



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

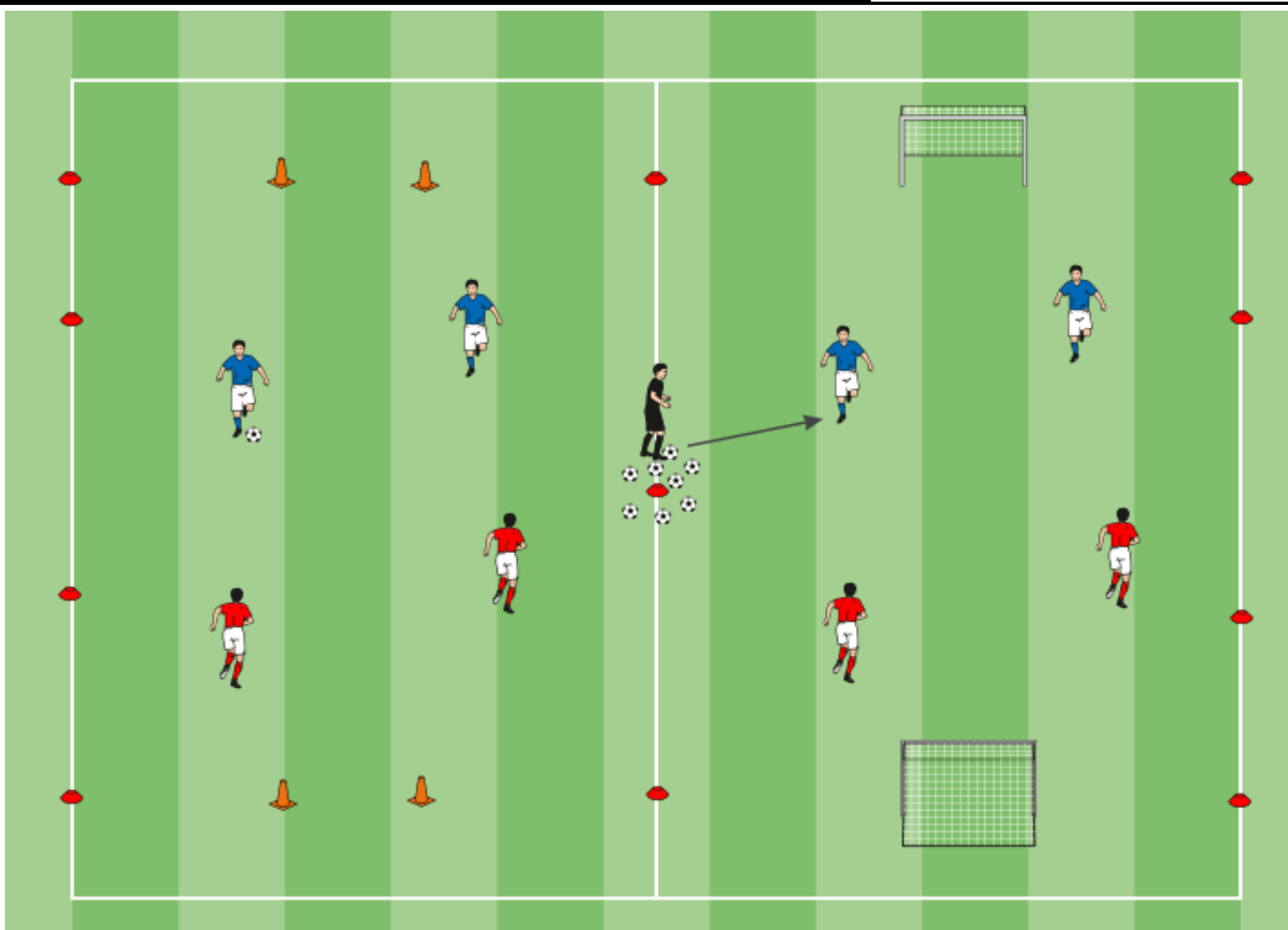
COACHING GUIDE

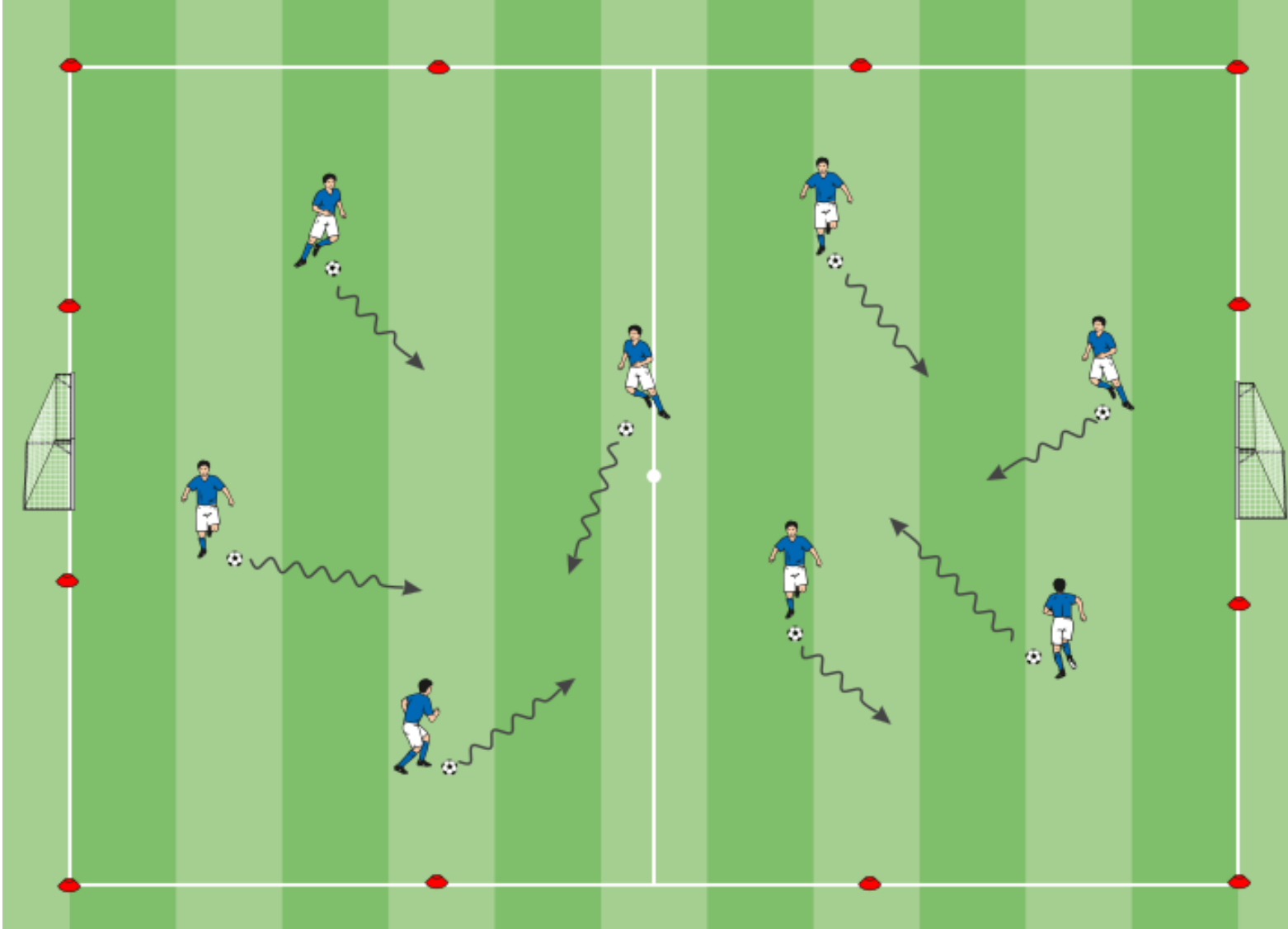
WEEK 1

BALL MASTERY

Be Creative | Be Exciting | Be Unique

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|---|--|---|
| Age : U6 4v4 | Moment : Attacking | Area of the field : All field |
| Week : 1 | Tech Toolkit : Dribbling/Shooting | Action : Dribble or pass forward / Finish / Spread out |
| Objective : To teach players basic touches, ball mastery, dribbling with stopping. | | |

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| PHASE 1 – PLAY | 10 MINUTES | 3 MINUTE PLAY 1 MINUTE REST |
|  | | <p>SET UP</p> <ul style="list-style-type: none"> • 2 x small fields with goals/cones • 10/15 wide x 15/20 long <p>DESCRIPTION</p> <ul style="list-style-type: none"> • Play 1v1 as players arrive and build up to 2v2 / 3v3 • Use 2nd field if needed. • Play 1v1 or 2v2 on 2nd field. • Rotate players on each field. • Encourage players to not chase balls when they go out of play! Get another ball in quickly. |

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| PHASE 2 – PIRATES ON A SHIP | 12 MINUTES | 3 MINUTE PLAY 1 MINUTE REST |
|  | | <p>SET UP</p> <p>20 x 30 yard area with cones, 2 x goals</p> <p>DESCRIPTION</p> <p>Players are the pirates, coach is the captain, soccer balls are cannon balls, field is the ship. Player's dribble making sure they do not splash into the ocean! listening for captain's command.</p> <p>"Captains Coming" Foot on ball "Aye Aye Captain"</p> <p>"Climb the rigging" 10 sole taps</p> <p>"Scrub the decks" 10 tik tocks</p> <p>"Albatross overhead" Cover your ball</p> <p>"Fire cannons" Shoot ball at Captain</p> <p>"Bow or Stern" = Dribble to one end of the ship stopping ball on the line.</p> <p>"High/Low Winds" Dribble fast/slow</p> |

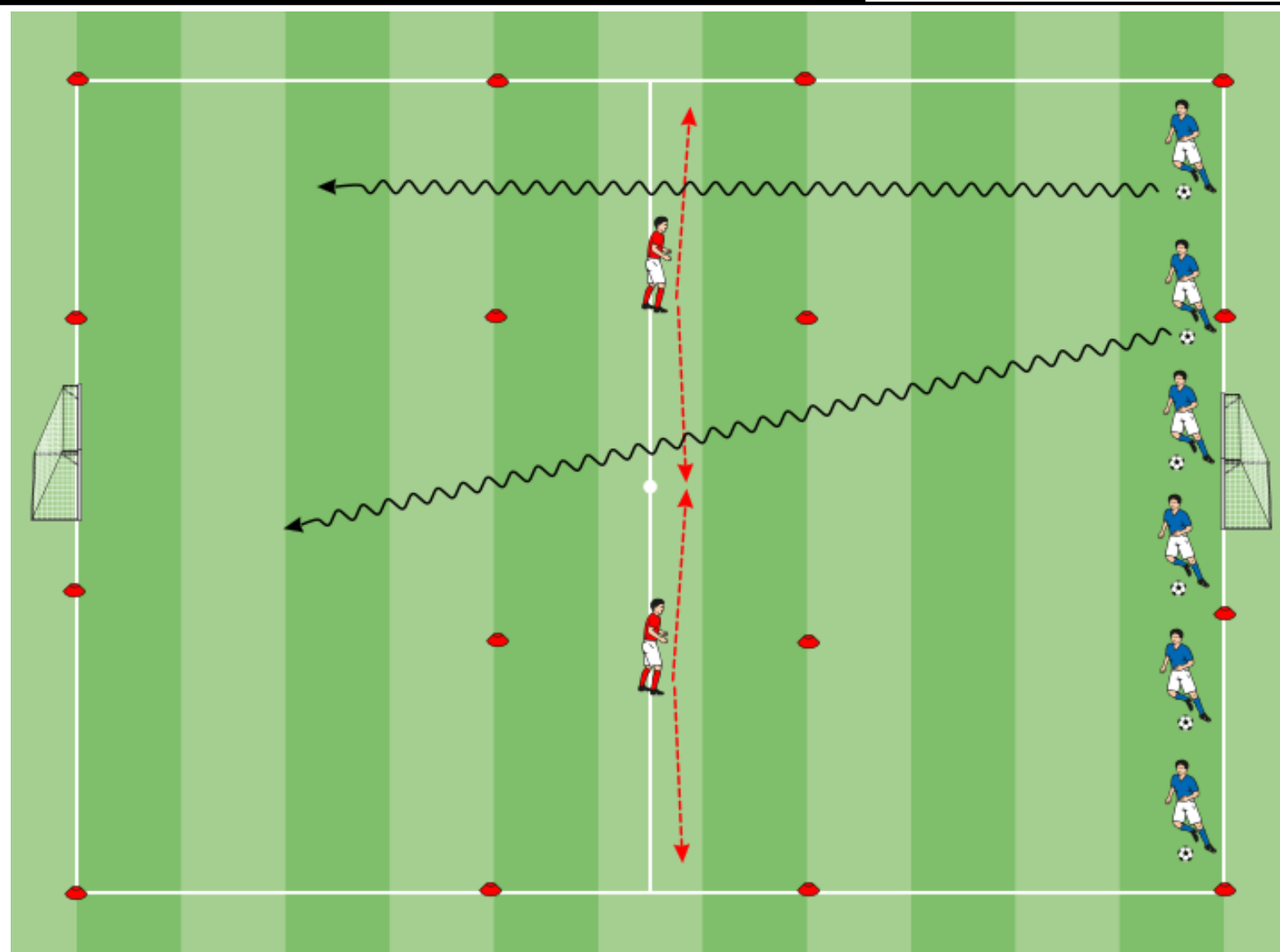
COACHING POINTS

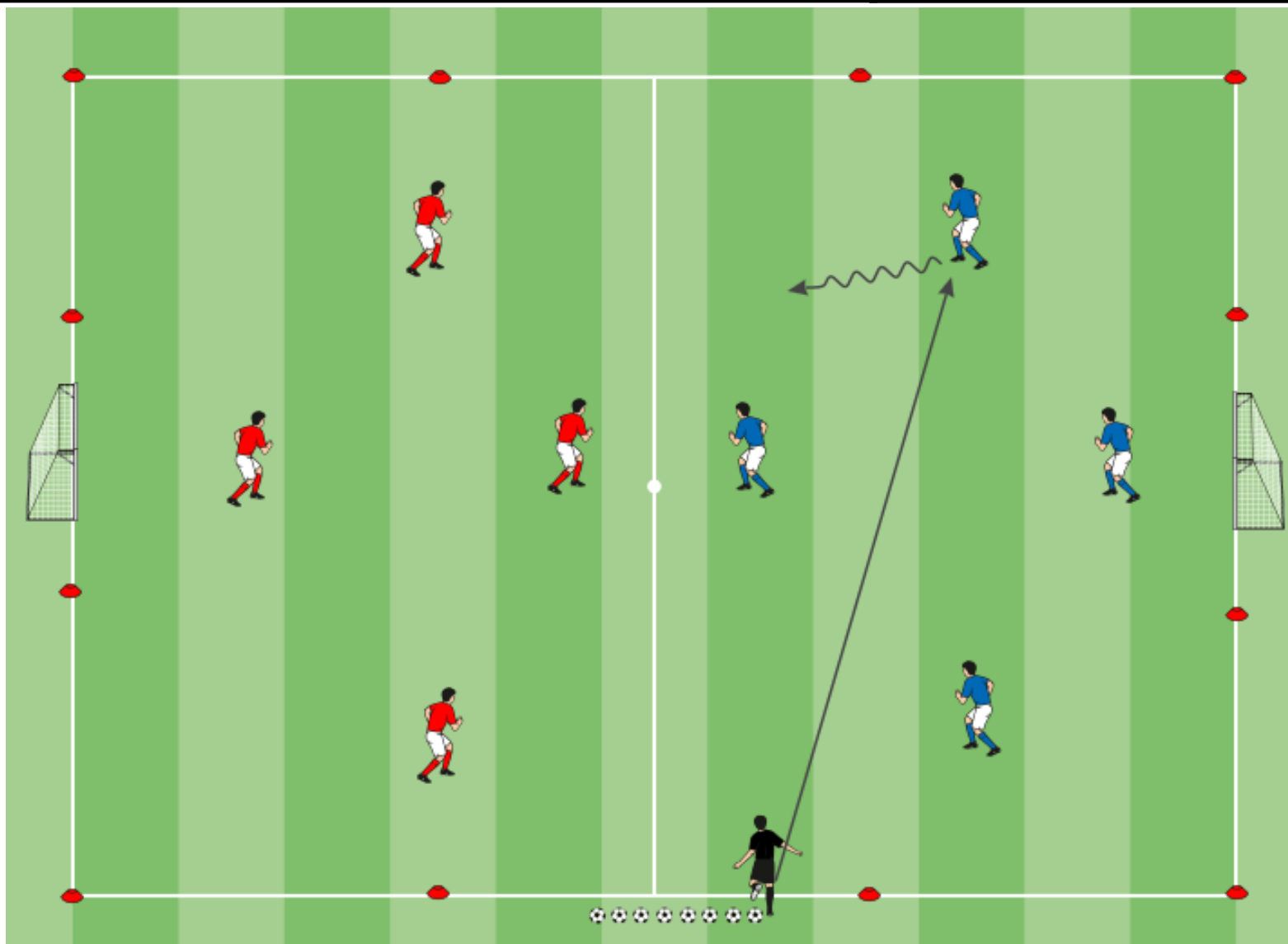
1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed
4. Use different surfaces of foot to dribble and stop ball

GUIDED QUESTIONS

1. What can you do to make sure your cannon ball stays close?
2. How can you avoid falling out of the ship into ocean?

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|---|--|---|
| Age : U6 4v4 | Moment : Attacking | Area of the field : All field |
| Week : 1 | Tech Toolkit : Dribbling/Shooting | Action : Dribble or pass forward / Finish / Spread out |
| Objective : To teach players basic touches, ball mastery, dribbling with stopping. | | |

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|---|-------------------|--|
| PHASE 3 – SHARKS AND MINNOWS | 12 MINUTES | 3 MINUTE PLAY 1.5 MINUTE REST |
|  | | |
| <p>SET UP 20 x 30 field with middle channel 8 yards wide with two goals.</p> <p>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 to get across.</p> <p>PROGRESSIONS After crossing safely, score on goal Add more sharks</p> | | |

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| 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> | | |

COACHING POINTS

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

GUIDED QUESTIONS

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