



ACADEMY

PRESENTED BY  United  
Healthcare

# U8 4v4

## CURRICULUM

### WEEK 2

## PASSING AND RECEIVING

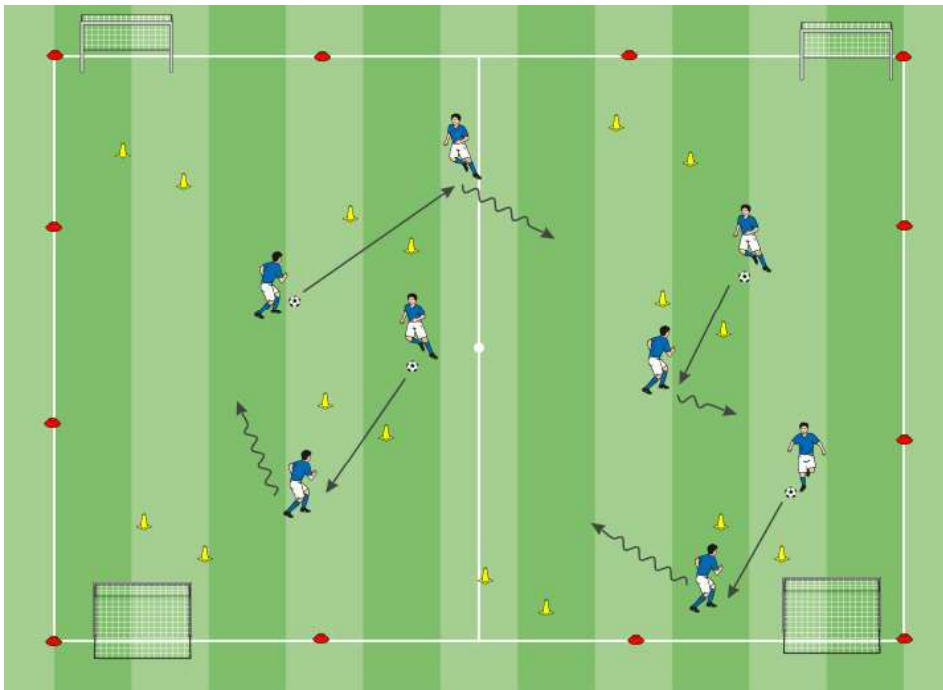
**On your toes | Head up | Scan**

<b>Age :</b> U8 4v4	<b>Moment :</b> Attacking	<b>Area of the field :</b> All field
<b>Week :</b> 2	<b>Tech Toolkit :</b> Passing/Receiving	<b>Action :</b> Pass or dribble forward / Spread out / Finish / Create passing options
<b>Objective :</b> To introduce passing and receiving technique, supporting player with ball		

### PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



#### SET UP

- 20 x 30 yard area with gates spread out randomly 2-3 yards wide. Four goals set up as shown.

#### DESCRIPTION

- Passing in two's through 5-8 yard gate practicing passing technique.
- Next, players make 2-3 passes and then one player dribbles to an open gate with their partner following.
- Repeat another 2-3 passes and the opposite player now dribbles the ball to the next open gate.

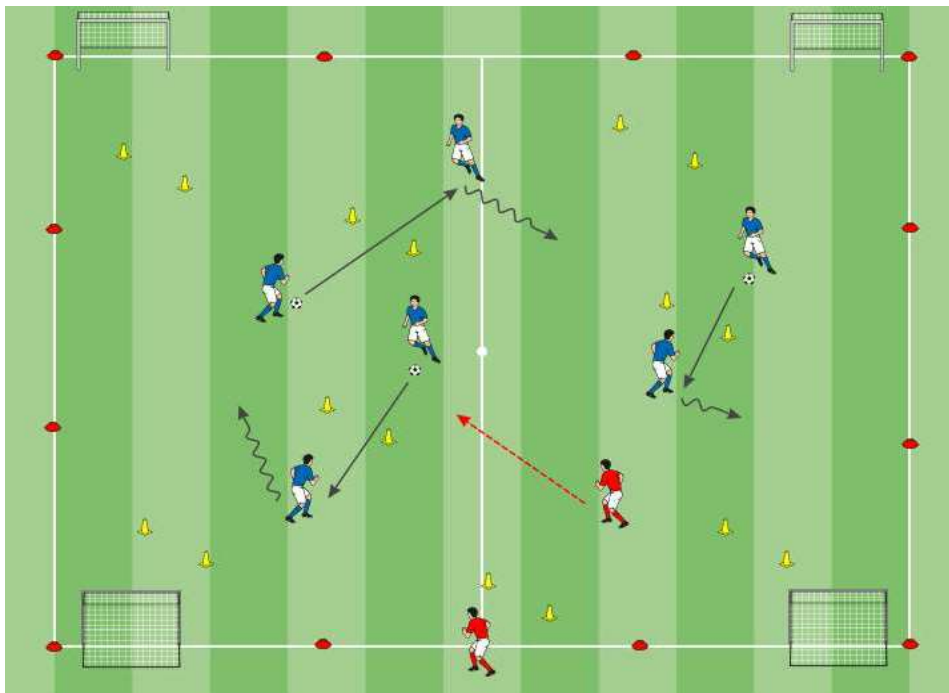
#### PROGRESSIONS

- After 3 gates completed, dribble & score on goal
- Play 1 pass through gate and move

### PHASE 2 – PASSING GATES

15 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



#### SET UP

- 20 x 30 yard area with gates spread out randomly 2-3 yards wide. Four goals set up as shown.

#### DESCRIPTION

- Passing in two's through a gate stood 5-8 yards apart with a point for each pass through.
- Add 1 x Defender who can kick ball out of grid.
- If ball goes out, blue pair must get ball back in grid as quick as possible.

#### PROGRESSIONS

- Add 2<sup>nd</sup> and 3<sup>rd</sup> defenders.
- If defender wins ball they can score on goal for point with blue player defending in 1v2.

#### COACHING POINTS

1. Scan field to see where defender is
2. Center of foot strikes center of the ball
3. On your toes when receiving ball
4. Head up to see opponents, space and teammate

#### GUIDED QUESTIONS

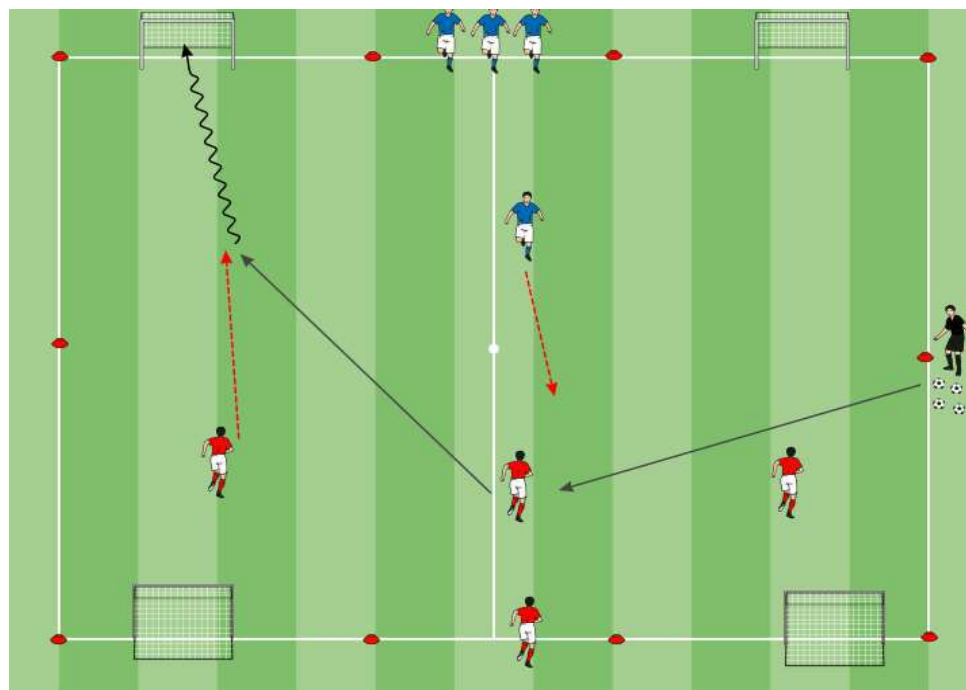
1. Where should you look before passing?
2. How can you be ready to receive the ball?
3. What can do you do if defender applies pressure? (Dribble/Pass)
4. How can you help your teammate know where to pass?

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### PHASE 3 – 3v1 to Goal

15 MINUTES

4 MINUTE PLAY | 2 MINUTE REST



#### SET UP

- Set up 20 x 30 field with 4 goals
- Two teams.
- Attacking team start with 3 and defending team start with 1.

#### DESCRIPTION

- Coach passes ball in OR start with a dribble.
- 3v1 to 2 goals using a pass or dribble to get past the defender, 1 point for a goal.
- If the defender wins the ball, they dribble to opposite goals for a point.
- If the ball goes out of play, a new 3 attackers v 1 defender.

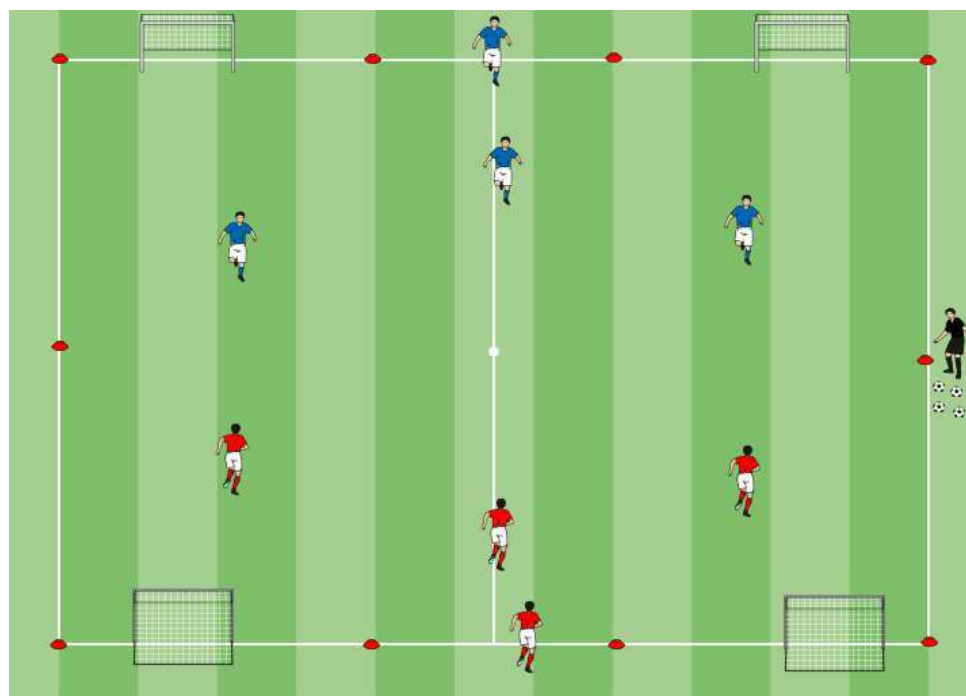
#### PROGRESSIONS

- Play 2v1
- Play 3v2
- Give time restriction to score.

### 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 four goal 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. Look for the opening
2. Head up to see opponents, space & teammates
3. Larger touches to accelerate into space
4. Pace, direction and weight of pass

#### GUIDED QUESTIONS

1. How do you know where your teammates are? (look up)
2. How can we make the space as big as possible? (support by being wide)
3. When should you dribble or pass? (where is the defender?)