



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

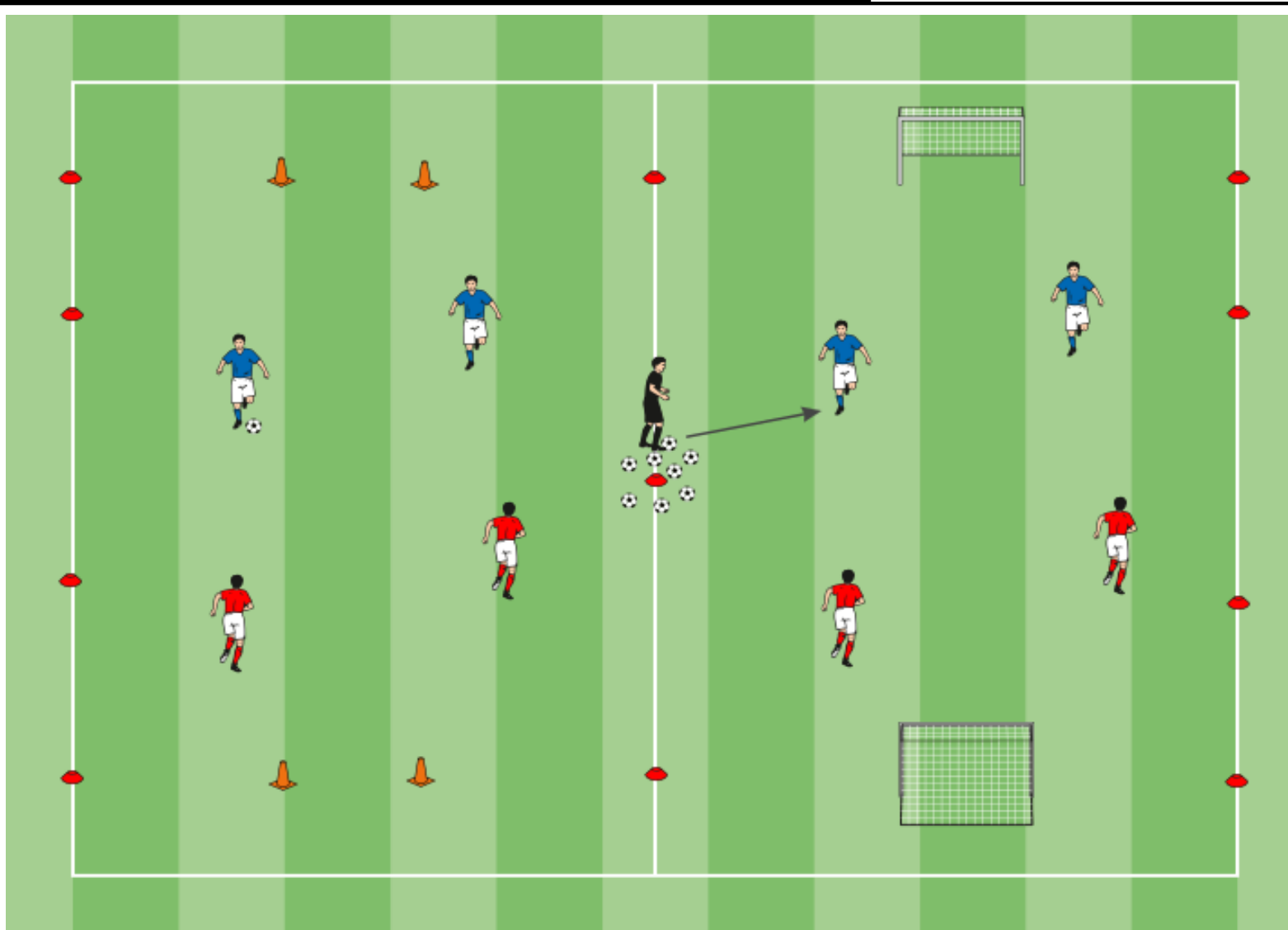
COACHING GUIDE

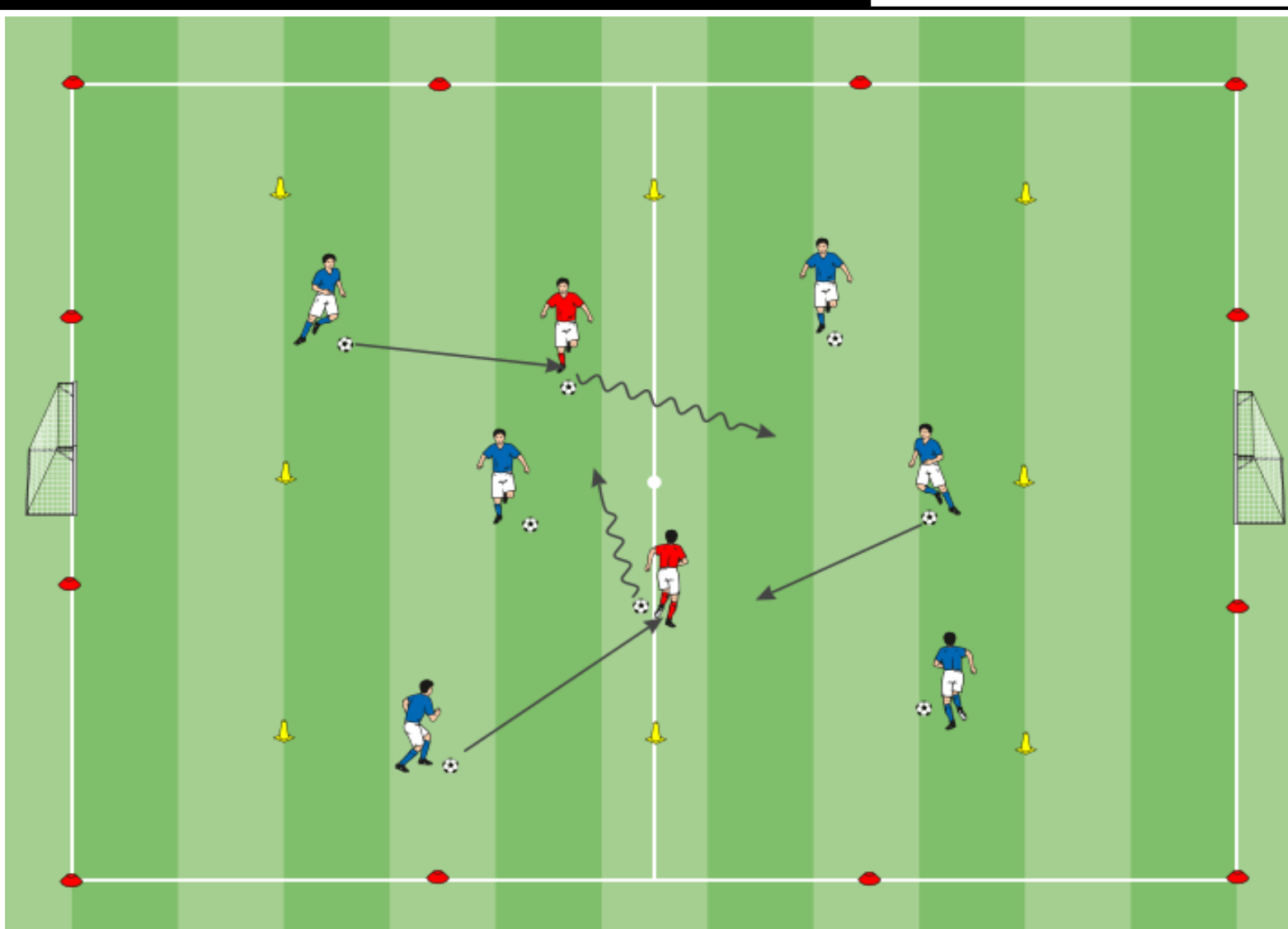
WEEK 4

SHOOTING

Point toe down | Lock your ankle | Laces

Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 4	Tech Toolkit : Dribbling/Shoot	Action : Dribble or pass forward / Finish / Spread out
Objective : To teach shooting technique and creating scoring opportunities		

PHASE 1 – PLAY	10 MINUTES	3 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.</p> <p>Encourage players to not chase balls when they go out of play! Get another ball in quickly.</p>

PHASE 2 – SPACE INVADERS	12 MINUTES	3 MINUTE PLAY 1 MINUTE REST	
			<p>SET UP 20 x 15 yard area with tall yellow cones Teams of two joined by holding sides of pinnie Blue players with ball</p> <p>DESCRIPTION Red players are the aliens, blue players attempt to fire “shoot” their laser beams at the aliens balls. Aliens try to survive by avoiding the laser beams dribbling around the grid. Coach can join as a super alien for an extra bonus point for hitting coach below knee. Switch aliens every couple of minutes. Remove the aliens dribbling balls and now ask players in blue to try to hit the alien below the knee to score a point.</p> <p>PROGRESSIONS After scoring a direct hit on an alien, dribble ball and score on goal for an extra two points. Have two aliens holding hands around the grid as a super alien!</p>

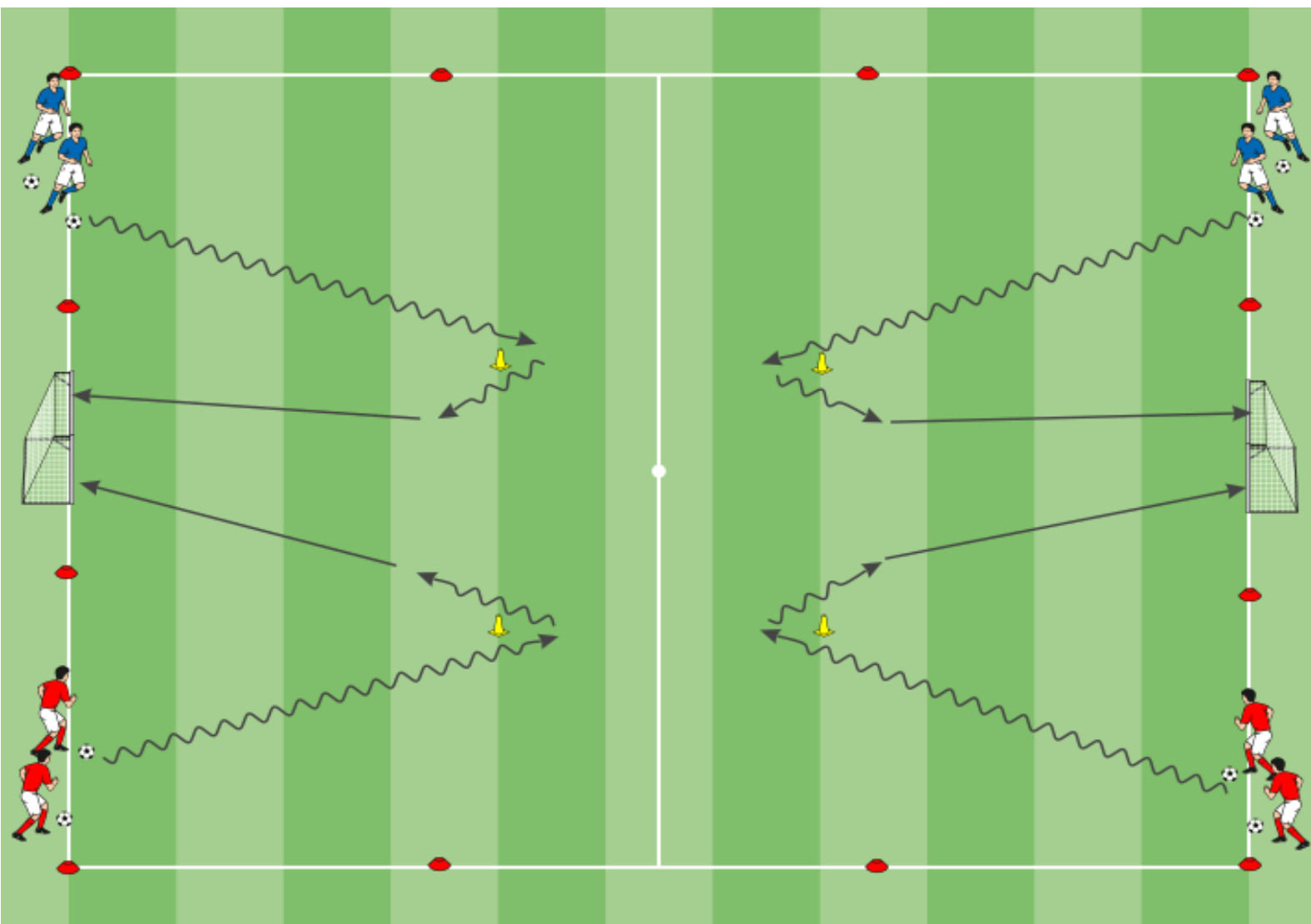
COACHING POINTS

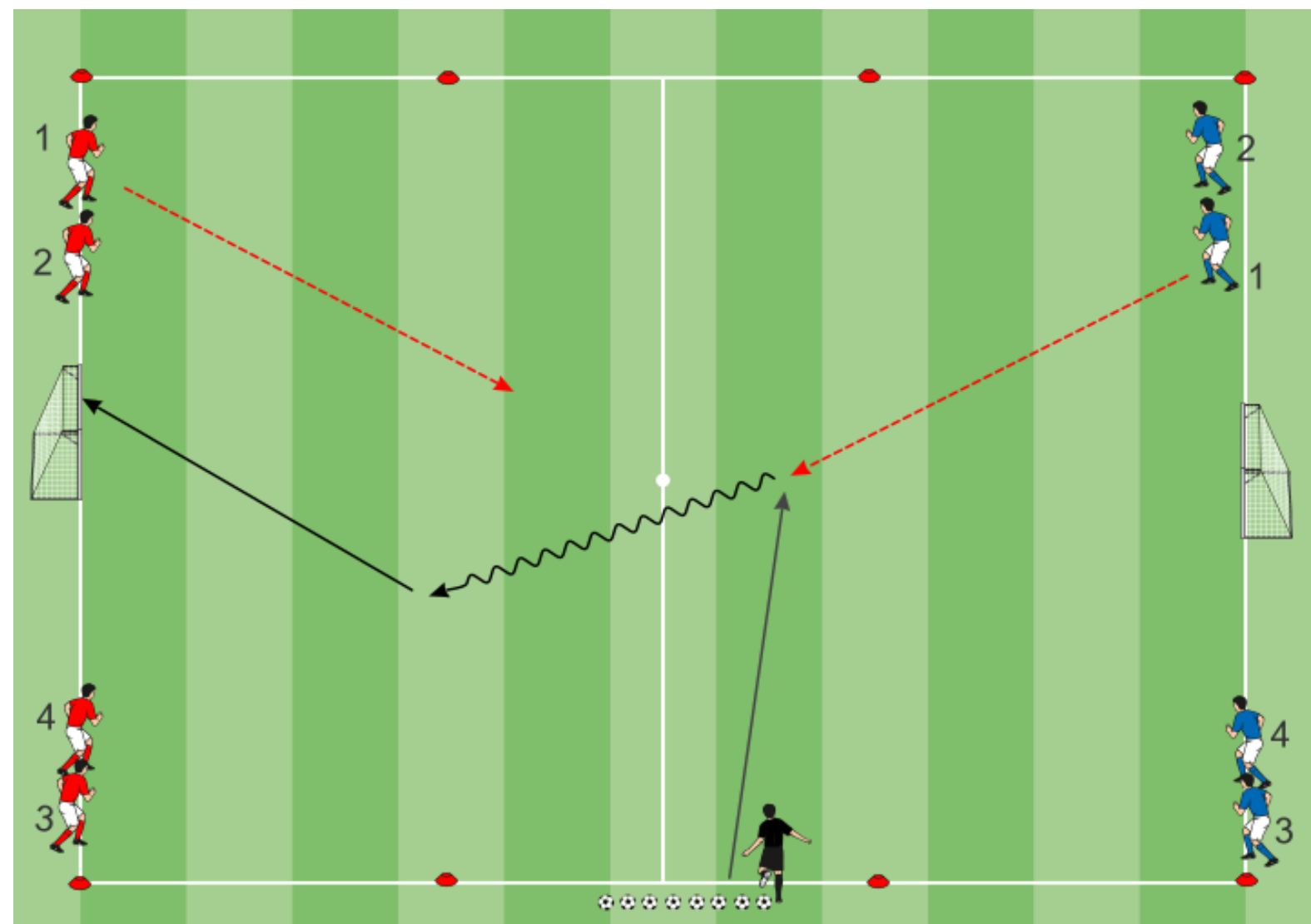
1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Lock ankle of shooting foot, point toe down, use laces
4. Plant non-kicking foot alongside ball pointing at target

GUIDED QUESTIONS

1. Should you shoot the laser from far away or close to alien? Why?
2. How can you aim your laser at the alien when shooting?

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PHASE 3 – GOALS, GOALS, GOALS	12 MINUTES	3 MINUTE PLAY 1.5 MINUTE REST	
			<p>SET UP 20 wide x 30 long field with yellow cones for each of the four groups. Each player with own ball.</p> <p>DESCRIPTION On "Go" command from coach 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. Every player scores a point for shooting ball in the goal. Bonus point for the player that scores first. Change sides every couple of minutes. Keep lines short to get lots of shots on goal, use cones goals if needed.</p> <p>PROGRESSIONS Add in cones to dribble through before speeding up to yellow cone. 1 ball that coach plays in for a 1v1 to goal.</p> <p>TECHNICAL TOOLS Close control of ball Scan field / head up Shoot ball Placement of shot</p>

PHASE 4 – NUMBERS GAME TO GOAL	20 MINUTES	10 MINUTE PLAY 3 MINUTE REST	
			<p>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...</p> <p>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.</p> <p>PROGRESSIONS 2v1, 2v2, 3v2, 3v3 End with regular 4v4 encouraging shooting.</p> <p>TECHNICAL TOOLS Dribbling Close control of ball Dribble at speed Scan field / head up Finishing Surface of foot Lock ankle of striking foot</p>

<p>COACHING POINTS</p> <ol style="list-style-type: none"> 1. Head up to see opponents, space & teammates 2. Place non-kicking foot alongside ball pointing at target 3. Lock ankle of striking foot toe down 4. Look at goal before shooting

<p>GUIDED QUESTIONS</p> <ol style="list-style-type: none"> 1. When should you dribble, when should you shoot? 2. Where should you look before shooting the ball?
