



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

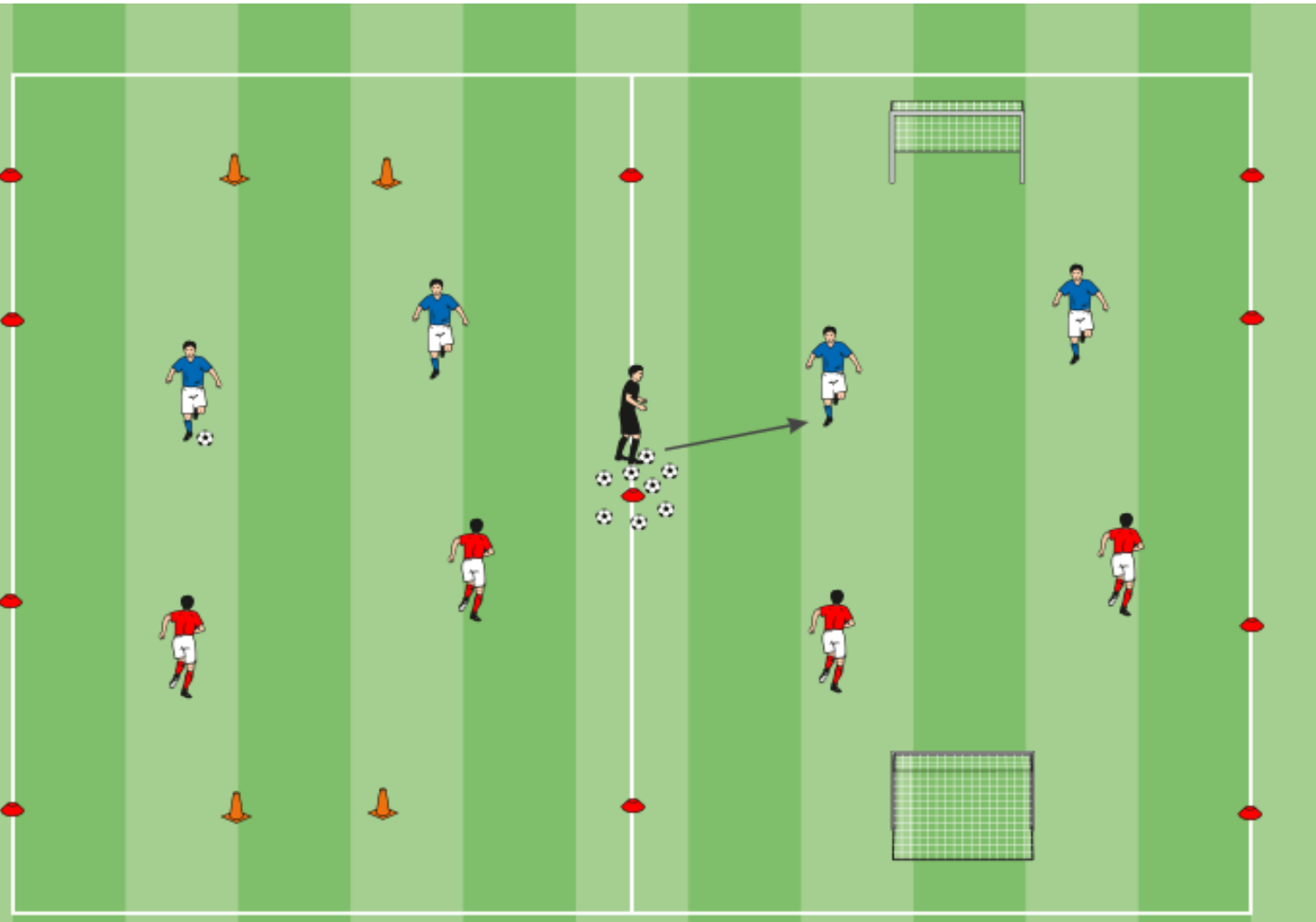
COACHING GUIDE

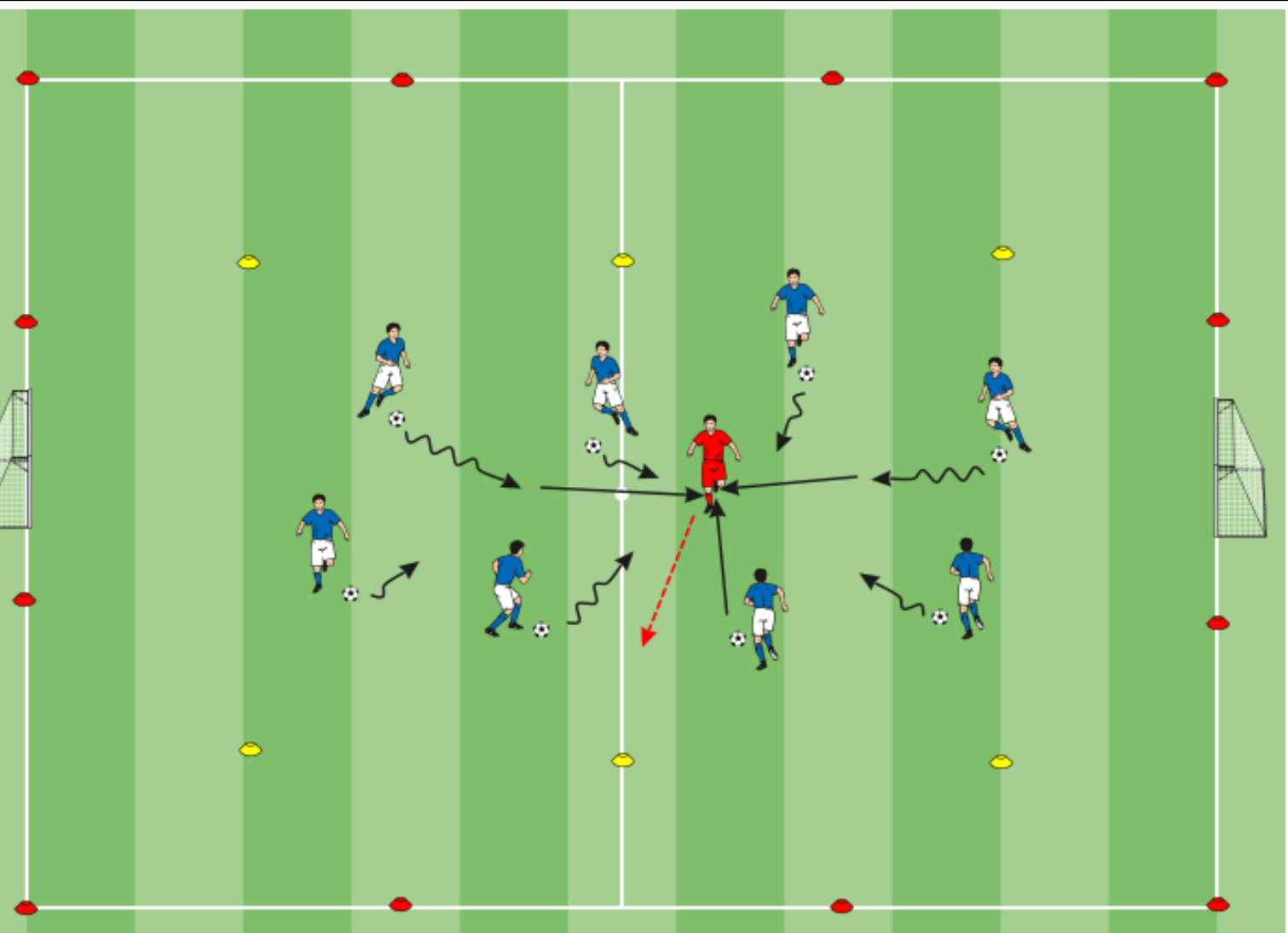
WEEK 8

SHOOTING

Use your laces | Point your toe down

Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 8	Tech Toolkit : Dribbling/Shoot	Action : Dribble or pass forward / Finish / Spread out / Spread out
Objective : To teach shooting technique and creating scoring opportunities		

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 – SPACE WARS	12 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 20 x 15 yard area with yellow cones Each players with own ball, coach without a ball</p> <p>DESCRIPTION Players try to fire their lasers at the coach "Darth Vader" and attempt to hit him/her below the knee for a point. After 3-4 rounds against the coach, recruit some more Darth Vader's and play to score points by hitting Darth below the knee and then destroying the death star by scoring on goal for an extra point.</p> <p>PROGRESSIONS Add more Darth Vader's Ball Mastery moves to get back into the game!</p>

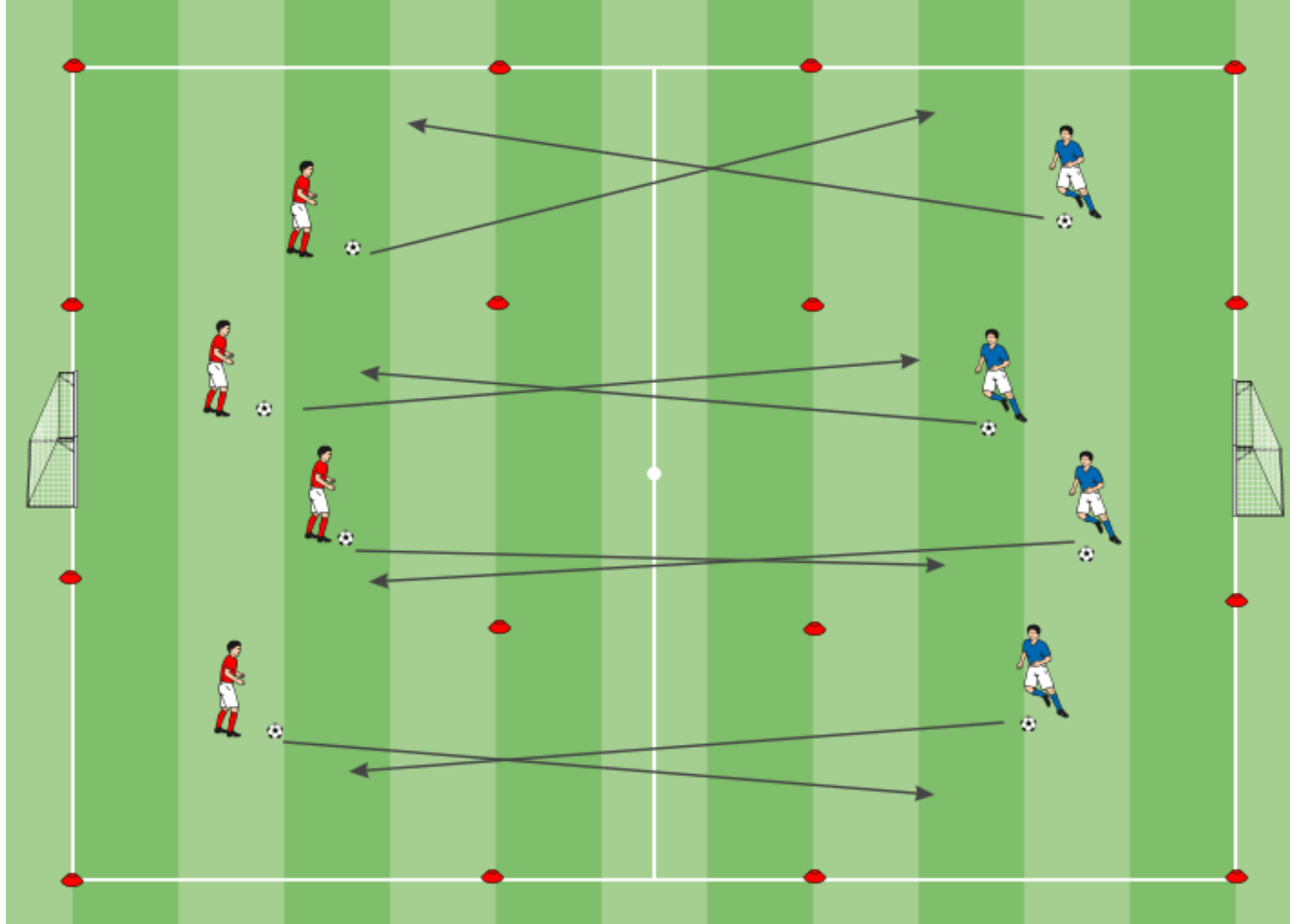
COACHING POINTS

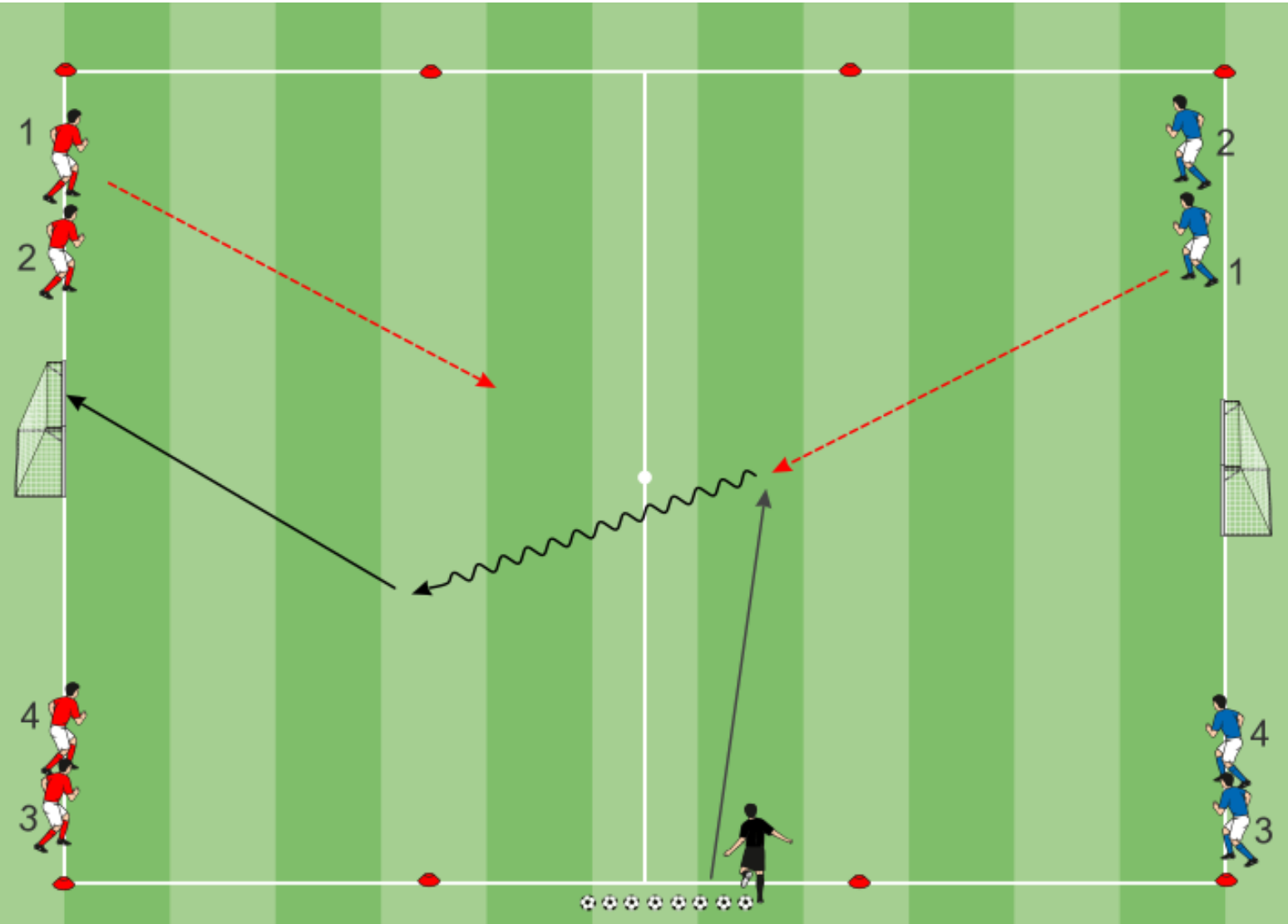
1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Lock ankle of shooting foot, point toe down, use laces
4. Plant non-kicking foot alongside ball pointing at target

GUIDED QUESTIONS

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

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PHASE 3 – CLEAN YOUR ROOM	12 MINUTES	3 MINUTE PLAY 1.5 MINUTE REST
		<p>SET UP 20 wide x 15 long area with a middle channel. A ball with each player split into two teams.</p> <p>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.</p> <p>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 1v1s to goal).</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 with large goal to encourage shooting.</p>

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 go?