



ACADEMY

PRESENTED BY  United  
Healthcare

# U6 4v4

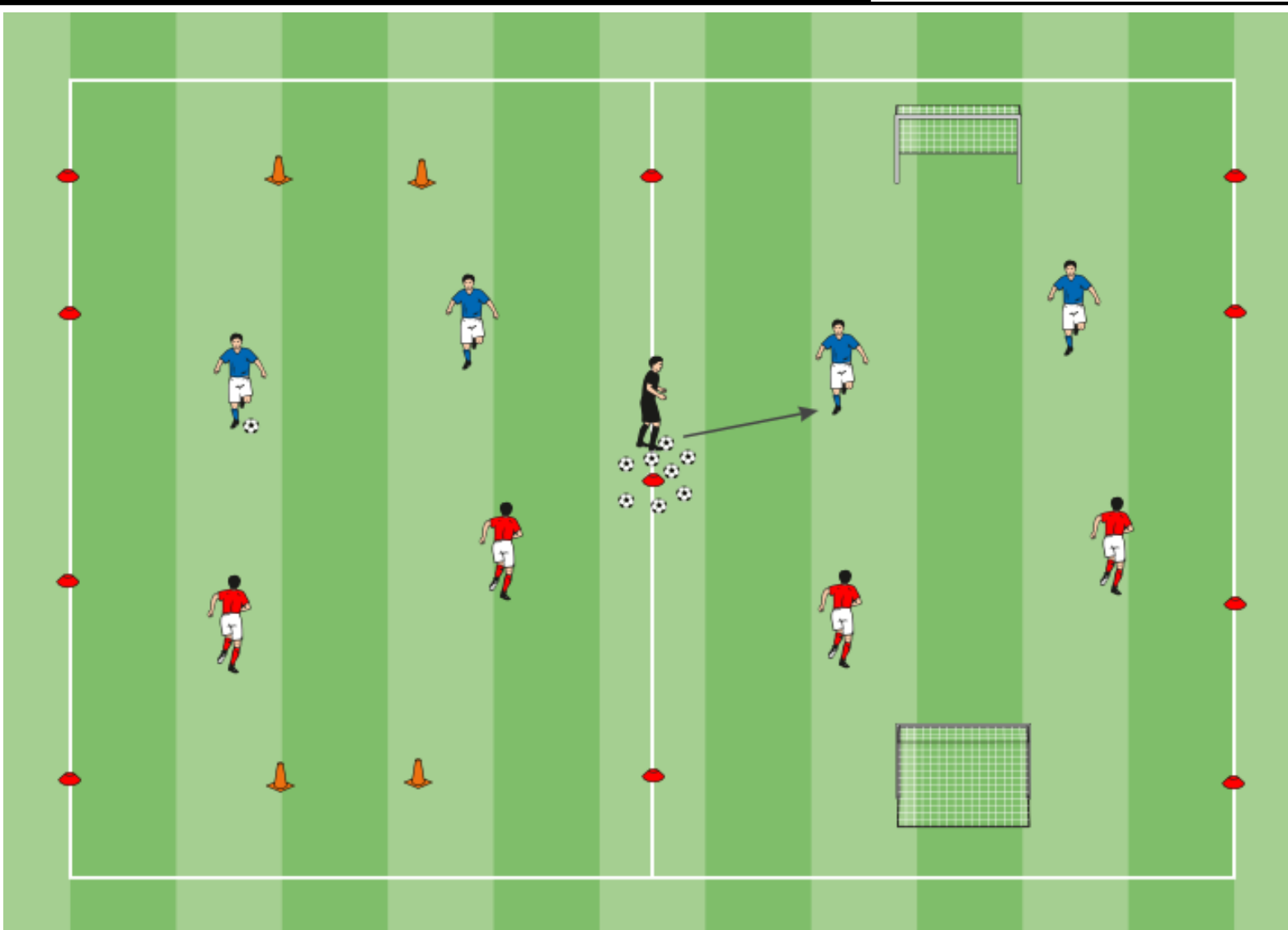
## COACHING GUIDE

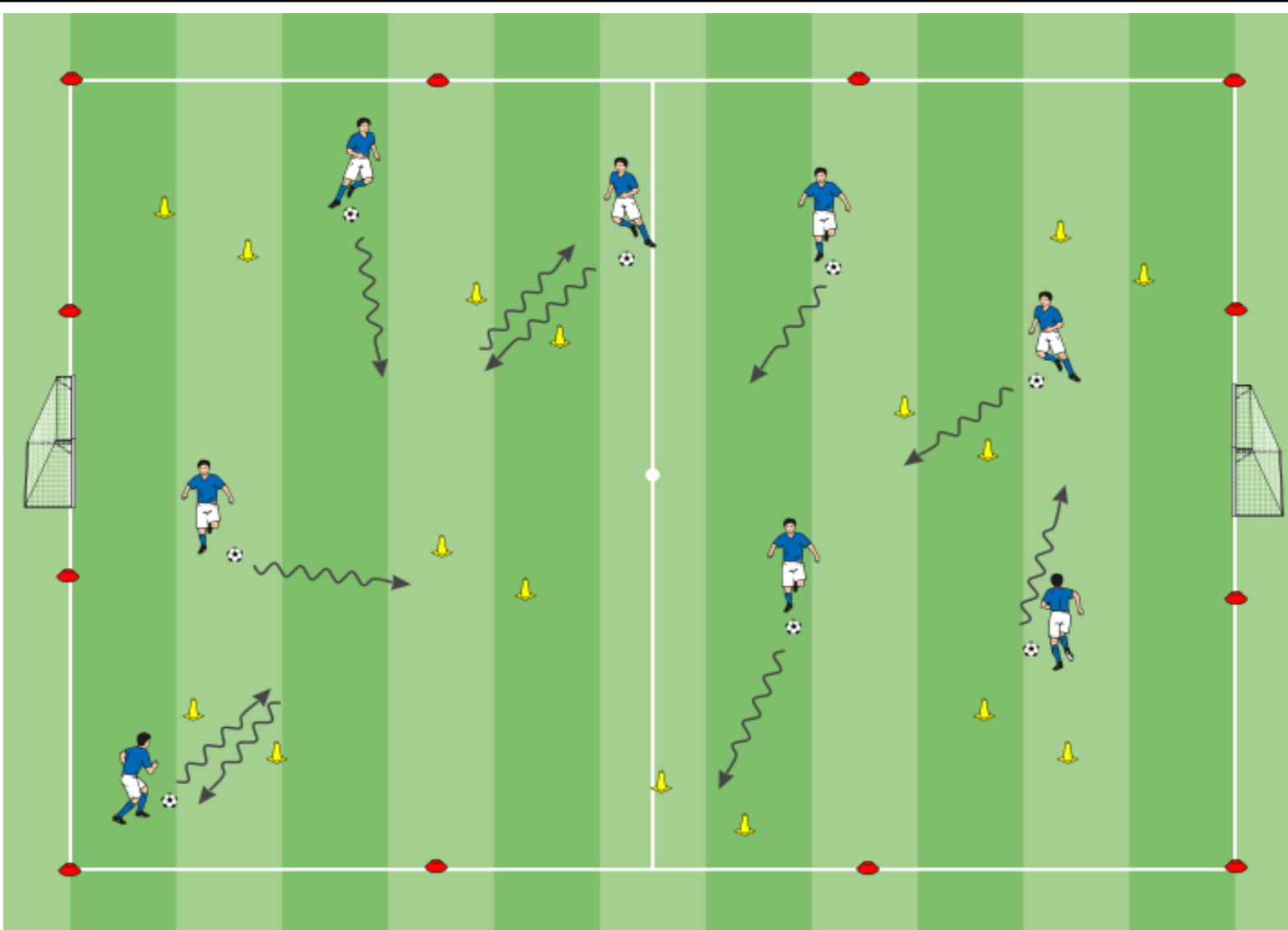
### WEEK 3

## CHANGE OF DIRECTION

**Change of speed | Sell the move**

<b>Age :</b> U6 4v4	<b>Moment :</b> Attacking	<b>Area of the field :</b> All field
<b>Week :</b> 3	<b>Tech Toolkit :</b> Dribbling/Creativity	<b>Action :</b> Dribble or pass forward / Finish / Spread out
<b>Objective :</b> To teach change of direction moves to turn away from pressure		

PHASE 1 – PLAY	10 MINUTES	3 MINUTE PLAY   1 MINUTE REST
		<p><b>SET UP</b> 2 x small fields with goals/cones 10/15 wide x 15/20 long</p> <p><b>DESCRIPTION</b> Play 1v1 as players arrive and build up to 2v2. Use 2<sup>nd</sup> field to make sure no larger than 2v2. Play 1v1 or 2v2 on 2<sup>nd</sup> field. Rotate players on each field. Start with large supply of balls in between fields.</p> <p>Encourage players to not chase balls when they go out of play! Get another ball in quickly.</p>

PHASE 2 – BODY PARTS & TURNS	12 MINUTES	1.5 MINUTE PLAY   1 MINUTE REST
		<p><b>SET UP</b> 20 x 15 yard area with cones, 2 x goals 2 yard gates with cones.</p> <p><b>DESCRIPTION</b> Players with a ball each in area dribbling. Coach calls out a body part, players must stop ball and place body part on ball. Head, knee, elbow, butt, foot, chin.....have fun with it and be silly! "Put your hand on the ball" tell the players to say "No coach, we don't use our hands in soccer". Demonstrate a change of direction move. Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn.</p> <p><b>PROGRESSIONS</b> Add a defender in pinnie who tries to kick as many balls out of the grid. Players out must do a ball mastery skill (sole taps) to get back in.</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. How do you know where the open gate is when dribbling?
2. What do you do if you see a defender coming towards you?

**Age :** U6 4v4

**Moment :** Attacking

**Area of the field :** All field

**Week :** 3

**Tech Toolkit :** Dribbling/Creativity

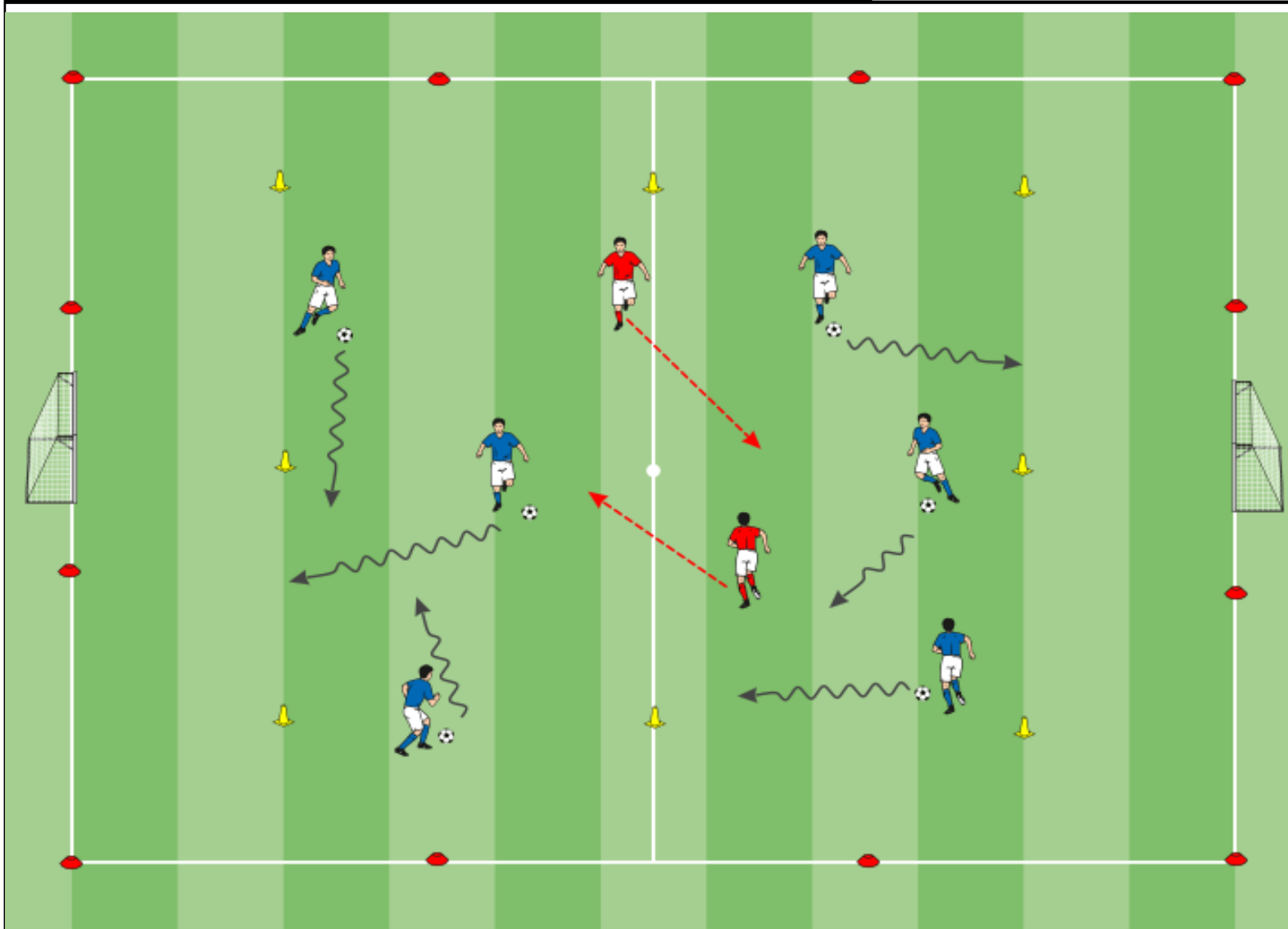
**Action :** Dribble or pass forward /  
Finish / Spread out

**Objective :** To teach change of direction moves to turn away from pressure

### 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

Blue players dribble away from the mud monsters (red players) who can tag with their hands. Once tagged blue player puts 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.

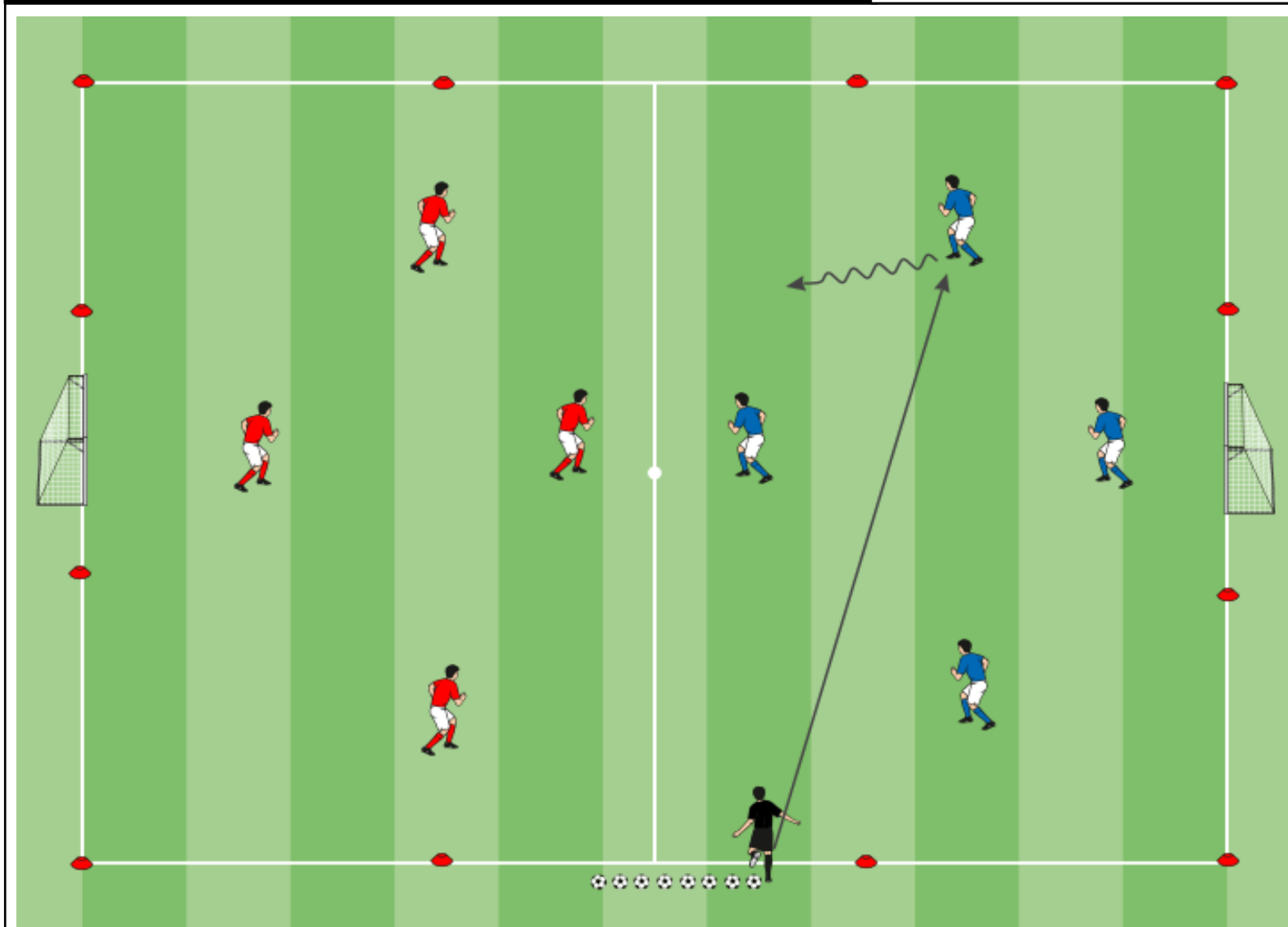
#### PROGRESSIONS

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

### 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. Small touches for control larger touches to change speed
3. Look at goal before shooting

#### GUIDED QUESTIONS

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