



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

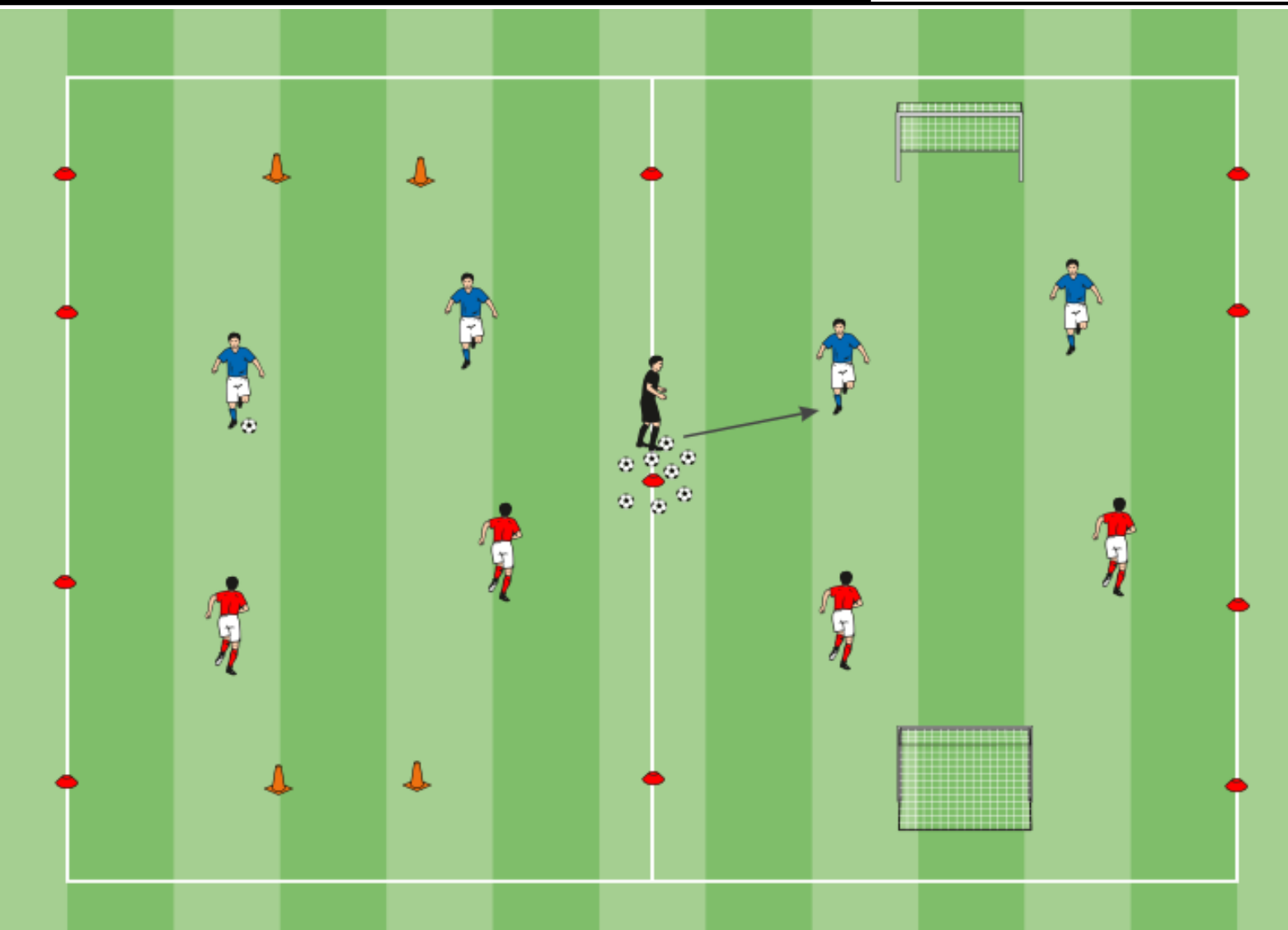
COACHING GUIDE

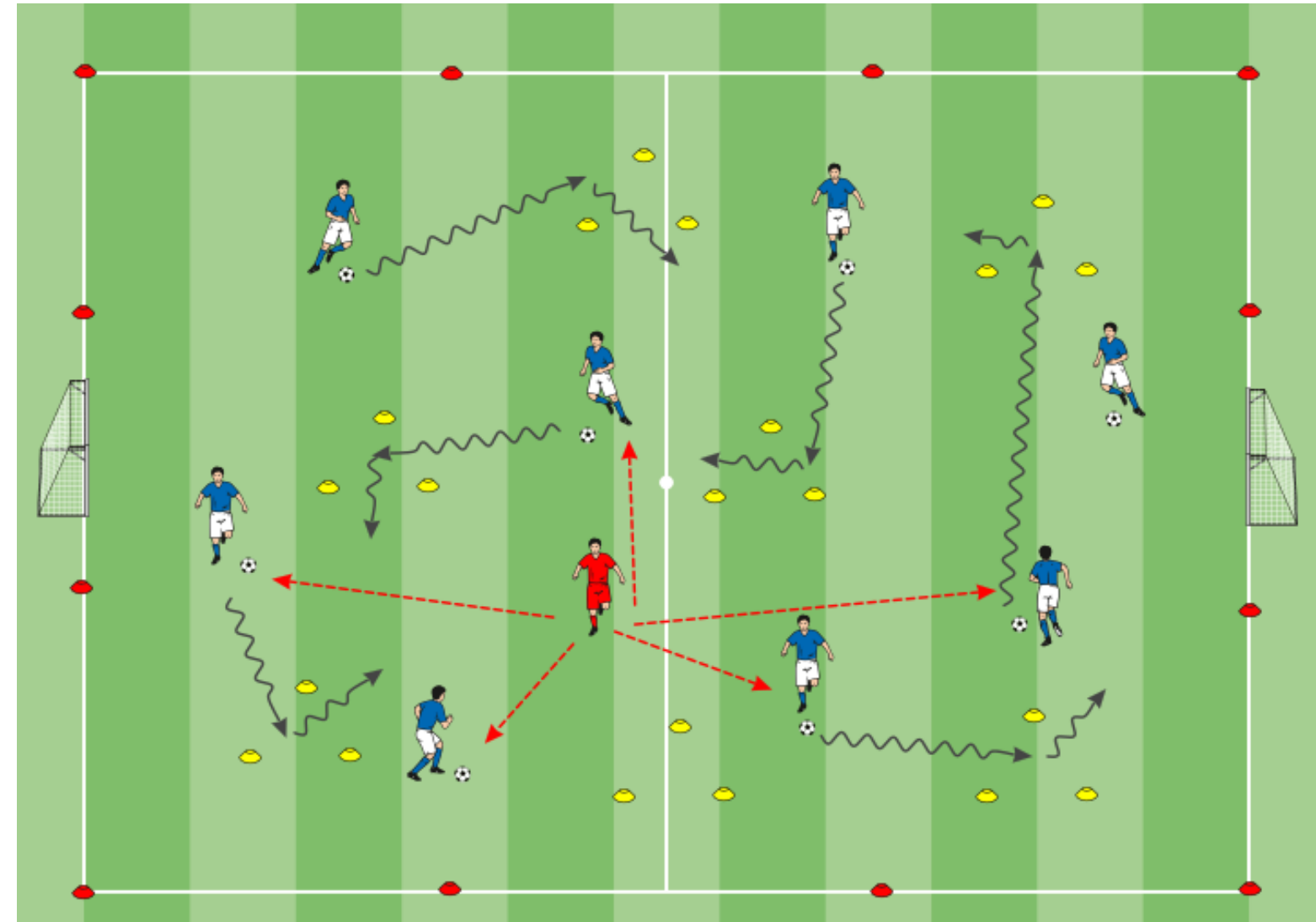
WEEK 9

DRIBBLING

Use your imagination | Attack at speed

Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 9	Tech Toolkit : Dribbling/Shooting	Action : Dribble or pass forward / Finish / Spread out / Spread out
Objective : To teach how and when to dribble to create and exploit space to finish		

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 – DOG CATCHER!	12 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 20 x 15 yard area with small triangles marked with yellow cones. Each player with own ball.</p> <p>DESCRIPTION Coach is the dog catcher and players are walking their favorite dog, ask the players if they have a dog, what type it is. The dog is the ball and their dribbling is their leash, keep the dog close! Working on ball mastery. Try to get to 101 dalmatians, 1 point for every time you go through the dog park making sure to give your dog a treat! Coach should chase the dogs and if they catch one, they become a dog catcher too. The dog park is safe but beware of the dog catcher when you leave the park!</p> <p>PROGRESSIONS Coach catches a dog, they become a dog catcher.</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. How do you know where the nearest open triangle is?
2. How can you avoid the dog catcher?

Age : U6 4v4

Moment : Attacking

Area of the field : All field

Week : 9

Tech Toolkit : Dribbling/Shooting

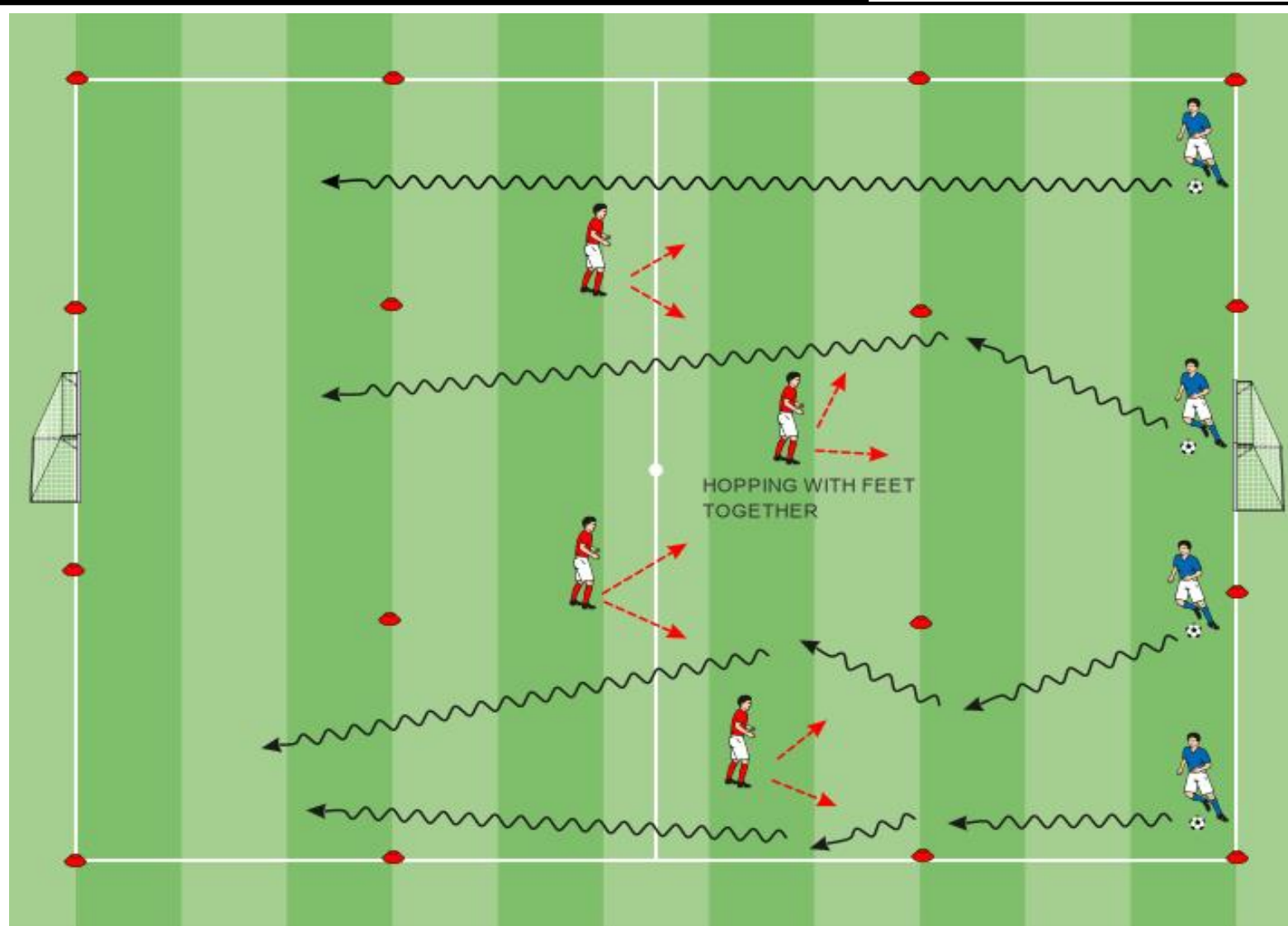
Action : Dribble or pass forward / Finish / Spread out / Spread out

Objective : To teach how and when to dribble to create and exploit space to finish

PHASE 3 – KANGAROO HOP

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

20 wide x 30 area with large channel in the middle area. Two teams. Blue players with ball, Red in the channel without ball.

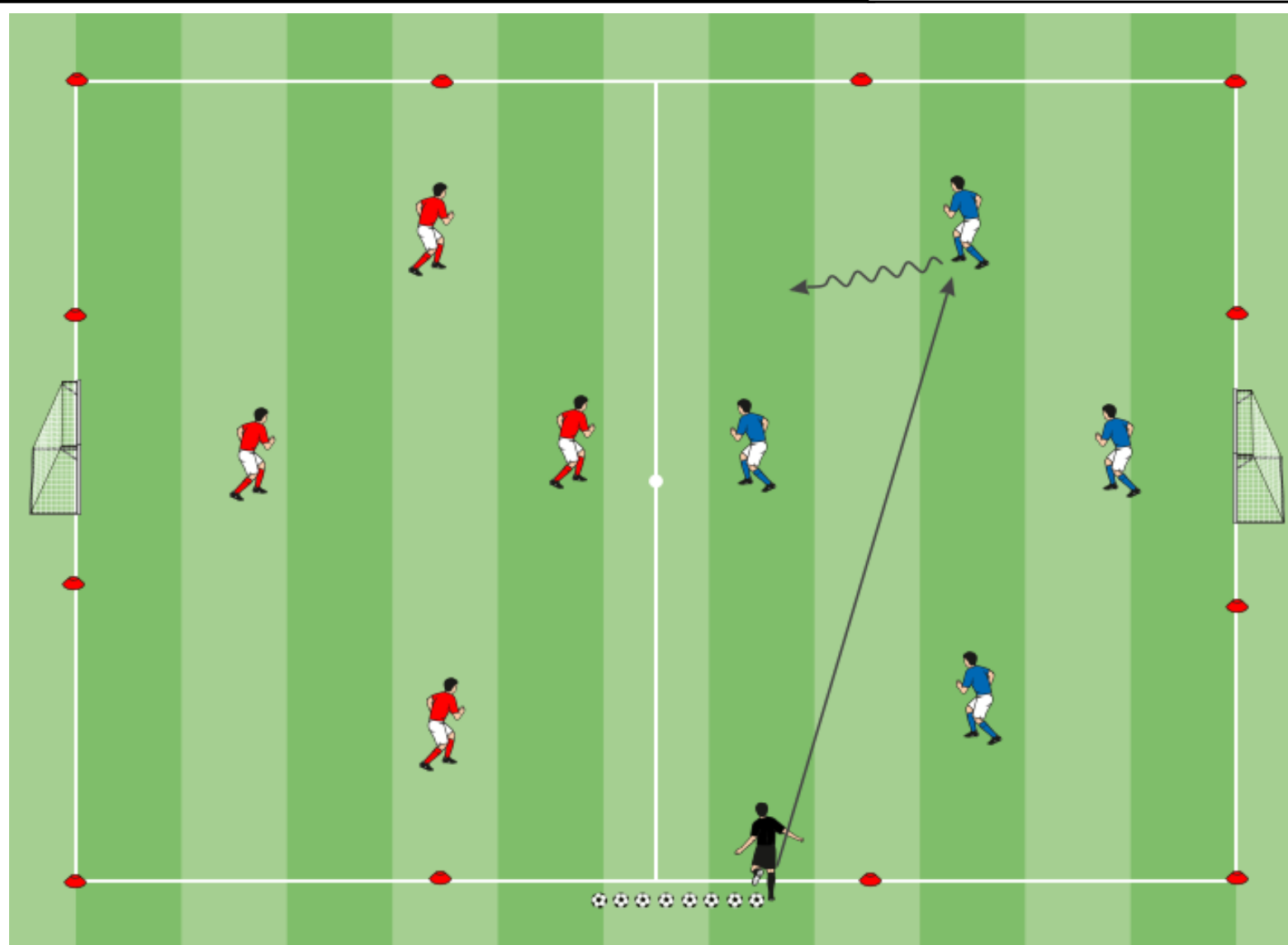
DESCRIPTION

Blue players are the koala bears, Red players are the kangaroos. Koala's need to get through the outback without losing their balls to the kangaroos who want to steal ball to put in their pouch! Kangaroos MUST hop with feet together, allowing koalas the opportunity to make a route through the outback. Get to the other side by squishing ball on the line of the outback without being caught for a point.

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. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space

GUIDED QUESTIONS

1. What should you do if you see a kangaroo blocking your way?
2. If you want to go faster with the ball, what can you do