



ACADEMY

PRESENTED BY  United
Healthcare

U8 4v4

CURRICULUM

WEEK 3

CHANGE OF DIRECTION

Be Creative | Be Exciting | Be Unique

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 3

Tech Toolkit :
Dribbling/Creativity/Shooting

Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach players how and when to use a change of direction move

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

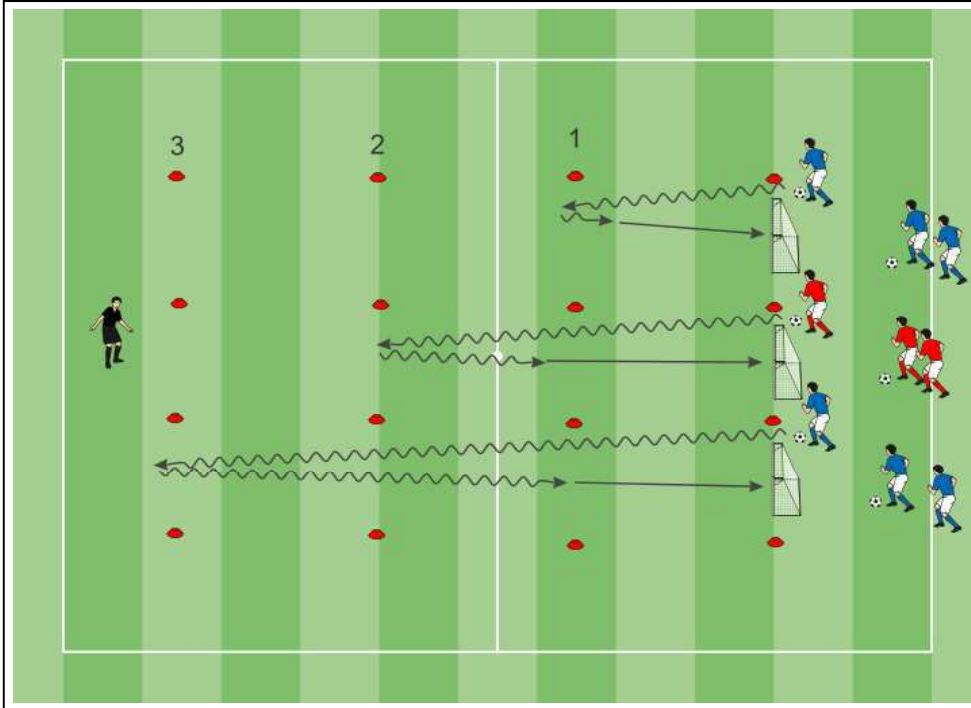
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 2 – CHANGE OF DIRECTION RACE

15 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 24 x 18 yard area with cones marking out zones 1-3 with a goal at the beginning of each channel.

DESCRIPTION

- Form 3 teams.
- First player dribbles up to cone 1 and performs a change of direction move back to beginning
- Repeat until all players have gone.
- Add 2nd cone and then 3rd cone
- Makegame a race with first team finished sitting in line.

PROGRESSIONS

- After cone 3 change of direction race back with the first player to score a goal scores a point for their team.

COACHING POINTS

1. Small touches to keep ball close
2. Head up to see space
3. Small touches then larger touches to change speed
4. Slow down before turn, speed up after completion of move

GUIDED QUESTIONS

1. Why do you slow down before changing direction? (more control)
2. Why should you speed up after change of direction move? (accelerate away from defender)

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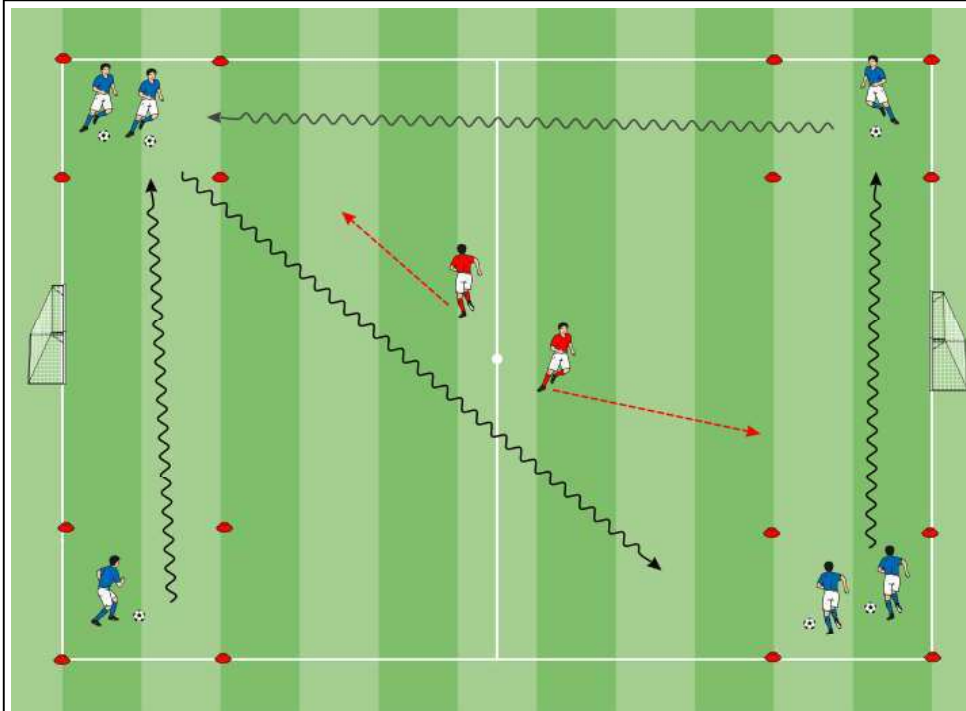
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PHASE 3 – ISLAND HOPPING

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- 20 wide x 30 area with 4 squares (Island) in the corners.
- Blue players with a ball in an Island.
- Red "Pirates" without a ball.

DESCRIPTION

- Players attempt to hop from Island to Island avoiding the pirates who can start with or without a ball
- If a player loses their ball to a Pirate they must perform a ball mastery move to get back into the game.
- 1 point for every island visited.
- Use change of direction move to quickly escape the pirate.

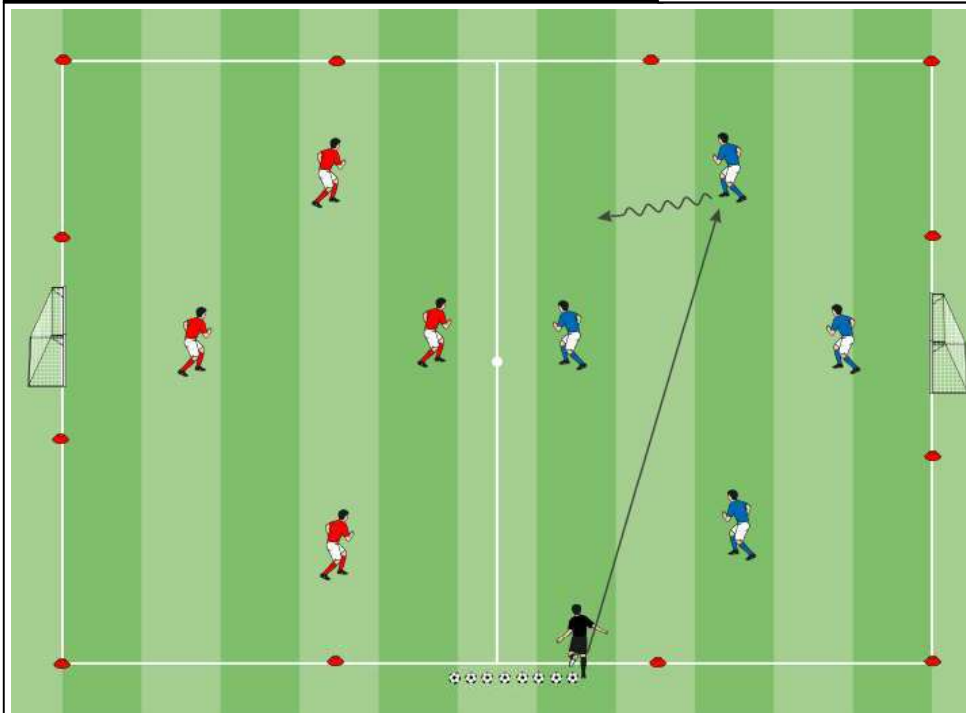
PROGRESSIONS

- After being captured, become a pirate until there is one player left trying to island hop.
- After 2 x Islands, go to opposite goal for 3 points! Pirates can defend

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. Head up to see opponents, space & teammates
2. Larger touches to accelerate into space
3. Use body to shield ball from opponent
4. Slow down, tight turn, accelerate away from opponent

GUIDED QUESTIONS

1. How can you get to open Island quickly?
2. What do you do if someone is blocking one Island?