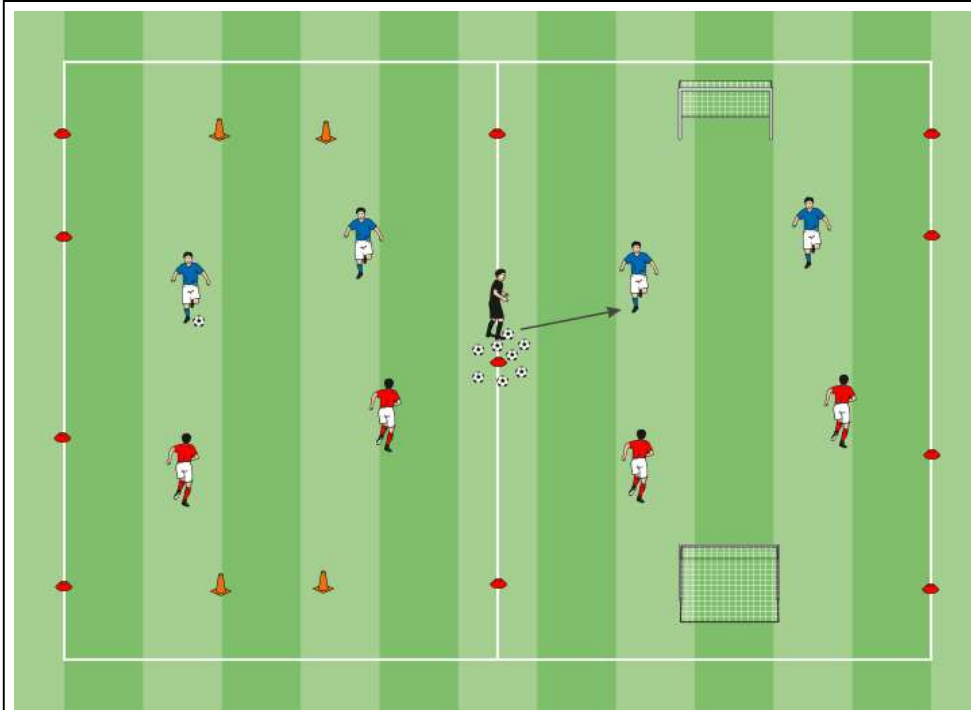
Action : Pass or dribble forward / Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

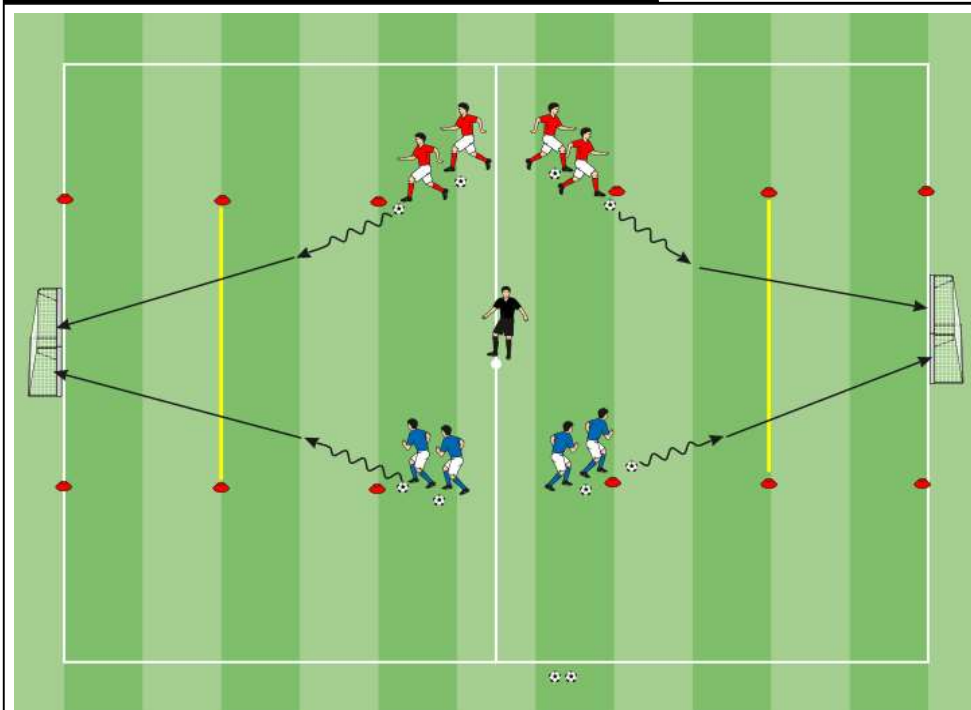
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – SHOOTING COMPETITION

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- Two goals on end line. Mark red cones as shown 5-10 yards apart (adjust based on group).

DESCRIPTION

- Start with ball on furthest cone.
- On "Go" command, players dribble forward and shoot before they reach the closest line of cones to goal.
- 1 point for a goal.
- Collect ball and dribble around outside.
- Next player starts after player in front has shot.
- Team with most goals after 3 minutes wins.

PROGRESSIONS

- Perform 10 ball mastery touches while player in front is dribbling to goal.

COACHING POINTS

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

GUIDED QUESTIONS

1. Where should you look before you shoot the ball?
2. Which surface of the foot gives most control, toe or laces?

Age : U8 4V4

Moment : Attacking

Area of the field : All field

Week : 8

Tech Toolkit : Dribbling/Shoot

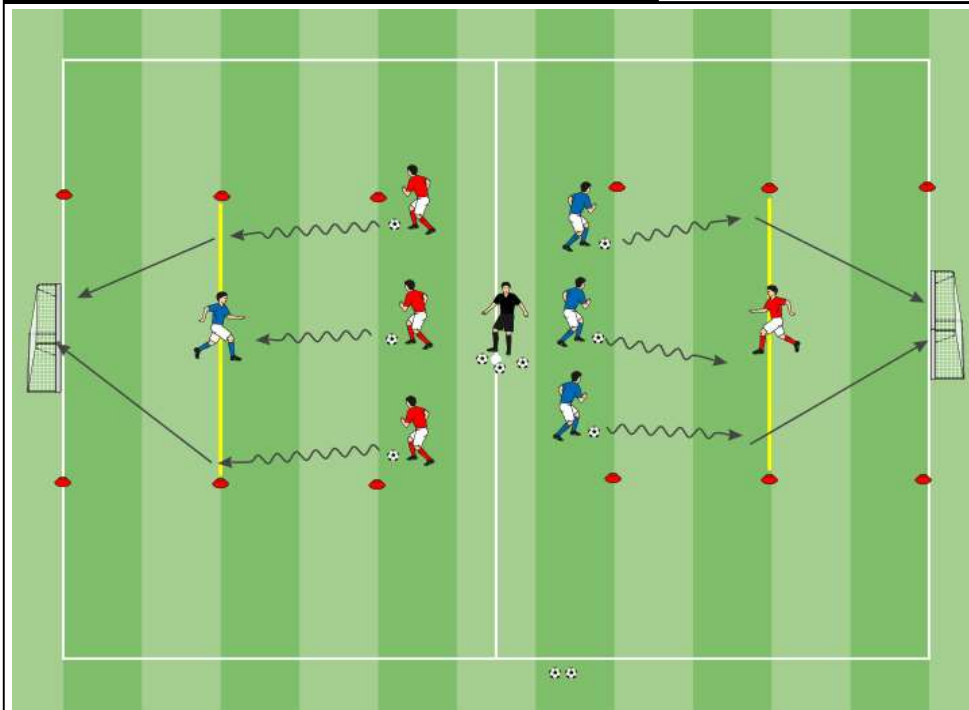
Action : Pass or dribble forward / Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 3 – GOALS, GOALS, GOALS

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- Two goals on end line. Mark red cones as shown 5-10 yards apart (adjust based on group).

DESCRIPTION

- Same activity as phase 2 but now add a defender for each team.
- Start with defender only allowed to move side to side.
- Players must beat the defender before shooting on goal.
- Adjust the distance from goal. Defender clears ball by kicking the ball out of the area. Attacking players dribble ball back to start line.

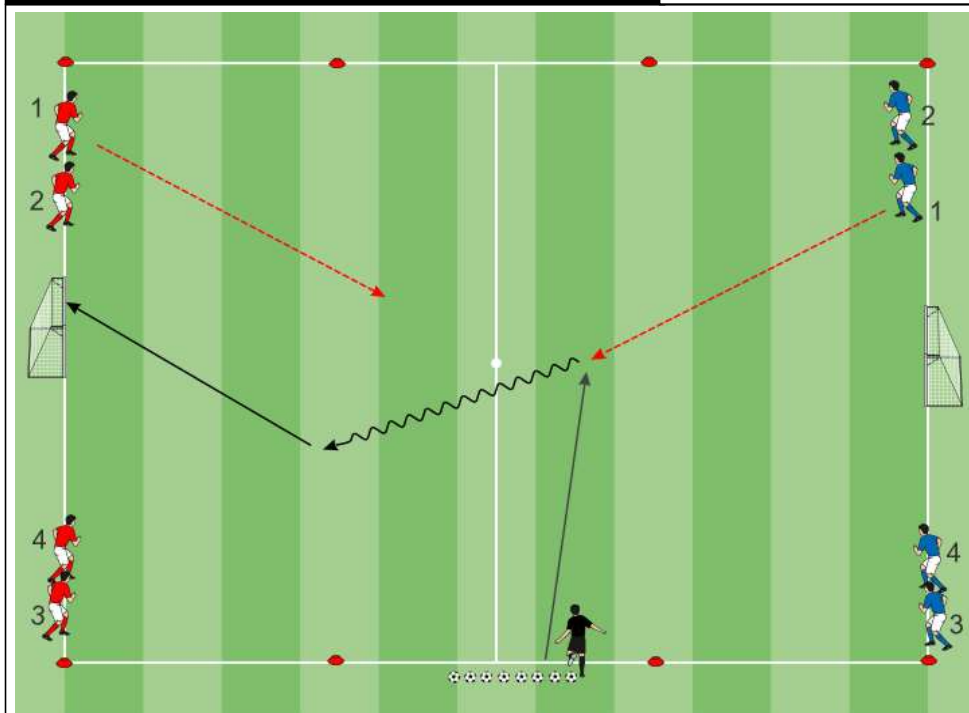
PROGRESSIONS

- Add a 2nd defender.

PHASE 4 – NUMBERS GAME TO GOAL

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals with cones.
- Two teams numbered 1-4
- Match up players level on opposite side 1 blue and 1 red same level...

DESCRIPTION

- Coach calls out a number (1 shown) for a 1v1 to goal.
- Attack and defend until goal is scored.
- Return to team and call out next number.
- If ball goes out of play, round over.

PROGRESSIONS

- 2v1, 2v2, 3v2, 3v3
- End with regular 4v4 with large goal to encourage shooting.

COACHING POINTS

1. Head up to see opponents, space & teammates
4. Place non-kicking foot alongside ball pointi at target
3. Look at goal before shooting
4. Follow through to target

GUIDED QUESTIONS

1. When should you dribble, when should you shoot?
2. I f you beat the defender where should you dribble?



ACADEMY

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U8 4v4

CURRICULUM

WEEK 9

MOVES TO UNBALANCE

Be creative | Take risks | Drive into space

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 9

Tech Toolkit :
Dribbling/Shoot/Creativity

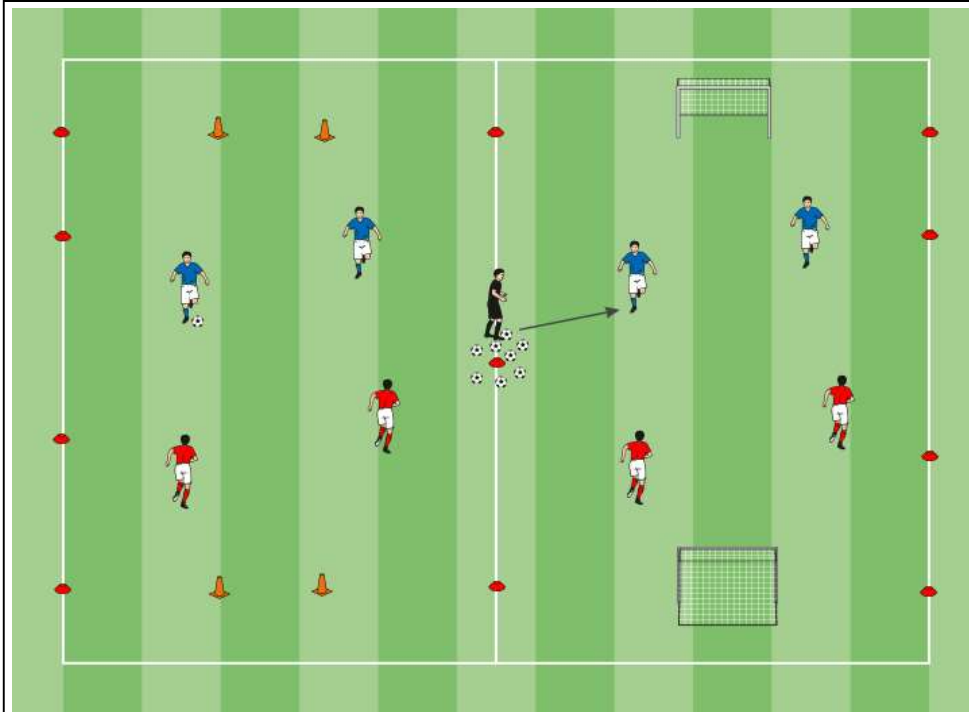
Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

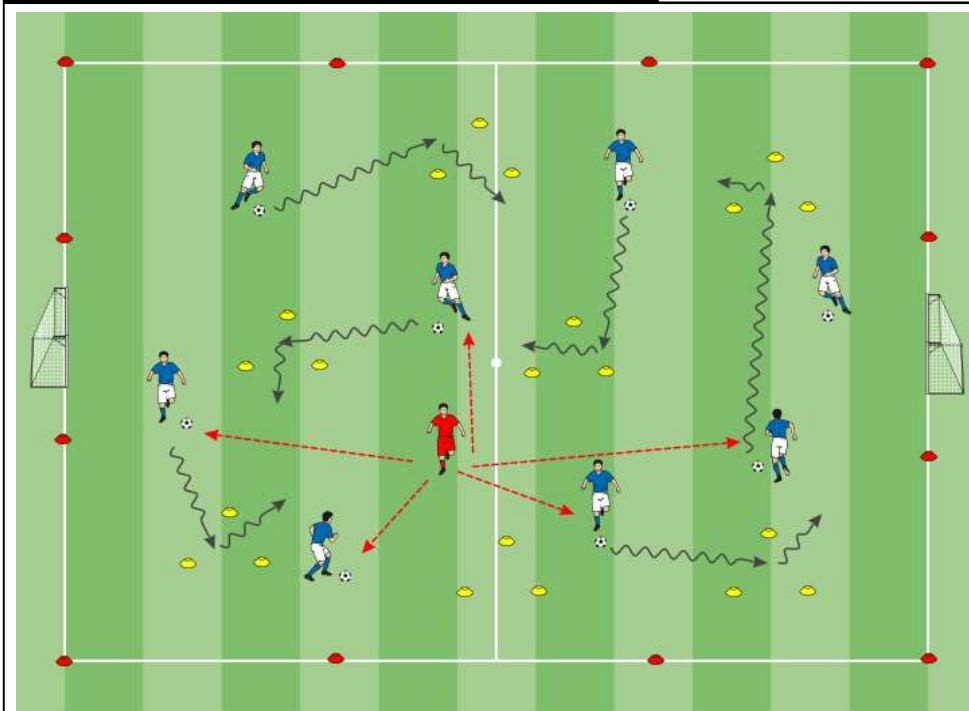
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – SAFE BASE

12 MINUTES

3 MINUTES PLAY | 1 MINUTE REST



SET UP

- 20 x 15 yard area with small triangles marked with yellow cones.

DESCRIPTION

- Players dribble ball away from red player stopping in a safe base (triangle)
- Red player attempts to tag player which freezes them for 10 seconds.
- 1 point for every base visited.
- Set a target number of bases for the team to score
- Change Red player each time.

PROGRESSIONS

- Add 2nd and 3rd defender

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Larger touches to change speed
4. Use different surfaces of foot to dribble and stop ball

GUIDED QUESTIONS

1. How do you know where the nearest open base is?
2. How can you avoid the red defender?

Age : U6

Moment : Attacking

Area of the field : All field

Week : 9

Tech Toolkit : Dribbling/Shoot

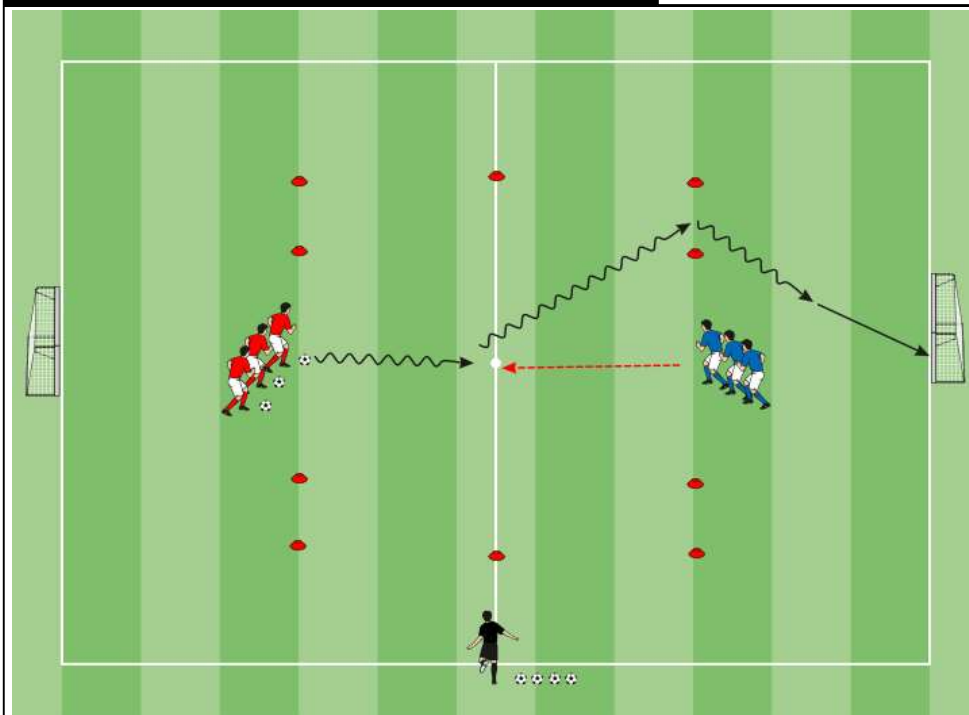
Action : Pass or dribble forward / Spread out / Finish

Objective : To create chances by using 1v1 moves to unbalance opponent

PHASE 3 – GOALS, GOALS, GOALS

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 20 wide x 15 yard rectangle with 4 x 3 yard wide gates.
- Use large goals as shown or cones for goals.

DESCRIPTION

- Red player attempts to dribble and beat blue player 1v1.
- Round 1 a point for dribbling through wide gate. If blue player wins ball they attack opposite wide gates.
- In round 2 now give an extra point for scoring on goal after making it through gate.
- Provide a time in which to score (5 seconds).

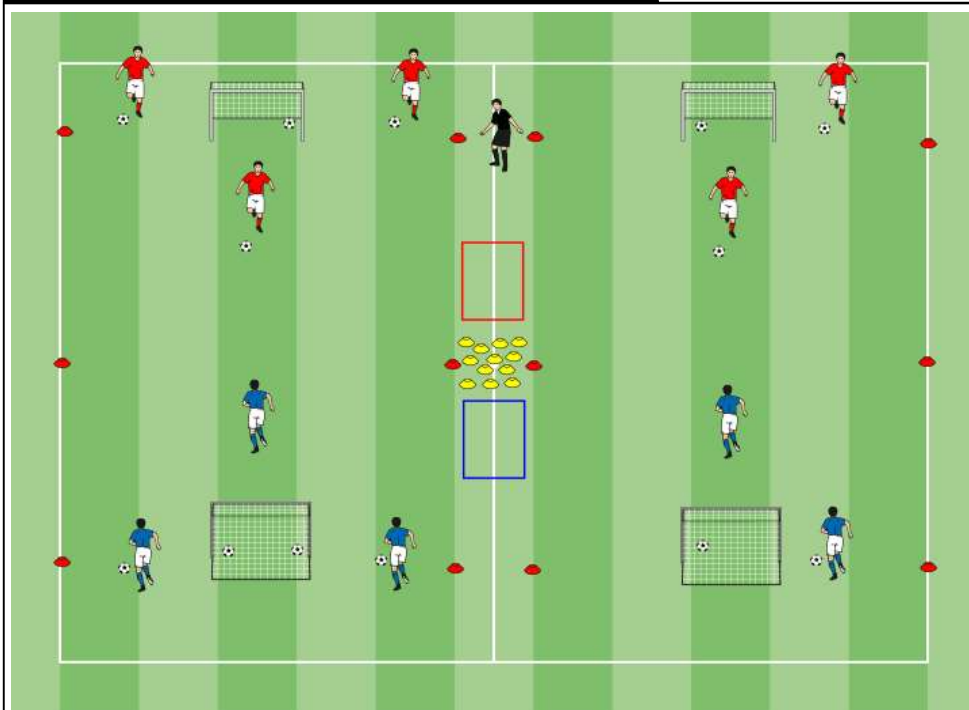
PROGRESSIONS

- Start with a pass from opposing team or from coach
- Play 2v1 or 2v2

PHASE 4 – 1v1 FUN COINS IN THE BANK

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

DESCRIPTION

- Play 1v1 on each field.
- If a player scores a goal they put in a coin in their teams bank (cone in red or blue square).
- Both fields go at the same time. First combined team score of 5 coins wins.
- Rotate players on each field.
- Start with large supply of balls in between fields.
- Get another ball in quickly.

End with 4v4 Full Field Game

COACHING POINTS

1. Small touches to keep ball close
2. Use feints (scissors, fake & take) to unbalance defender
3. Dribble at speed after finding an opening
4. Use body to exaggerate the feint / 1v1 move.

GUIDED QUESTIONS

1. When should you use 1v1 move?
2. What should you do if you create an opening?
3. How do you know where the open gate/space is?



ACADEMY

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Healthcare

U8 4v4

CURRICULUM

WEEK 10

COACH CHOICE



Age : U6	Moment :	Area of the field : All field
Week : 5	Tech Toolkit :	Action :
Objective :		

PHASE 1 – PLAY	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		SET UP DESCRIPTION TECHNICAL TOOLS
COACHING POINTS		

PHASE 2 –	12 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		SET UP DESCRIPTION TECHNICAL TOOLS
COACHING POINTS		



Age : U6	Moment :	Area of the field : All field
Week : 5	Tech Toolkit :	Action :
Objective :		

PHASE 3 –	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		SET UP DESCRIPTION TECHNICAL TOOLS
COACHING POINTS		

PHASE 4 – PLAY	12 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		SET UP DESCRIPTION TECHNICAL TOOLS
COACHING POINTS		



ACADEMY

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U8 4v4

CURRICULUM

WEEK 11

PASSING AND RECEIVING

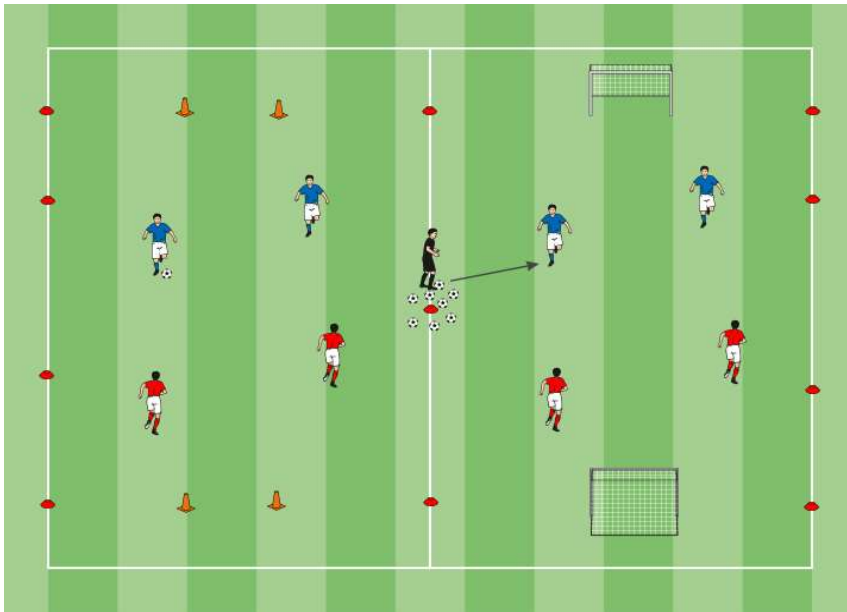
On your toes | Scan the field

Age : U8 4v4	Moment : Attacking	Area of the field : All field
Week : 11	Tech Toolkit : Passing/Receiving	Action : Pass or dribble forward / Spread out / Finish / Create passing options
Objective : To introduce passing and receiving technique, supporting player with ball		

PHASE 1 – PLAY

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

2 x small fields with goals/cones
10/15 wide x 15/20 long

DESCRIPTION

Play 1v1 as players arrive and build up to 2v2. Use 2nd field to make sure no larger than 3v3. 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.

TECHNICAL TOOLS

Close control of ball
Dribble at speed
Scan field / head up
Select surface of foot
Spread out
Shoot
Placement of shot

COACHING POINTS

1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed | 4. Look at goal before shooting

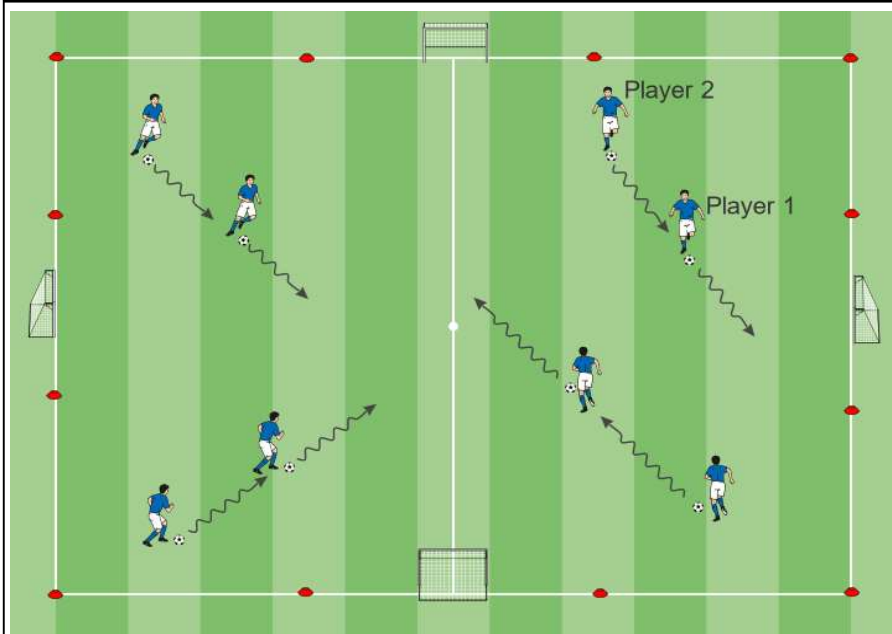
GUIDED QUESTIONS

1. What do you do if someone is blocking your path to goal?
2. How do you keep the ball away from opposition when dribbling?
3. How do you know where the open space is?

PHASE 2 – FOLLOW THE LEADER

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

20 x 30 yard area with 4 goals set up as shown. Players in groups of 2 with a ball each.

DESCRIPTION

Players 1 dribbles their ball as the leader with player 2 following by dribbling their ball. When coach shouts FREEZE both players stop their balls, player 2 attempts to hit player 1's ball by passing on ground. Switch roles each time. (to start with an easier game, player 1 is without a ball and player 2 dribbles to follow, attempting a pass through player 1's legs when coach shouts freeze).

PROGRESSIONS

On "GOAL" command first of two players to score on any of four goals gets a point. Same but 1 player defends the other in a 1v1 to goal.

TECHNICAL TOOLS

Scan field / head up | Select surface of foot
Pace/Weight of pass

- #### COACHING POINTS
1. Lock ankle, point toe up for inside of foot pass | 2. Lock ankle, point toe down for laces pass
 3. Plant non-kicking foot by side of ball in direction of pass | 4. On your toes when waiting to receive pass

GUIDED QUESTIONS

1. How do you know where to pass the ball? | 2. How can you help your teammate find you with a pass?

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 11

Tech Toolkit :
Passing/Receiving

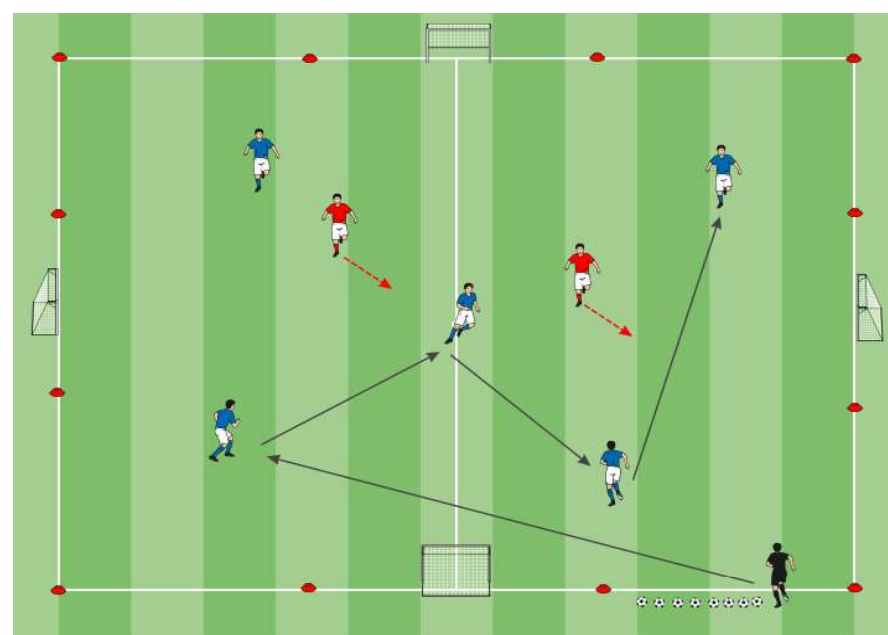
Action : Pass or dribble forward / Spread out / Finish / Create passing options

Objective : To introduce passing and receiving technique, supporting player with ball

PHASE 3 – 5v2 TO GOAL

12 MINUTES

4 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 x 30 yard area with 5x5 squares in each corner. Two goals set up as shown.

DESCRIPTION

Play a 4 or 5 v 1 to start, blue with the ball that is passed in from coach. Red defender tries to win ball and score on mini goals. Blue players score a point for every 5 passes they make in a row. After 5th pass the blue team can score on any of the 4 goals for another point.

PROGRESSIONS

Add another defender to make is 4 or 5 v 2.
Add a 3rd defender

TECHNICAL TOOLS

Scan field / head up Select surface of foot
Pace/Weight of pass Preparation to receive

COACHING POINTS 1. Lock ankle, point toe up for inside of foot pass | 2. Lock ankle, point toe down for laces pass
3. Plant non-kicking foot by side of ball in direction of pass | 4. On your toes when waiting to receive pass

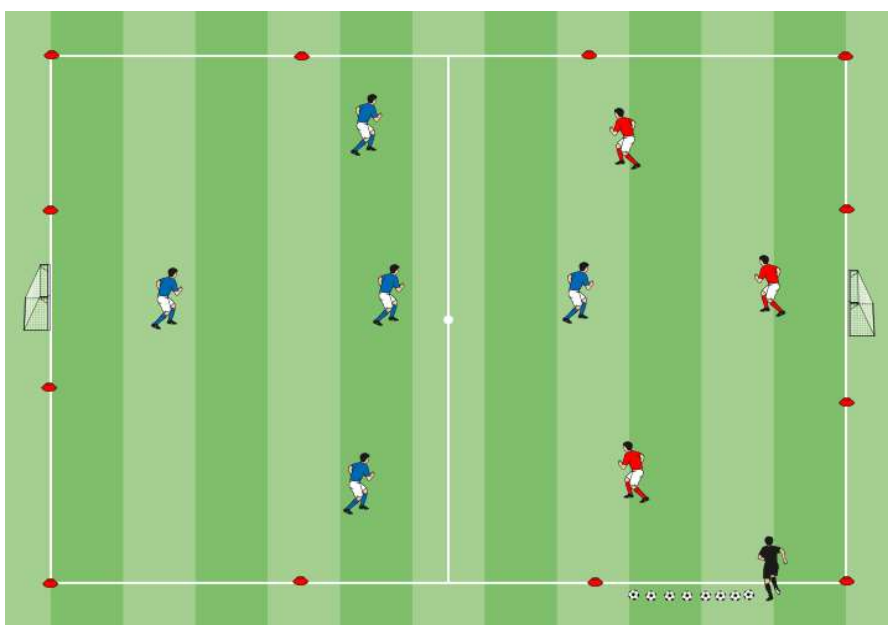
GUIDED QUESTIONS

- How do you know where to pass the ball? | 2. How can you help your teammate find you with a pass?
- What should you do after you pass the ball? (move to open space)

PHASE 4 – PLAY

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

20 wide x 30 long field with four goals

DESCRIPTION

Play 3v3 to 4v4 full field game with 4 goals placed to make a wide field to encourage passing, moving and spreading out.
Supply of balls at halfway line
Start with pass to different player each time
Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.
Score a goal by passing into one of the two goals
defending team win ball and attack opposite two goals.

Finish with a regular 4v4 game.

TECHNICAL TOOLS

Scan field / head up Select surface of foot
Pace/Weight of pass Preparation to receive

COACHING POINTS 1. Head up to see space, opponent & teammates | 2. On your toes when waiting to receive pass
3. Support teammate by spreading out and asking for the ball

GUIDED QUESTIONS

- What should you do if one of the two goals is blocked? | 2. How can you make the field large and wide?
- What should you do after you pass the ball? (move to open space)



ACADEMY

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Healthcare

U8 4v4

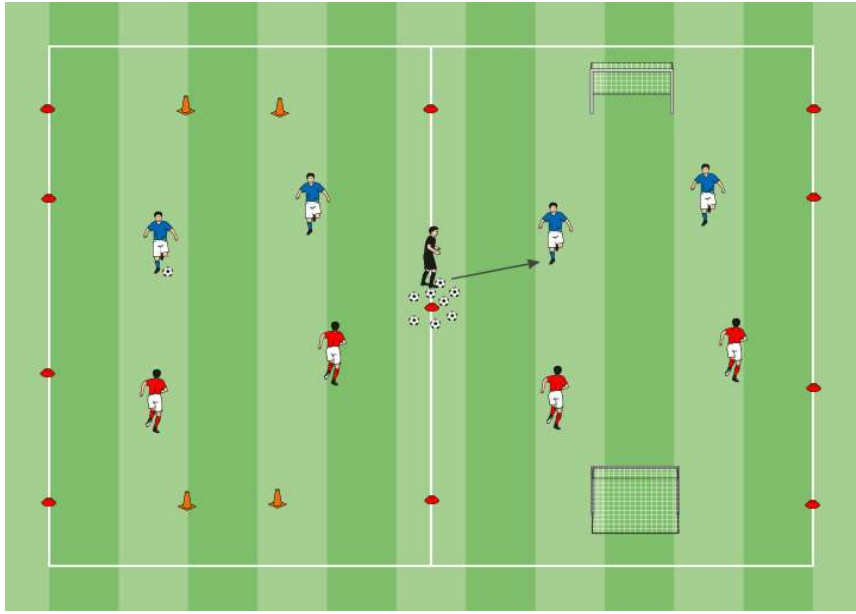
CURRICULUM

WEEK 12

DRIBBLING

Be Creative | Be Exciting | Be Unique

Age : U8 4v4	Moment : Attacking	Area of the field : All field
Week : 12	Tech Toolkit : Dribbling/Shooting	Action : Pass or dribble forward / Spread out / Finish
Objective : To teach players basic touches, ball mastery, dribbling with stopping.		

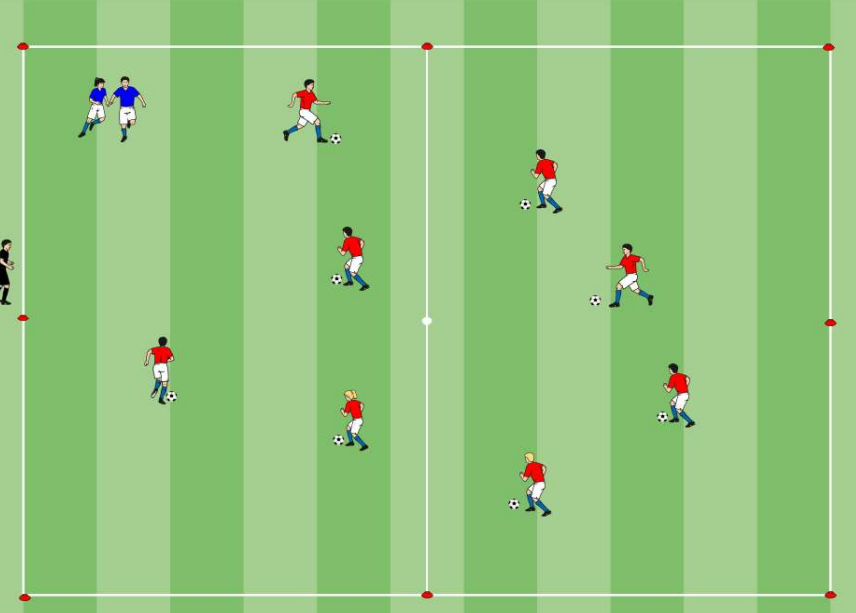
PHASE 1 – PLAY	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 2 x small fields with goals/cones 10/15 wide x 15/20 long</p> <p>DESCRIPTION Play 1v1 as players arrive and build up to 2v2. Use 2nd field to make sure no larger than 3V3. Play 1v1 or 2v2 on 2nd field. Rotate players on each field. Start 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> <p>TECHNICAL TOOLS Close control of ball Dribble at speed Scan field / head up Select surface of foot Spread out Shoot Placement of shot</p>

COACHING POINTS

1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed | 4. Look at goal before shooting

GUIDED QUESTIONS

1. What do you do if someone is blocking your path to goal?
2. How do you keep the ball away from opposition when dribbling?
3. How do you know where the open space is?

PHASE 2 – SNAKE	15 MINUTES	2 MIN PLAY 30 SEC REST
		<p>SET UP 15yds/20yds field 2 players with pinnies and holding hands Every other player should have ball</p> <p>DESCRIPTION 2 players will start off holding hands with out a ball. All other players will dribble around, once Coach shouts "Go!" the two players without the ball will work together and try to tag a player with the ball. Once player is tagged, they will join hands with the others and the "snake becomes bigger and bigger until all players are tagged.</p> <p>TECHNICAL TOOLS Close control of ball Change of speed Scan field / head up Select surface of foot</p>

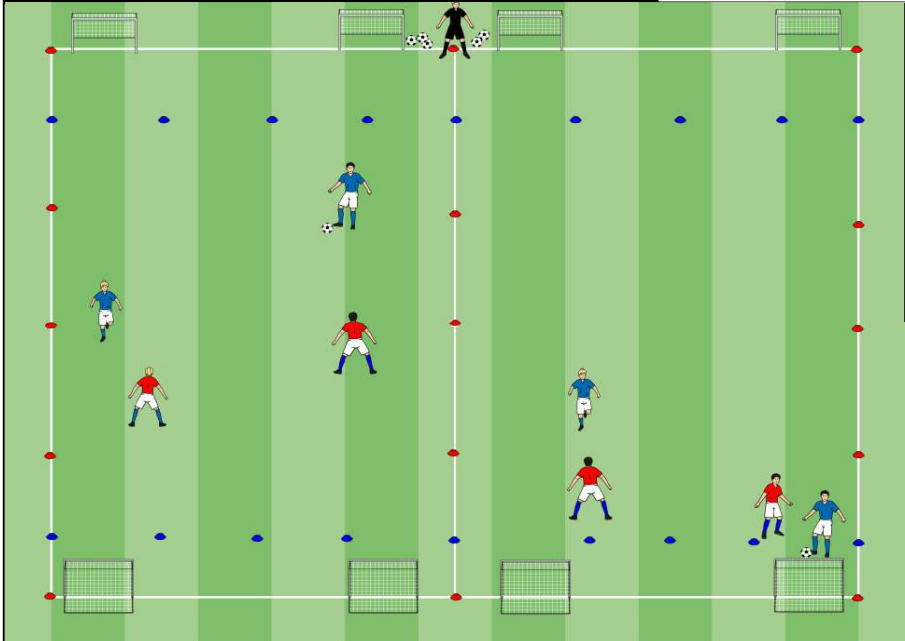
COACHING POINTS

1. Small touches to keep ball close | 2. Head up to see the snake
3. Bigger touches to run away from snake

GUIDED QUESTIONS

1. What can we do while dribbling to see where the snake is? 2) What can we do as taggers to tag more players? (Communicate)

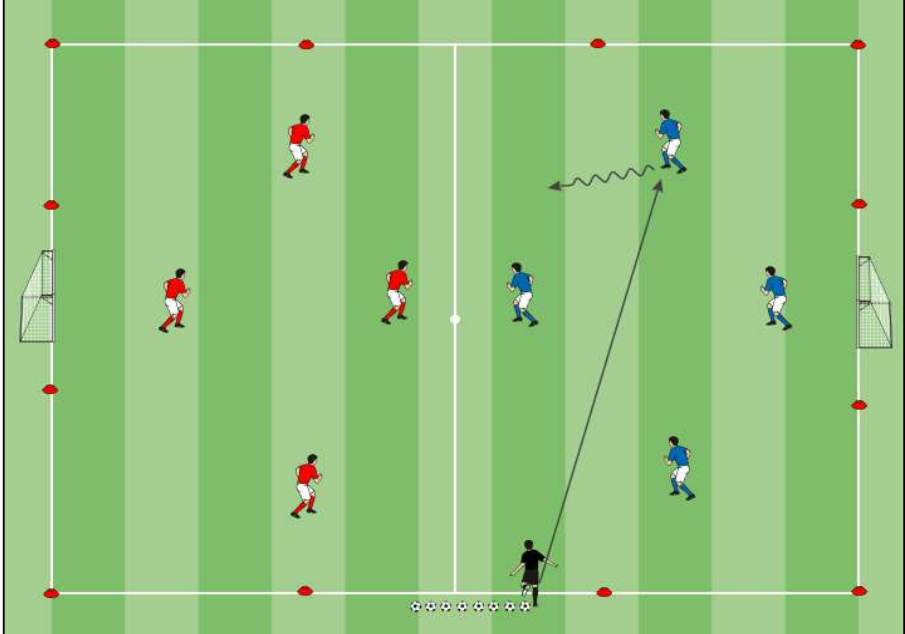
Age : U8 4v4	Moment : Attacking	Area of the field : All field
Week : 12	Tech Toolkit : Dribbling/Shooting	Action : Pass or dribble forward / Spread out / Finish
Objective : To teach players basic touches, ball mastery, dribbling with stopping.		

PHASE 3 – 2v2 or 3v3 with zones	15 MINUTES	4 MINUTE PLAY 1 MINUTE REST
		
<p>SET UP 15yds x 20yds Fields Players should be split 2v2 or 3v3</p> <p>DESCRIPTION Players will be split into two teams (1v1, 2v2, 3v3) and play a normal 4 goal game. Players are not allowed to shoot the ball until they have crossed the blue cones. Coaches need to encourage creativity and imagination to beat players 1v1 and accelerate to the blue cones to finish.</p> <p>TECHNICAL TOOLS Close control of ball Accelerate towards goal Scan field/Find open space</p>		

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches for control then larger touches to change speed | 4. Accelerate to blue cones to finish with inside foot.

GUIDED QUESTIONS

1. When should your dribble, when should you shoot? | 2. How can you help your teammate when they have the ball?
3. Which part of the foot should use to finish when you cross the blue cones?

PHASE 4 – PLAY	20 MINUTES	10 MINUTE PLAY 3 MINUTE REST
		
<p>SET UP 20 wide x 30 long field with two goals</p> <p>DESCRIPTION Play 3v3 to 4v4 full field game Play 2x10 minute halves with half time Supply of balls at halfway line Start with pass to different player each time Encourage players to SPREAD OUT by giving player with ball room to dribble/pass/shoot.</p> <p>TECHNICAL TOOLS Dribbling Close control of ball Dribble at speed Scan field / head up Select surface of foot Shooting Placement of finish Select surface of foot</p>		

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches for control then larger touches to change speed

GUIDED QUESTIONS

1. When should your dribble, when should you shoot? | 2. How can you help your teammate when they have the ball?



ACADEMY

PRESENTED BY  United
Healthcare

U8 4v4

CURRICULUM

**ADDITIONAL
GAMES**

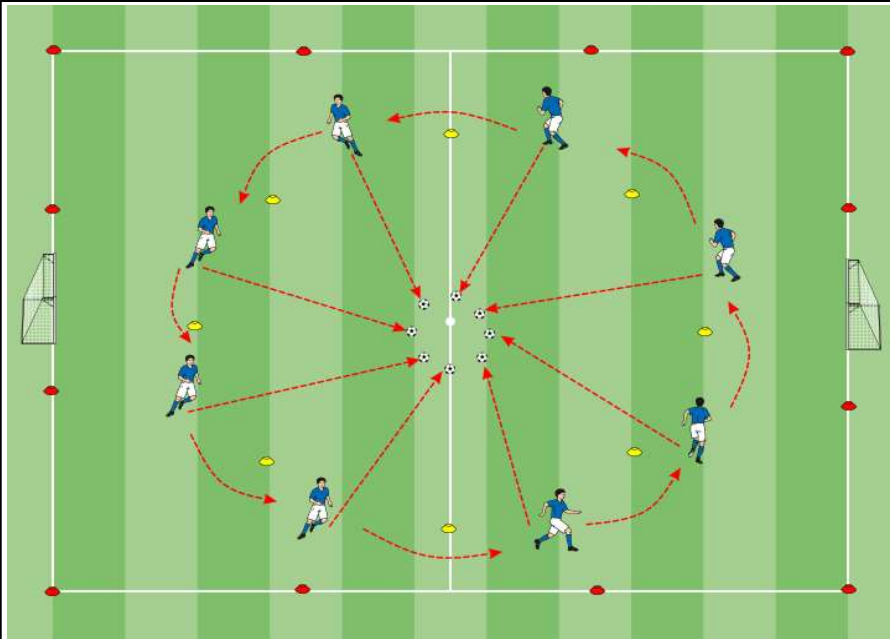
EDUCATE . CONNECT . INSPIRE

DRIBBLING

PHASE 2 – CIRCLE DRIBBLING

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

Players spread out around a circle of cones with balls place in the middle.

DESCRIPTION

On "Go" command, players run around outside of circle waiting for coach to shout "Ball" at which time they run to ball in middle to perform 10 sole taps, first to do 10 wins. Remove a ball (similar to musical chairs!). Give different ball mastery touches each time. Add in the first to dribble ball to an outside yellow cone. Add in players hopping with both feet together on outside to work on coordination and agility.

PROGRESSIONS

Players now dribble own ball around grid and leave one ball on a cone in middle, first to knock ball off cone wins.

PLAYER ACTIONS

Close control of ball	Dribble at speed
Scan field / head up	Select surface of foot
Stop the ball	

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed | 4. Use different surfaces of foot to dribble and stop ball

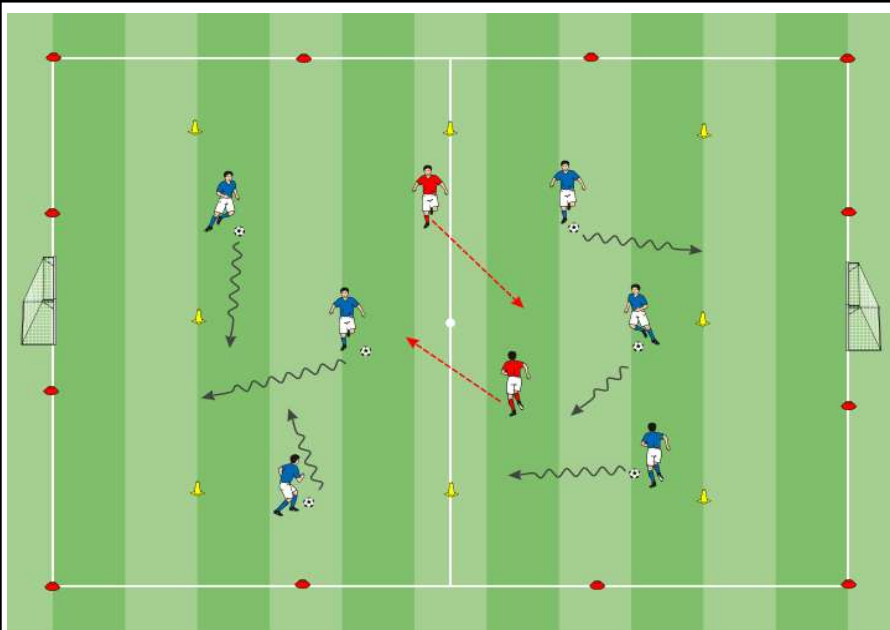
GUIDED QUESTIONS

1. How can you keep the ball near the circle when dribbling? | 2. When racing to the middle how can you move ball quicker?

PHASE 3 – STUCK IN THE MUD

12 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

20 X 15 Yard area with cones. Blue players with a ball, Red players without a ball

DESCRIPTION

Dribblers in blue must dribble away from the red players who can tag with their hands. Once tagged a blue player must put their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for blue players to avoid tag or red players hopping on one leg.

PROGRESSIONS

Add more taggers
Add a "safe area" by putting a square of cones in grid, blue players can hide in this area and look for open space.

PLAYER ACTIONS

Close control of ball	Dribble at speed
Scan field / head up	Balance Protect the ball

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. Bend knees, get low, use body to shield ball from opponent

GUIDED QUESTIONS

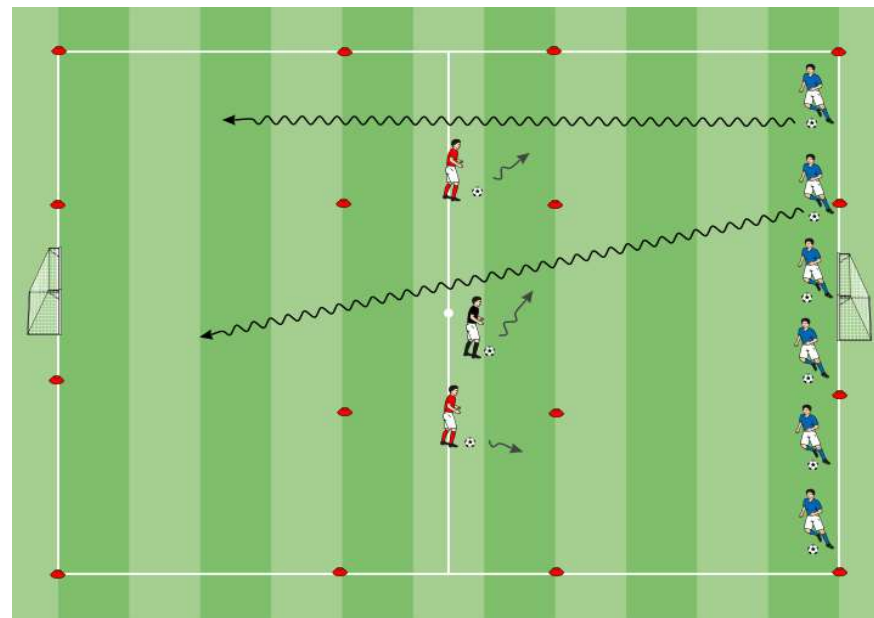
1. How can you keep ball away from opponent? | 2. How can move the ball quicker when escaping?

DRIBBLING

SLOW | FAST | SLOW BUMPER CARS

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 wide x 30 long field with middle channel 8 yards wide with two goals.

DESCRIPTION

Players with ball on end line with their "cars" the ball. Practice without any pressure first, drive slowly and then change speed through the red marked zone and stop ball on opposite end line.

SLOW | FAST | SLOW

Now introduce two bumper cars (coach can play too!) who try to bump the other cars out with their car/ball or cause a "Crash".

Blue players try to avoid crash and get to other side unscathed!

PROGRESSIONS

After crossing safely, score on goal

PLAYER ACTIONS

Close control of ball
Dribble at speed
Scan field / head up
Select surface of foot

COACHING POINTS 1. Small touches to keep ball close
3. Larger touches to accelerate into space

2. Head up to see opponents, space & teammates
4. Point toe down, quick touches with laces

GUIDED QUESTIONS

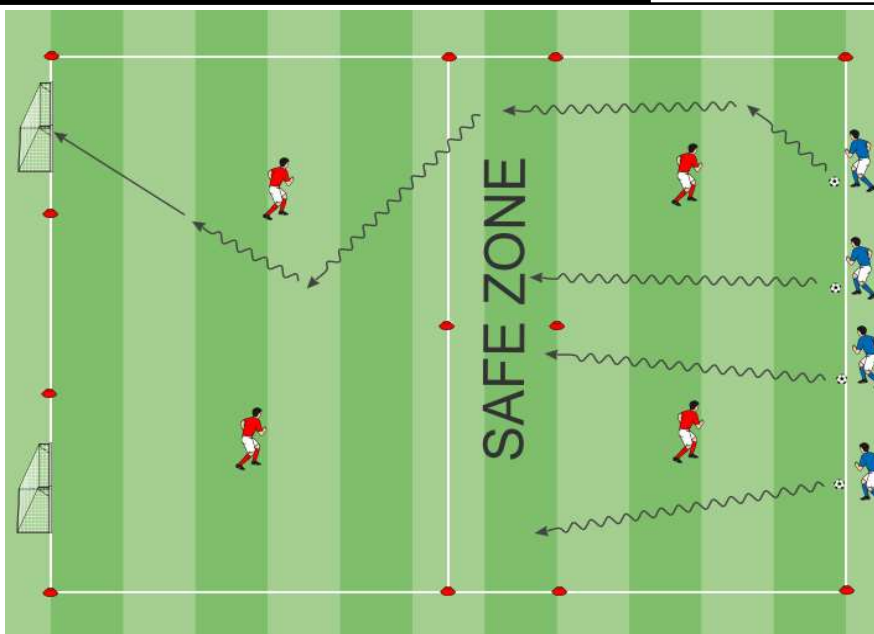
1. What should you do if you see a car blocking your way?

2. If you want to drive faster, what can you do?

RUN THE GAUNTLET

10 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

Split group into two teams. Blue players with ball each. Set up zones in 20 x 15 yard area (make larger based on the group). 2 goals on end line.

DESCRIPTION

On "Go" command red players attempt to get past first gauntlet which means dribbling and stopping ball in safe zone. 2 red defenders try to kick balls out, if ball goes out blue player has to start again. When all 4 players make it to the safe zone, start next phase of gauntlet. All 4 players have 2 minutes to score as many goals as possible, if you score OR your ball is kicked out, start back at safe zone. After a completed round, red and blue team switch.

PROGRESSIONS

Remove Safe Zone.

PLAYER ACTIONS

Close control of ball
Scan field / head up
Shoot
Change of speed
Select surface of foot
Placement of shot

COACHING POINTS 1. Small touches to keep ball close
3. Larger touches to accelerate into space

2. Head up to see opponents, space & teammates
4. Point toe down, quick touches with laces

GUIDED QUESTIONS

1. What should you do if you someone is blocking your path?

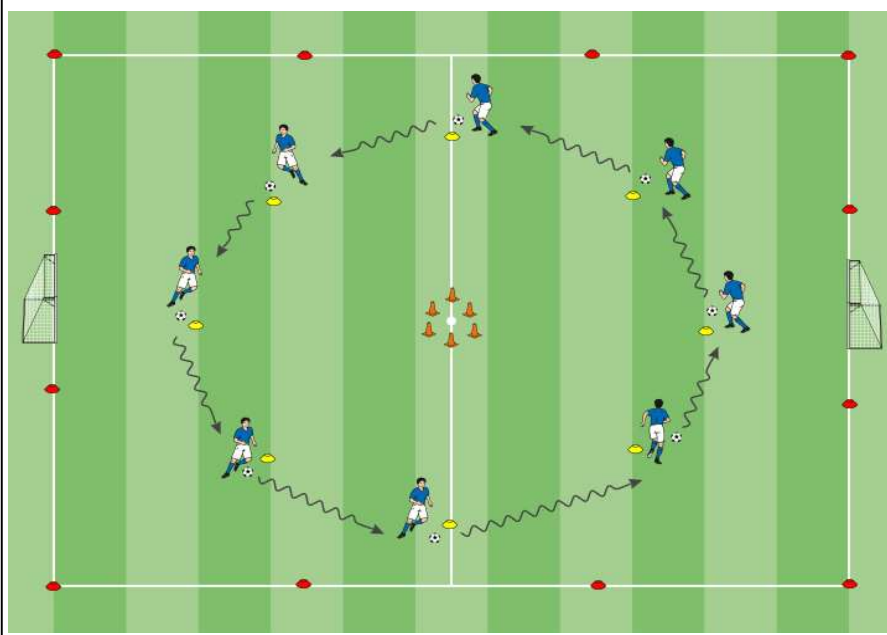
2. Once you beat last defender how do you know where to shoot?

DRIBBLING

PHASE 2 – WORLD CUP DRIBBLING

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

Place cones in a circle with a some tall cones in the middle in a tight area. Each player with own ball

DESCRIPTION

Players start with foot on ball at their own cone. On the “green light” signal all players dribble around the circle. On “Red Light” they stop. Make it into a race around the circle back to their original cone. First place player gets to shoot their ball from their yellow cone to knock over or hit tall cones (or land ball in small circle) for a point/s.

PROGRESSIONS

On the “switch” command, players change direction and race back to their own cone using COD move.
Use one foot only
Perform sole taps at each yellow cone

PLAYER ACTIONS

Close control of ball	Dribble at speed
Scan field / head up	Select surface of foot
Stop the ball	Placement of shot

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Plant non-kicking foot alongside ball pointing at target | 4. Use different surfaces of foot to dribble and stop ball

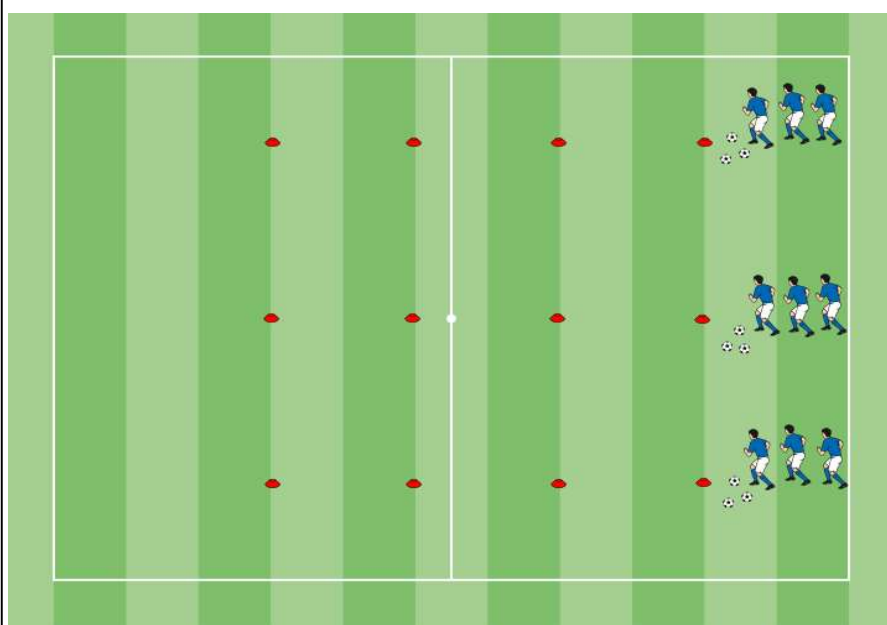
GUIDED QUESTIONS

- How can you keep the ball near the circle when dribbling?
- When shooting at middle area which part of foot gives most control?

PHASE 2 – REVS RELAY

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

Players are put into 2-3 teams based on the number in the group. Each team has 3 balls. Place cones 5 yards apart as shown.

DESCRIPTION

On “Go” command the first player in the group dribbles the first ball to one of the 3 cones and runs back to front of line. They repeat until all 3 balls are next to all 3 cones. The next person in line dribbles all 3 balls back 1 at a time. Repeat this process for set number of times. Change of the order of players, give points for team finishing first.

PROGRESSIONS

Use pull back turn when returning balls.
Add ball mastery touches at each cone

PLAYER ACTIONS

Close control of ball	Change of direction move
Scan field / head up	Accelerate out of move

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

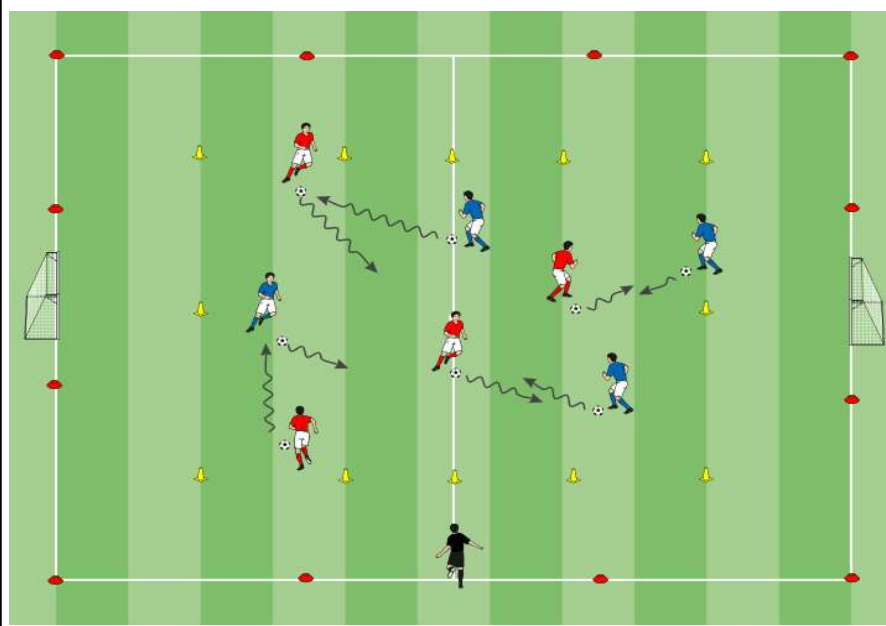
- Should you speed up or slow down near to a cone? Why?
- After you change direction how can you go quicker?

DRIBBLING

PHASE 3 – KNOCK OUT

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 wide x 30 long field with middle rectangle 10 x 15. Split into two teams, 1 ball per player

DESCRIPTION

Allow players to practice change of direction moves for a couple of minutes in yellow area. Players in Red try to protect their own ball while attempting to knock out blue players ball. Blue players doing the opposite. If a players ball is knocked out give a ball mastery task to get back in (10 sole taps). Team to get all players out first wins. Coach can help a team that is struggling.

PROGRESSIONS

Coach shouts "GOAL" each player attempts to score on opponents goal (give direction to goal for blue & red team).

PLAYER ACTIONS

Close control of ball Dribble at speed
Scan field / head up
Balance Protect the ball

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. Bend knees, get low, use body to shield ball from opponent

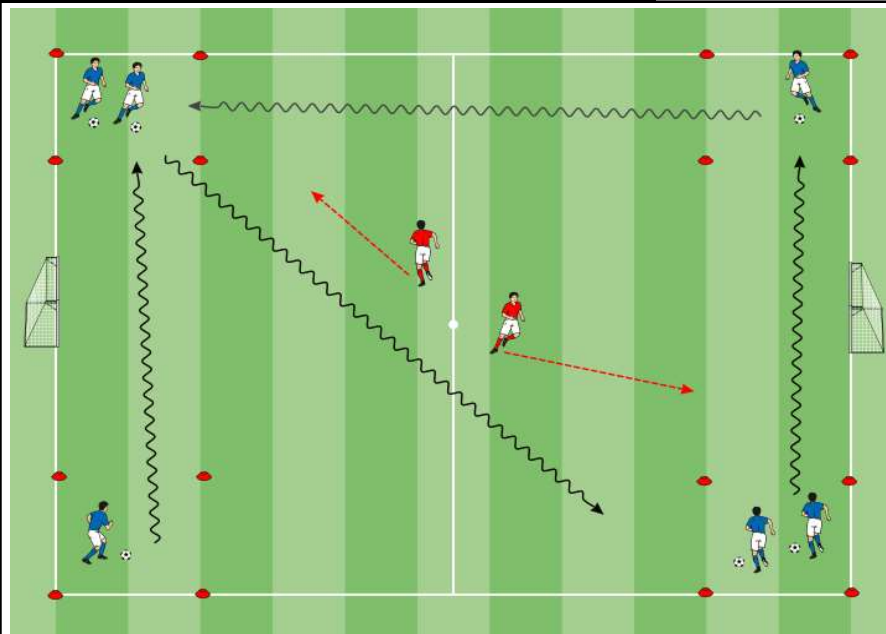
GUIDED QUESTIONS

1. How can you protect your ball from opponent? | 2. What do you do if you see a defender coming towards you?

PHASE 3 – ISLAND HOPPING

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 wide x 30 area with 4 squares (Island) marked in the corners. Blue players with a ball starting in an Island. Red "Pirates" without a ball.

DESCRIPTION

Players with ball attempt to hop from Island to Island avoiding the pirates who can start with or without a ball of their own based on the group to increase/lower difficulty. If a player loses their ball to a Pirate they must perform a ball mastery move to get back into the game. 1 point for every island visited.

PROGRESSIONS

After being captured, become a pirate until there is one player left trying to island hop.
After 2 x Islands, go to opposite goal for 3 points!
Pirates can defend

PLAYER ACTIONS

Close control of ball Dribble at speed
Scan field / head up Protect the ball
Change of Direction

COACHING POINTS 1. Head up to see opponents, space & teammates | 2. Larger touches to accelerate into space
3. Use body to shield ball from opponent | 4. Slow down, tight turn, accelerate away from opponent

GUIDED QUESTIONS

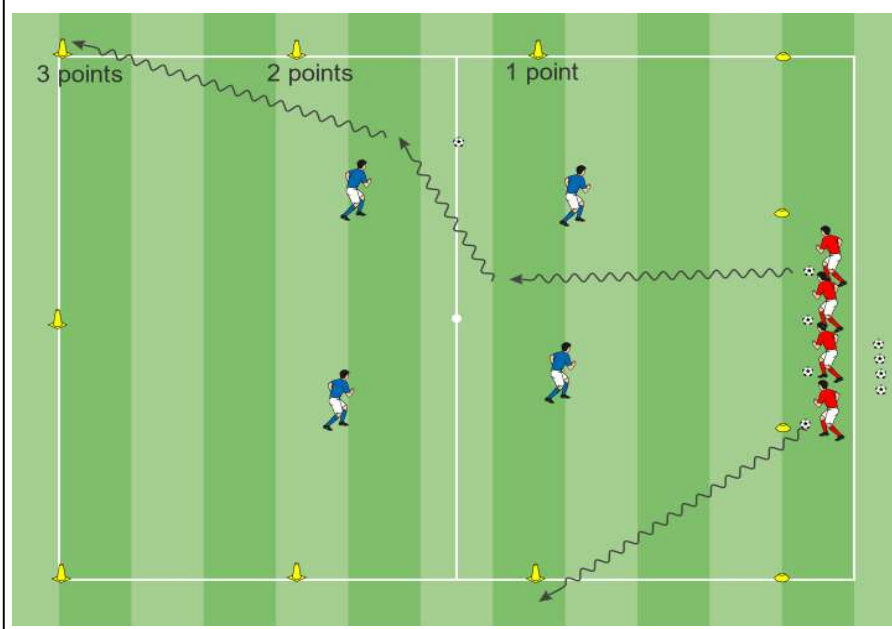
1. How can you get to open Island quickly? | 2. What do you do if someone is blocking one Island?

DRIBBLING

PHASE 3 – THE GAUNTLET

15 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

Split group into two teams. Red players with ball each. Set up 20 x 30 yard area with tall cones marked as shown.

DESCRIPTION

On "Go" command red players attempt to score points by dribbling and stopping ball next to tall cones. The further you advance the ball the more points you get. Defenders attempt to stop attackers by kicking ball out of the grid. If ball goes out, red player must start from the beginning. To make it easier for red team limit blue players to hopping on one leg or only moving side to side.

PROGRESSIONS

Defenders score point by dribbling over opposite end line

TECHNICAL TOOLS

Close control of ball	Change of speed
Scan field / head up	Select surface of foot

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space | 4. Point toe down, quick touches with laces

GUIDED QUESTIONS

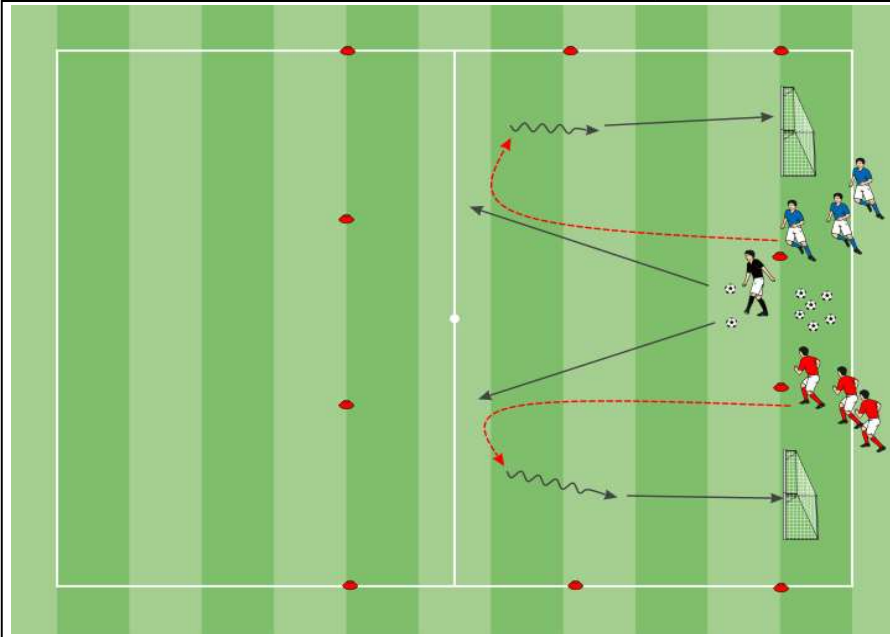
1. What should you do if you someone is blocking your path? | 2. Once you beat last defender how do you know where to score a point?

SHOOTING

PHASE 3 – TWO GOAL SHOOTING RACE

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

Split group into two teams with two goals on end line and large supply of balls.

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. Players dribble and shoot in a race to score first. Get the next group going quickly to prevent a long wait.

PROGRESSIONS

Now just play 1 ball between 2 players who go 1v1 to either of the two goals.

Play 2v1, 2v2, 3v2, 3v3.

PLAYER ACTIONS

Close control of ball

Shoot ball

One v One move

Scan field / head up

Placement of shot

Protect the ball

COACHING POINTS 1. Small touches to keep ball close

3. Lock ankle of shooting foot, point toe down, use laces

5. Feint one direction, accelerate other direction

2. Head up to see goal before shooting

4. Plant non-kicking foot alongside ball pointing at target

6. Use body to shield ball from opponent

GUIDED QUESTIONS

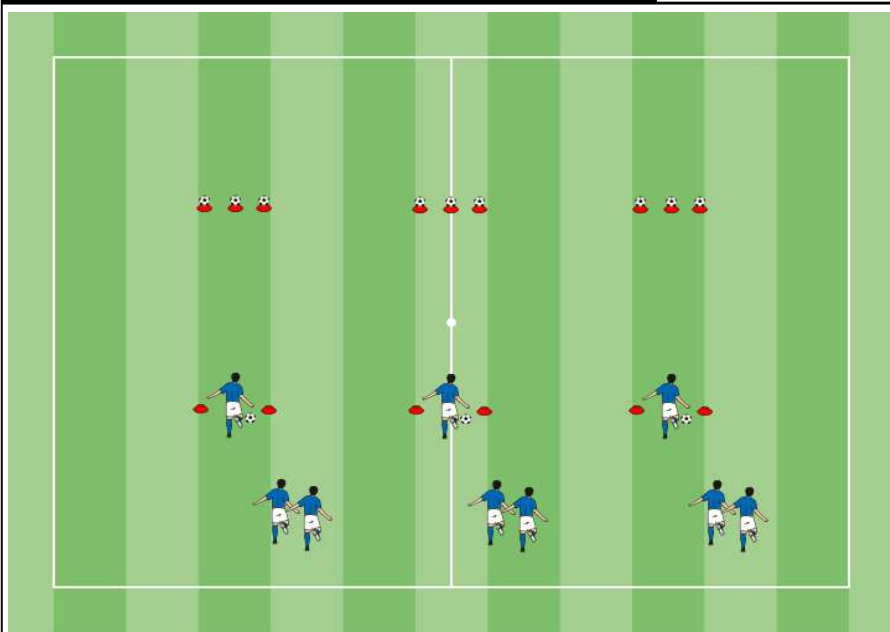
1. When you get to ball where should your first touch go? |

2. How do you know where the goal is before shooting?

PHASE 2 – SOCCER BOWLING

12 MINUTES

3 MINUTES PLAY | 1 MINUTE REST



SET UP

Place balls on cones 2 yards apart and 5-10 yards away from the shooters depending on players

DESCRIPTION

Each player gets one shot at the 3 balls, after your shot, fun and dribble the ball back for the next person on your team. 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.

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!

PLAYER ACTIONS

Scan field / head up

Shoot ball

Placement of shot

COACHING POINTS 1. Head up to see room before shooting |

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. Lock ankle of shooting foot, point toe down, use laces

|

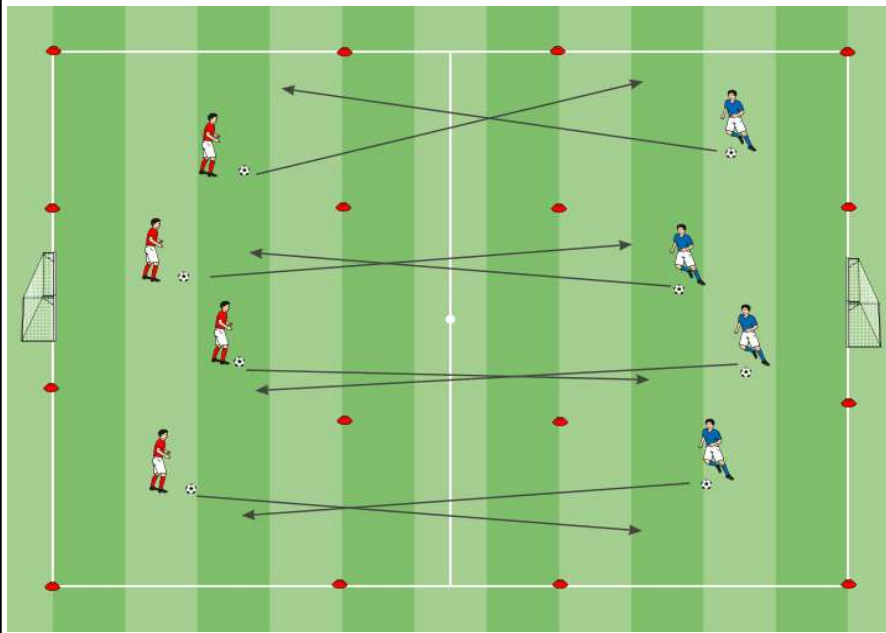
2. How can you get the ball to go where you want it to?

SHOOTING

PHASE 3 – CLEAN YOUR ROOM

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 wide x 30 long area with a middle channel. A ball with each player split into two teams.

DESCRIPTION

Its time to clean your room and get rid of all of the stinky laundry! On the "clean your room" command from coach each team tries to get as much dirty laundry into their opponents room as possible by shooting the ball into the opposing teams' room. Players can not shoot the ball from the middle channel to prevent injuries. Coach can move balls out of this area. Team with least laundry in their room wins.

PROGRESSIONS

Now each team can have 2 attackers and 2 blockers. Attackers dribble a ball each and shoot into goal, blockers clear their balls out of the room. Blockers must stay in their room (creating multiple ivls to goal).

PLAYER ACTIONS

Close control of ball Scan field / head up
Shoot ball Placement of shot

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

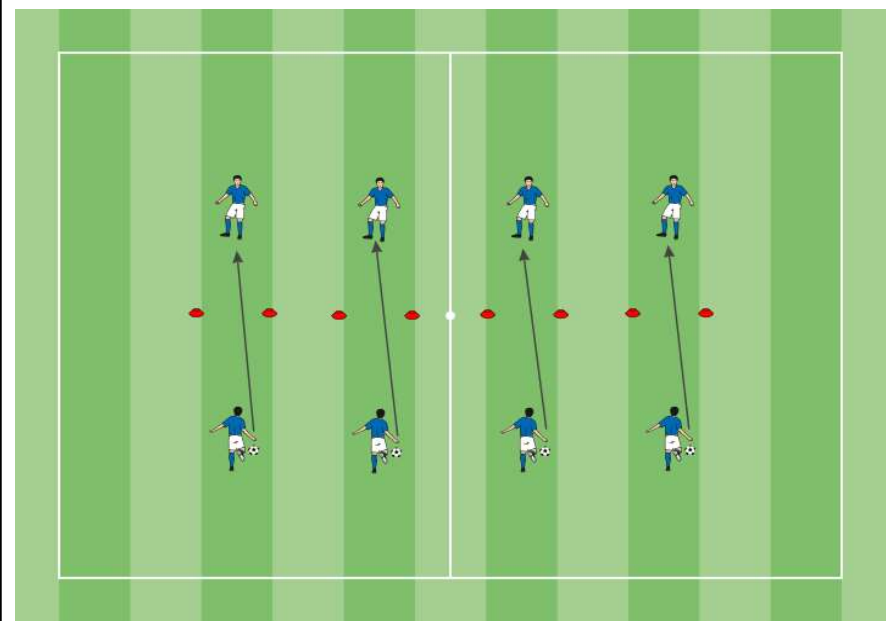
GUIDED QUESTIONS

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?

PHASE 2 – SHOOTING GATES

12 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

20 X 15 Yard area 5 yard gates. 1 ball between to players should 8-10 yards apart.

DESCRIPTION

Players shoot the ball through the gate to their partner. Every time the ball goes through the gate the team gets 1 point. Partner then controls the ball and shoots it back.

PROGRESSIONS

Ball mastery touches before shooting
Make gate smaller
Shoot from further away

PLAYER ACTIONS

Scan field / head up
Shoot ball Placement of shot

COACHING POINTS 1. Head up to see room 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

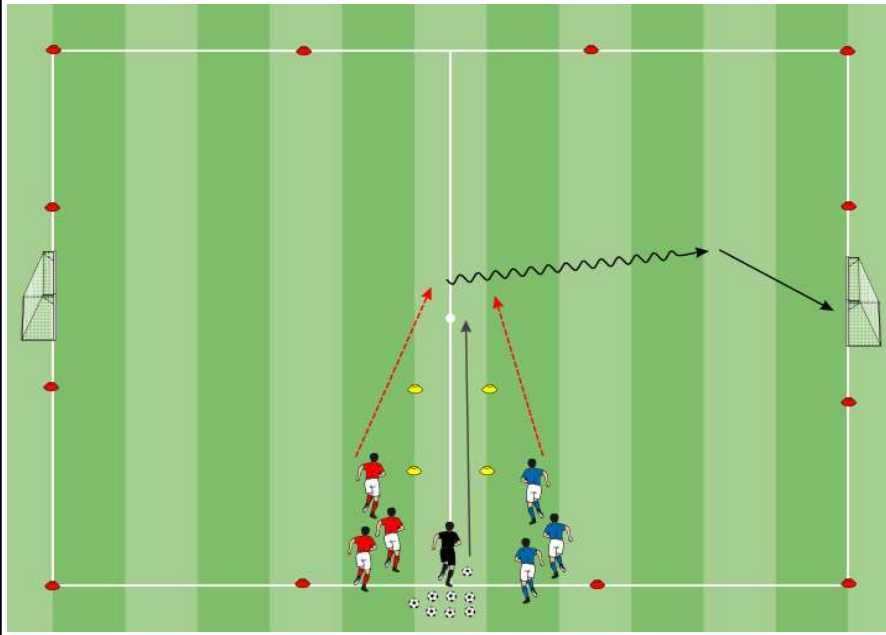
1. Which part of foot gives most power and control (not toes)? | 2. How can you get the ball to go where you want it to?

SHOOTING

PHASE 3 – 1V1 SHOOTING GAME

10 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

Players have a ball each, coach is the “Funky Chicken” with 6-8 pinnies tucked into shorts “feathers”.

DESCRIPTION

Kids try to strike their ball against the funky chickens legs. Every time the chicken gets hit, he/she loses a feather (pinnie) until there are none left. The funkier the chicken and the better the sound effects are, the more the kids will enjoy chasing and shooting their balls.

PROGRESSIONS

Now score a goal after hitting the chicken
The chicken has recruited some mini chicks to protect him/her. The mini chicks can kick balls away and stop the other players from dribbling and hitting the balls against coach.

PLAYER ACTIONS

Close control of ball	Scan field / head up
Shoot ball	Placement of shot
One v One move	Protect the ball

- COACHING POINTS**
- | | |
|---|---|
| 1. Small touches to keep ball close | 2. Head up to see goal before shooting |
| 3. Lock ankle of shooting foot, point toe down, use laces | 4. Plant non-kicking foot alongside ball pointing at target |
| 5. Feint one direction, accelerate other direction | 6. Use body to shield ball from opponent |

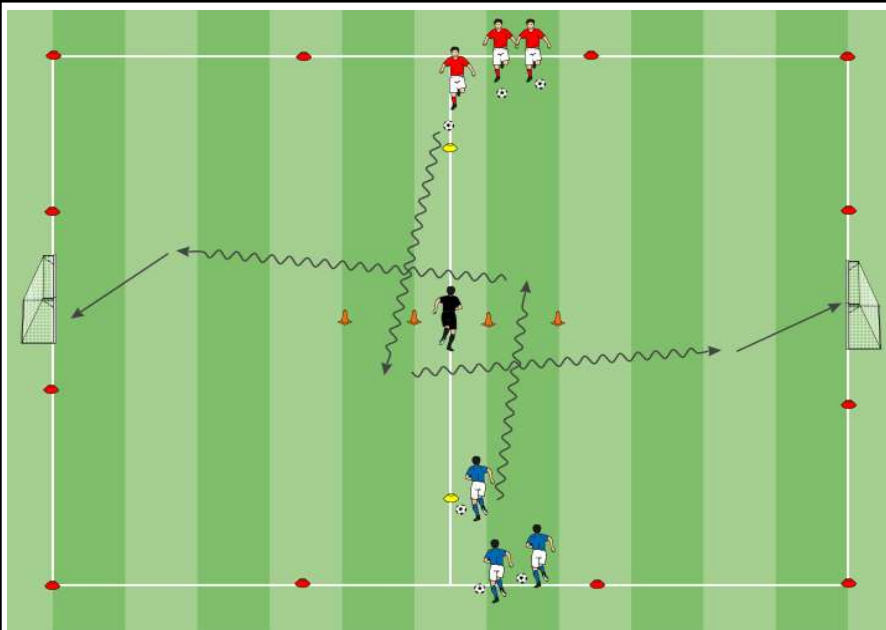
GUIDED QUESTIONS

- | | |
|---|---|
| 1. When you get to ball where should your first touch go? | 2. How do you know where the goal is before shooting? |
|---|---|

PHASE 2 – SHOOTING GATES

12 MINUTES

1.5 MINUTE PLAY | 1 MINUTE REST



SET UP

20 X 30 Yard area with cones and split into two teams. Create gates in the middle of the field and a starting cone for each team.

DESCRIPTION

On “go” command 1 player from each team dribbles through their gate (to the right, coach stands in the middle to help guide). Once through the gate go to opposite goal, first player to score on goal gets a point.

PROGRESSIONS

Add some ball mastery moves first.
Add two change of direction moves in relay style race at the beginning before going through gate.

PLAYER ACTIONS

Close control of ball	Scan field / head up
Shoot ball	Placement of shot
One v One move	Protect the ball

- COACHING POINTS**
- | | |
|---|---|
| 1. Small touches to keep ball close | 2. Head up to see goal before shooting |
| 3. Lock ankle of shooting foot, point toe down, use laces | 4. Plant non-kicking foot alongside ball pointing at target |
| 5. Feint one direction, accelerate other direction | 6. Use body to shield ball from opponent |

GUIDED QUESTIONS

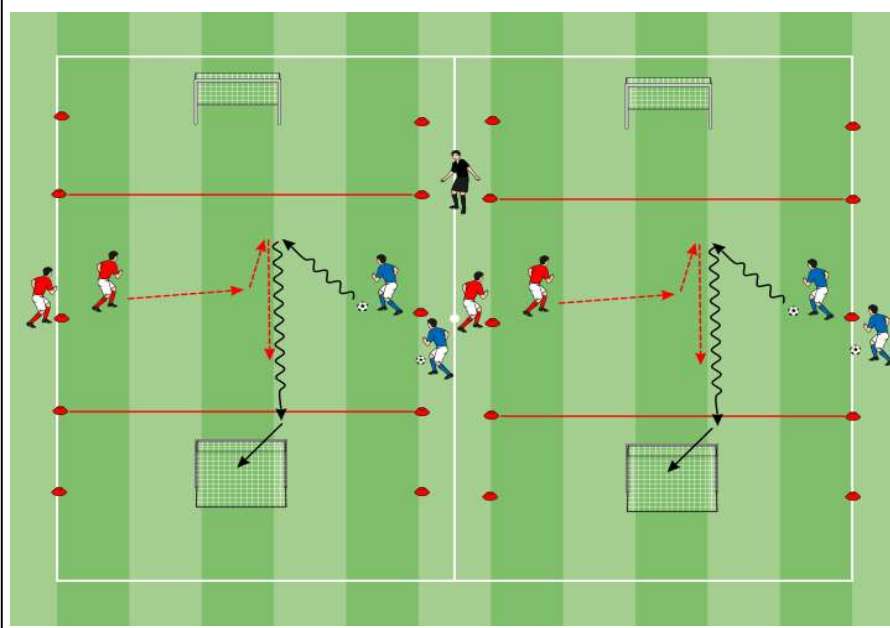
- | | |
|---|---|
| 1. When you get to ball where should your first touch go? | 2. How do you know where the goal is before shooting? |
|---|---|

GAMES

PHASE 3 – CHANGE OF DIRECTION SKILL DRILL

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

Split group into two teams. Blue players with ball each. Set up zones in 20 x 15 yard area (make larger based on the group). 2 goals on end line.

DESCRIPTION

Player with ball dribbles forward, opposite player defends. Player with ball must dribble past line of cones before finishing on goal. Use of change of direction move to create separation from the defender.

PROGRESSIONS

Add race to opposite goal after scoring for an extra point.

TECHNICAL TOOLS

Close control of ball	Dribble at speed
Scan field / head up	Select surface of foot
Slow down before turn	Speed up after turn

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see space
3. Small touches then larger touches to change speed | 4. Slow down before turn, speed up after completion of move

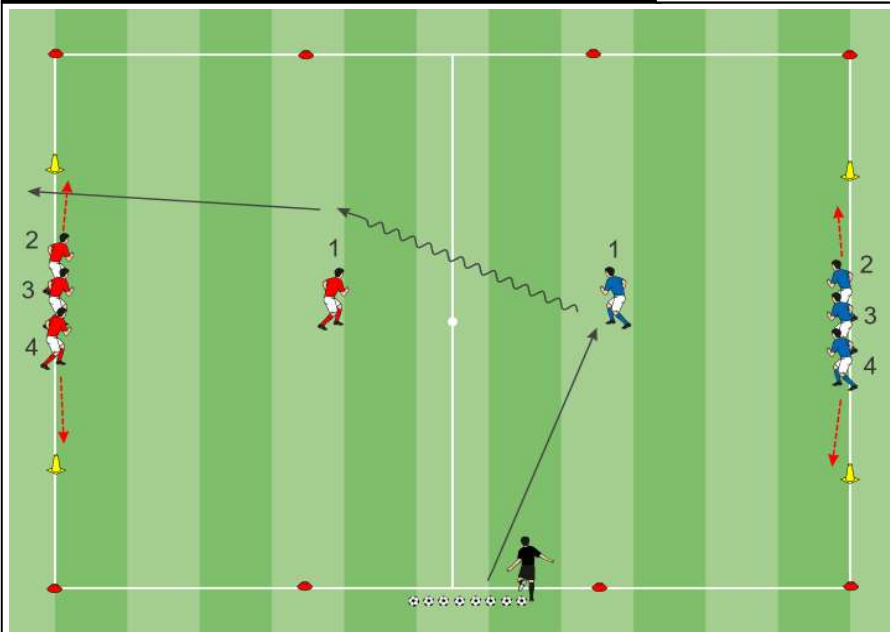
GUIDED QUESTIONS

- Why do you slow down before changing direction? (more control)
- Why should you speed up after change of direction move? (accelerate away from pressure)

PHASE 4 – FUN GOALS GAME

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

20 wide x 30 long field with two overly wide goals with cones. Two teams numbered 1-4, match up players level on opposite side 1 blue and 1 red same level....

DESCRIPTION

Coach calls out a number (1 shown) for a 1v1 to goal. Rest of team must hold hands to make a link and move together on goal line. Attack and defend until goal is scored. Return to team and call out next number. If ball goes out of play, round over. Encourage goal line link to have fun and move together.

PROGRESSIONS

2v1, 2v2, 3v2, 3v3
End with regular 4v4 with large goal to encourage shooting.

PLAYER ACTIONS

Dribbling Close control of ball
Dribble at speed Scan field / head up
Finishing Surface of foot
Lock ankle of striking foot

COACHING POINTS 1. Small touches to keep ball close | 2. Head up to see opponents, space & teammates
3. Small touches for control then larger touches to change speed 4. Place non-kicking foot alongside ball pointing at target
5. Lock ankle of striking foot toe down 6. Look at goal before shooting

GUIDED QUESTIONS

- When should you dribble, when should you shoot?
- If the Defending team move to one side where should you shoot?

U8 4v4 DISCOVERY

TEACHING TOOLS

PLAYER ACTIONS

WHAT YOU WOULD LIKE THE PLAYERS
TO DO BASED ON SESSION TOPIC.
EXAMPLE
"Pass or dribble forward"

COACHING POINTS

HOW TO HELP & GUIDE PLAYERS TO
PERFORM THE TECHNICAL TOOLS.
EXAMPLE FOR DRIBBLING "LARGER
TOUCHES TO ACCELERATE INTO SPACE"

REVS PHRASES

INSPIRE PLAYERS BY PROVIDING SOME
FUN FUNCTIONAL PHRASES
EXAMPLE FOR DRIBBLING "DRIVE AT
DEFENDER, BE A MAGICIAN"

GUIDED QUESTIONS

QUESTIONS SHOULD BE PREMEDITATED
TO SEEK UNDERSTANDING FROM THE
PLAYERS. THEY MUST BE RELEVANT TO
THE SESSION TOPIC AND SIMPLE FOR
THIS AGE.
EXAMPLE FOR DRIBBLING "HOW DO YOU
KNOW WHERE THE OPEN SPACE IS
WHEN DRIBBLING?"

U8 4v4 DISCOVERY

FIVE ELEMENTS OF A TRAINING SESSION

ORGANIZED?

CAN YOU SET EVERYTHING UP IN THE 4v4 FIELD AND TRANSITION BETWEEN PHASES /GAMES QUICKLY?

GAME LIKE

#1 IS THE EXERCISE FUN FOR THE PLAYERS?

#2 IS THE EXERCISE REFLECTIVE OF THE GOAL OF THE SESSION

REPETITIONS

ARE THE REPETITIONS IN THE FUN GAMES PROVIDING ENOUGH OPPORTUNITIES FOR PLAYERS TO PERFORM TECHNICAL TOOLS?

CHALLENGING

ARE THE PLAYERS GETTING SUCCESS? CHALLENGING THEM WITH GRADUAL PRESSURE.

COACHING

ENERGY AND ENTHUSIASM IS A MUST FOR THIS AGE GROUP, HELP TO IMPROVE DRIBBLING, INTRODUCE PASSING AND RECEIVING

U8 4v4 DISCOVERY

COACHING



- Learn players names
- Get to know players
- Ask about their day / hobbies
- Take knee, get to their level
- Laughter is a sign session is going well

- Keep a supply of balls
- Entry Pass to different players in game
- DEMONSTRATE!
- High five at beginning and end of session
- No laps, lines or lectures!



U8 4v4 DISCOVERY

PLAYERS NEED TO HAVE FUN!!! BELOW ARE CONCEPTS / TECHNIQUES TO ENCOURAGE PLAYERS TO EXPLORE, KEEPING IT SIMPLE

ACTION

Attacking Action U8	
Pass or dribble forward	X
Spread out	X
Finish	X
Create passing options	X

Defending Action U8	
Pressure player with ball	X
Steal the ball	X
Protect the goal	X

TECHNICAL TOOLKITS

Technical Toolkits U8	
Dribbling	X
Creativity / Moves	X
Shooting	X
Defending	X
Passing	X
Receiving	X

U8 4v4 DISCOVERY

SESSION STRUCTURE

SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

PHASE 1

WARM UP

PHASE 2

TECHNICAL
COMPETITION

PHASE 3

TECHNICAL
RELATED GAME

PHASE 4

GAME

OR

PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

PLAY

SMALL-SIDED
GAMES
1v1, 2v2, 3v3, 4v4

PRACTICE

OPPOSED OR
UNOPPOSED
TARGETED REPS

PLAY

GAME RELATED
PLAY IN
4v4 TO 7v7