



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

COACHING GUIDE

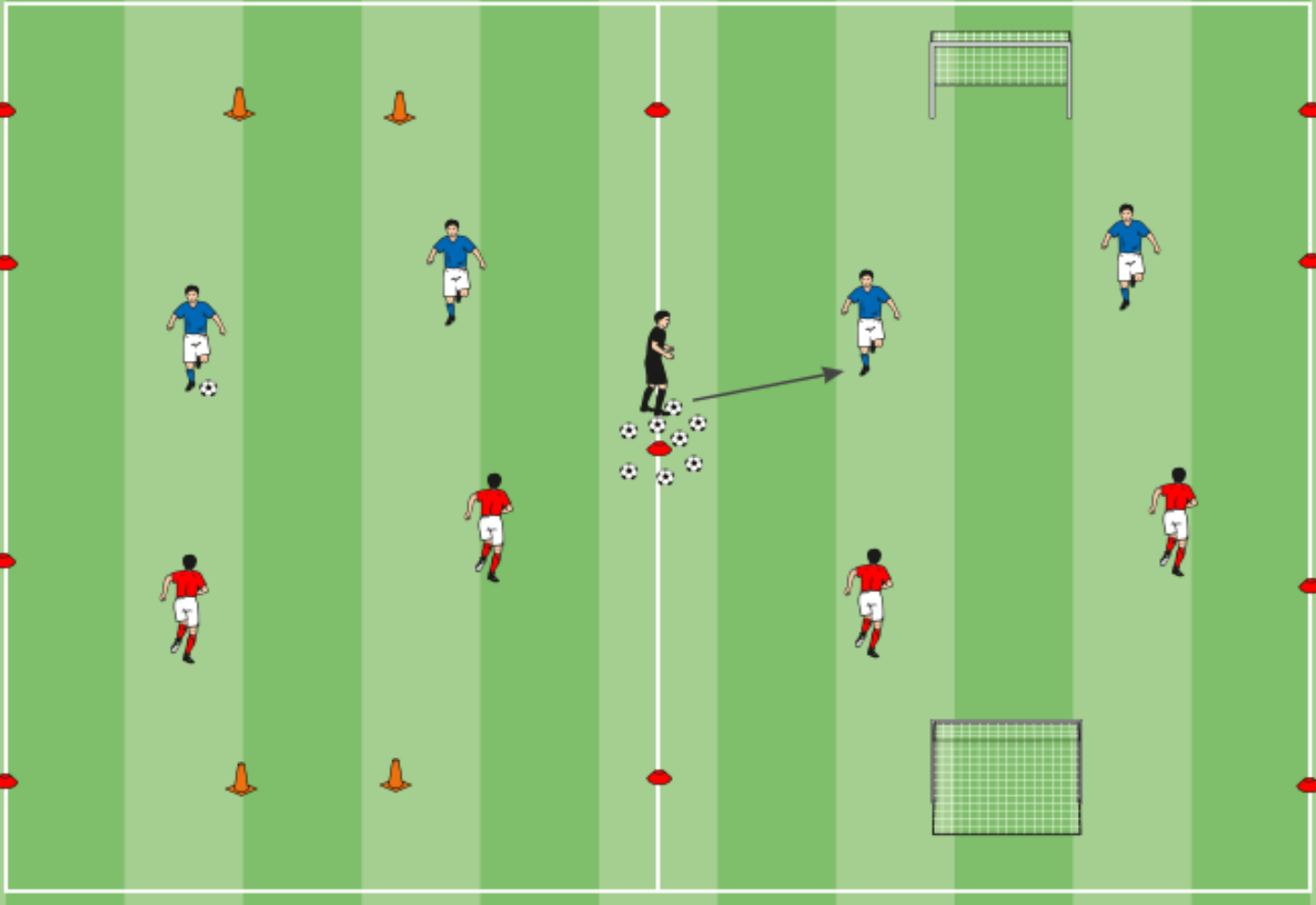
WEEK 5

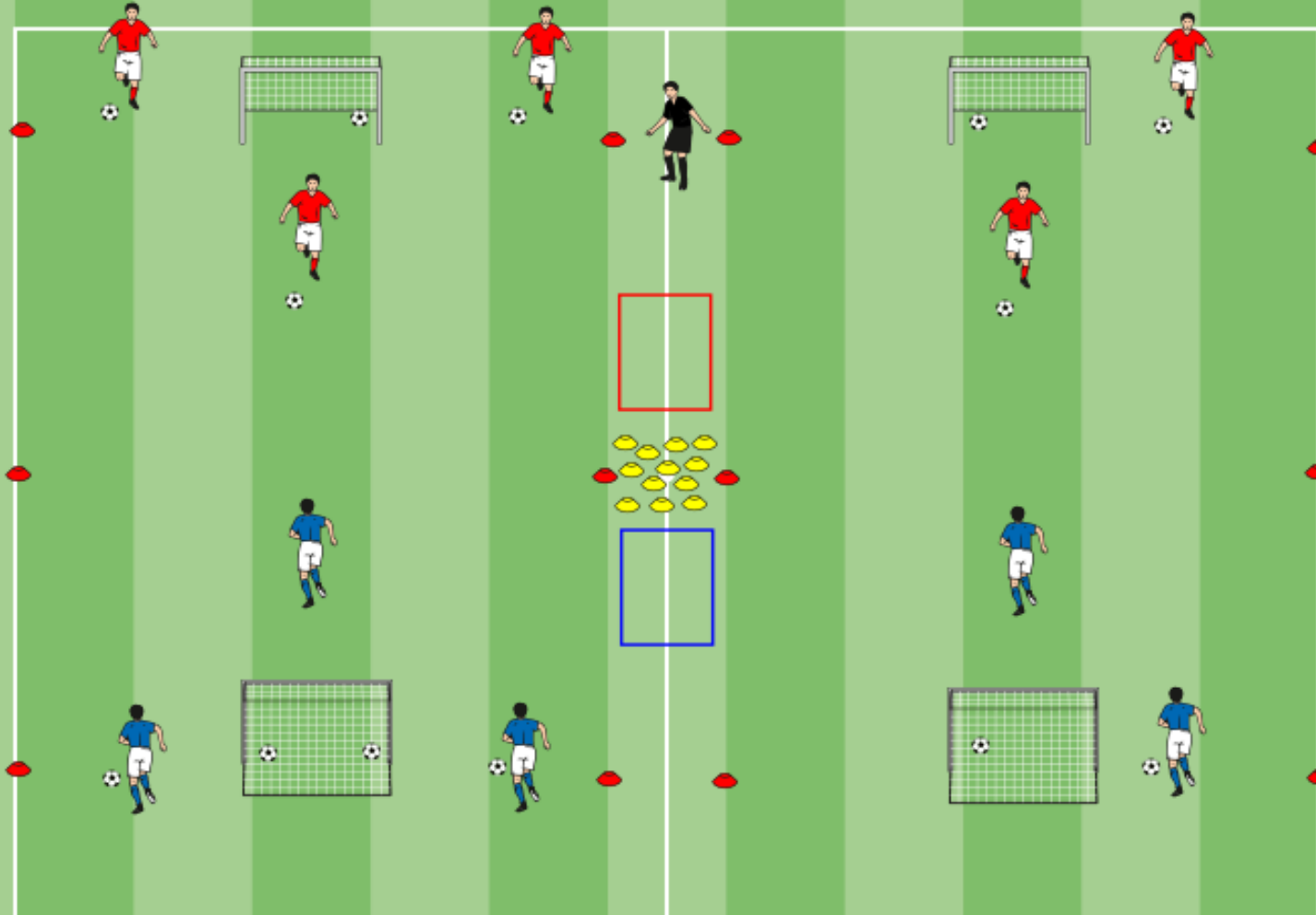
COACHES CHOICE

OR

1v1 / 2v2 MINI TOURNAMENT

Age : U6 4v4	Moment : Attacking/Defending	Area of the field : All field
Week : 5	Tech Toolkit : Dribble/Shoot	Action : Dribble or pass forward / Finish / Spread out
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>

PHASE 2 – 1v1 FUN COINS IN THE BANK	12 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 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>

COACHING POINTS

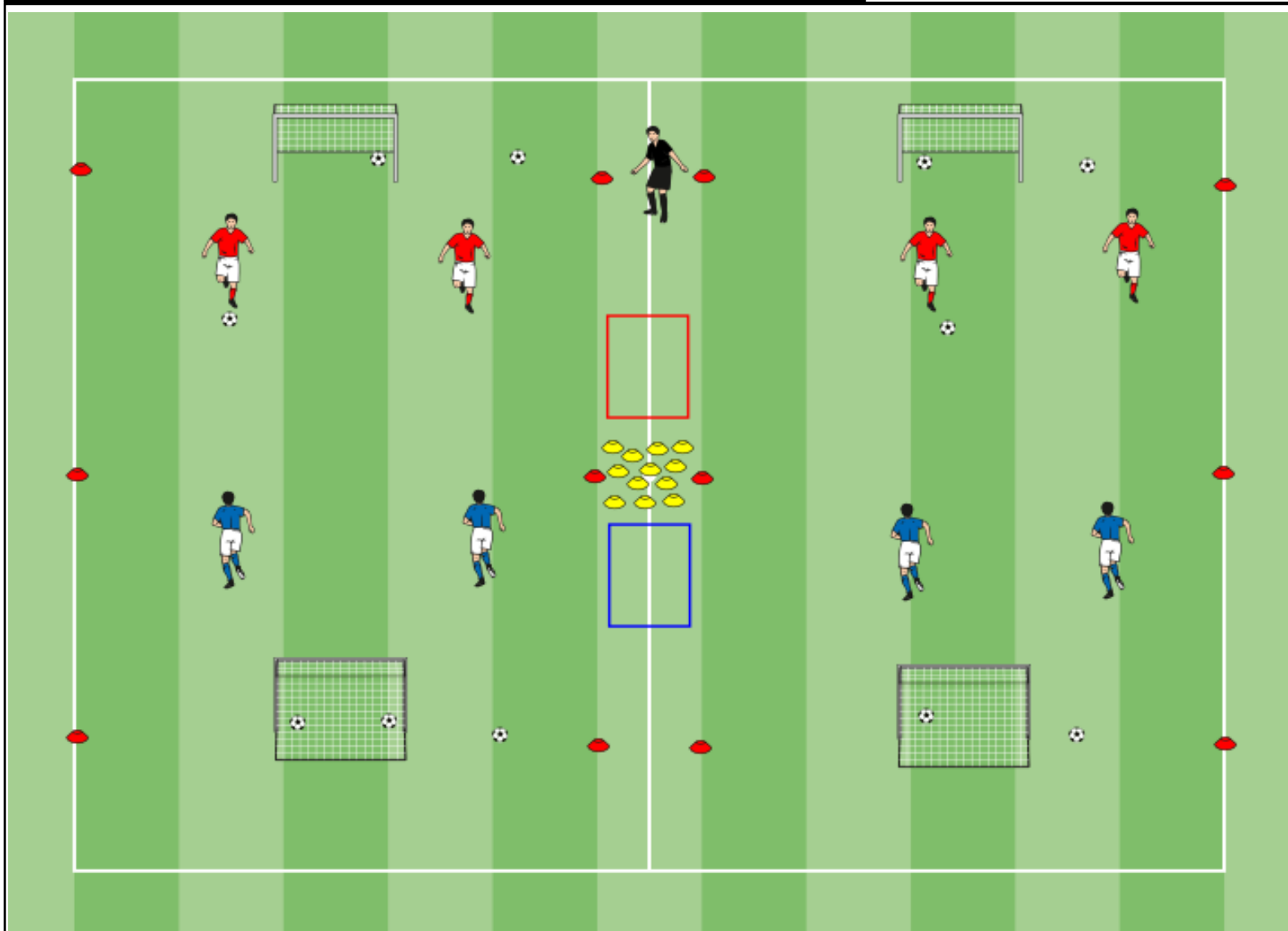
1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Small touches then larger touches to change speed
4. Look at goal before shooting

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?

Age : U6 4v4	Moment :	Area of the field : All field
Week : 5	Tech Toolkit :	Action :
Objective :		

PHASE 3 – FUN 2V2 COINS IN THE BANK	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 2v2 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.
Finish with 3v3 or 4v4 games

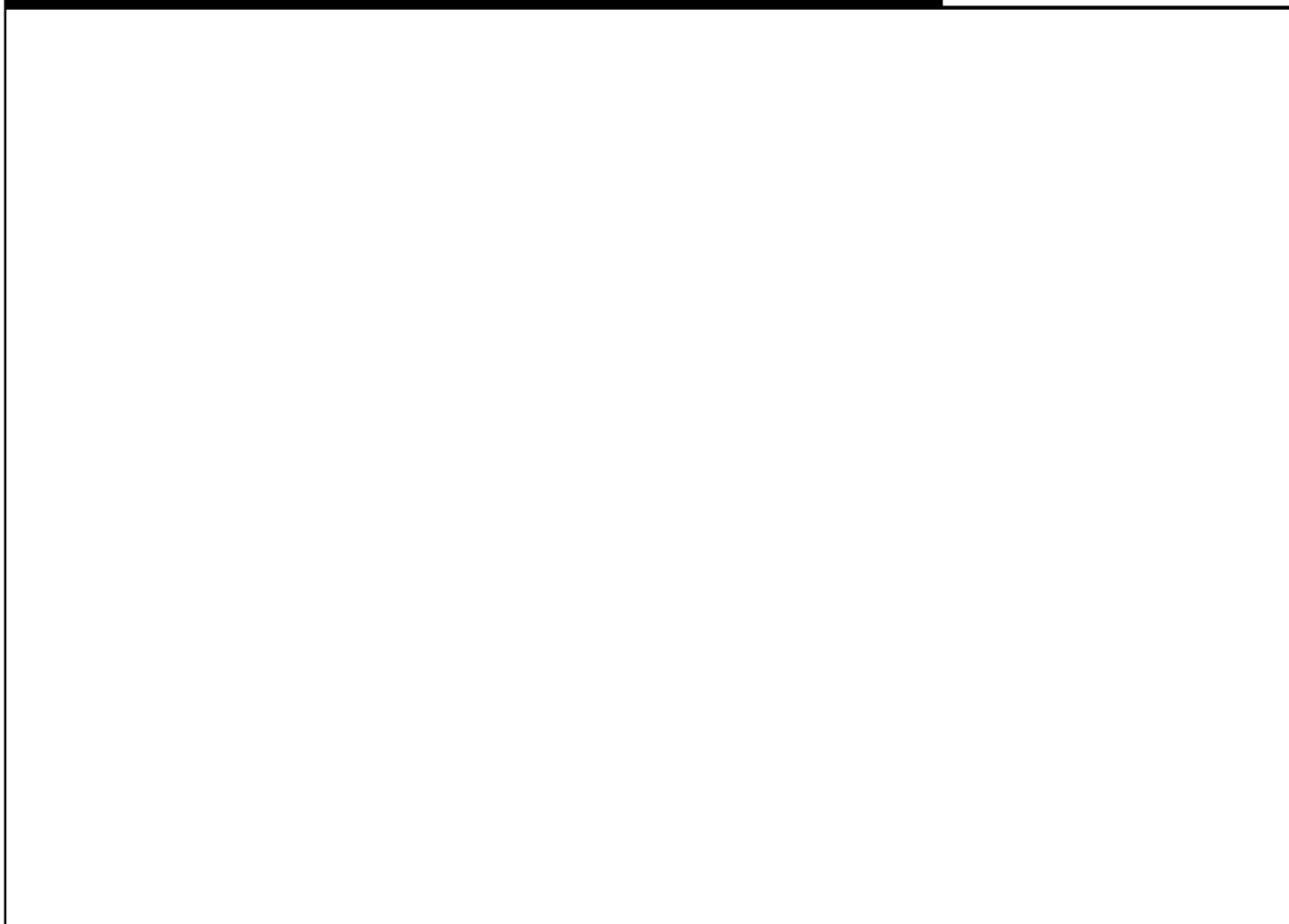
COACHING POINTS

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?

PHASE 4 – PLAY	12 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
-----------------------	-------------------	--



SET UP

DESCRIPTION

TECHNICAL TOOLS