



ACADEMY

PRESENTED BY  United Healthcare

U8 4v4

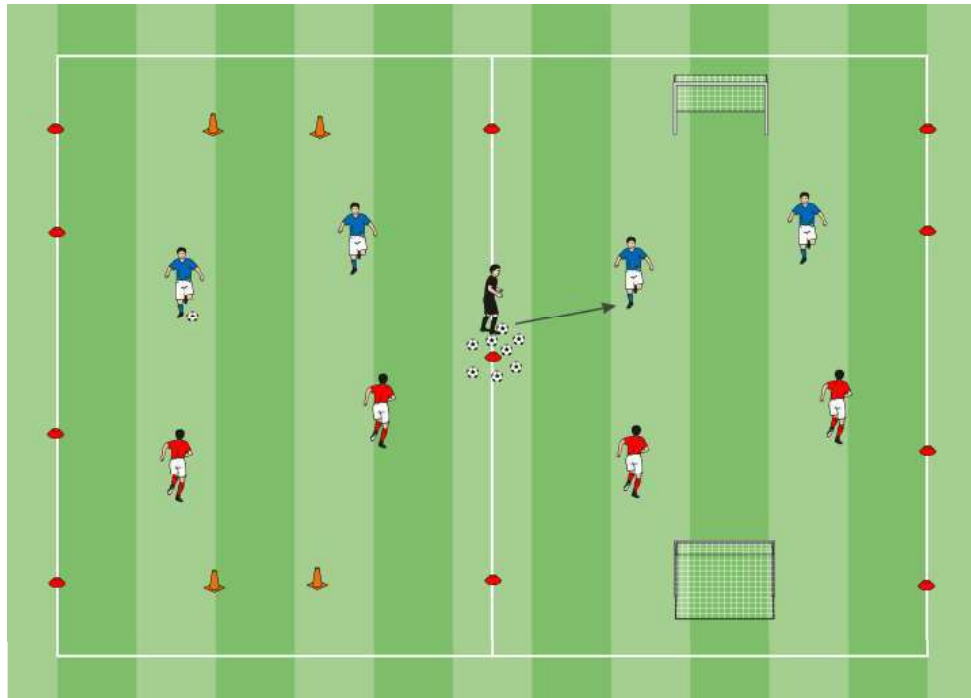
CURRICULUM

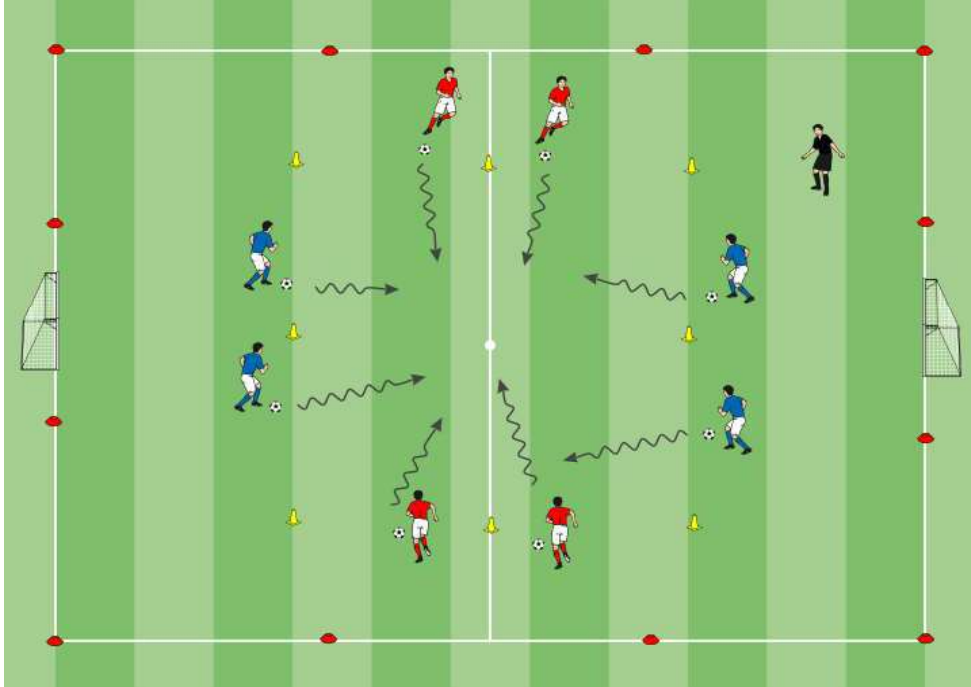
WEEK 4

1v1 MOVES

Be Creative | Take Risks | Drive into space

Age : U8 4v4	Moment : Attacking	Area of the field : All field
Week : 4	Tech Toolkit : Dribbling/Creativity Shooting	Action : Pass or dribble forward / Spread out / Finish
Objective : To teach players how and when to use a 1v1 to beat a defender		

PHASE 1 – PLAY	10 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP</p> <ul style="list-style-type: none"> • 2 x small fields with goals/cones • 10/15 wide x 15/20 long <p>DESCRIPTION</p> <ul style="list-style-type: none"> • 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 – 1v1 Moves in traffic	15 MINUTES	2.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP</p> <ul style="list-style-type: none"> • 20 x 15 yard area marked with tall yellow cones. • Players in two teams with a ball each. <p>DESCRIPTION</p> <ul style="list-style-type: none"> • Players start with ball on opposite ends of team. • On go command dribble across to opposite side avoiding players • Players now perform 1v1 moves across the grid • The movement of players in the middle provides opportunities for player to find openings. <p>PROGRESSIONS</p> <ul style="list-style-type: none"> • Add 1 defender from each team who starts in the middle without a ball and attempts to clear ball from the area.

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. Feint one direction, accelerate into space

GUIDED QUESTIONS

1. What can you do to make sure your ball stays close?
2. How can you avoid bumping into other players?
3. What do you do if see open space in front of you

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 4

Tech Toolkit : Dribbling/Creativity
Shooting

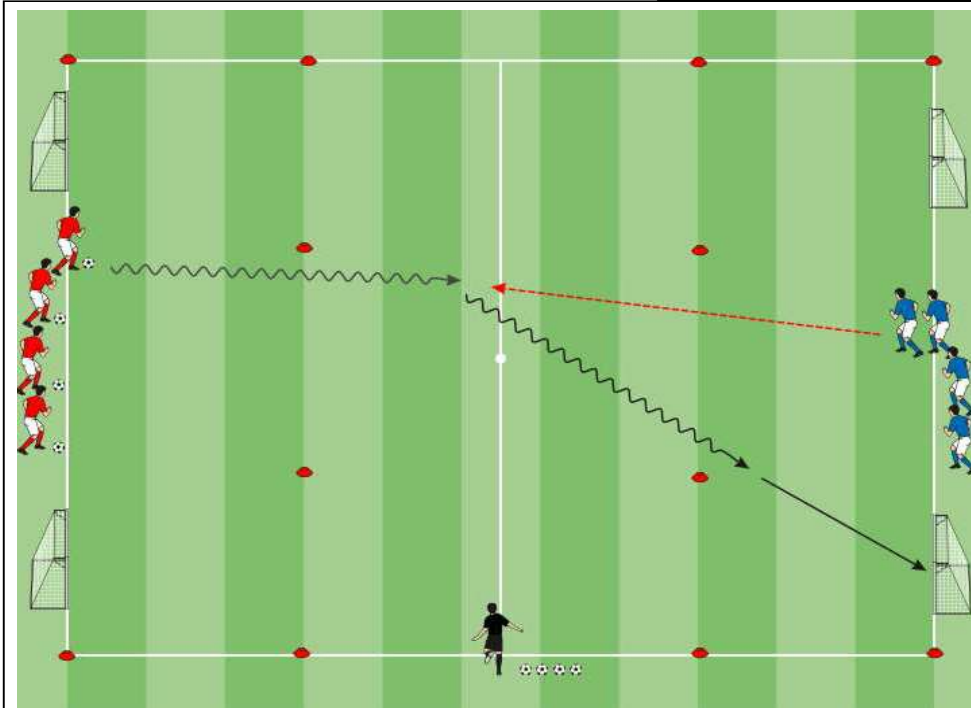
Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach players how and when to use a 1v1 to beat a defender

PHASE 3 – 1v1 / 2v2 TO TWO SMALL GOALS

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- Two teams, Red players with ball
- 20 x 30 yard area with zones
- 2 goals on end line.

DESCRIPTION

- Red player dribbles past 1st red line.
- Blue player defends 1v1.
- Red player attempts to beat defender and score on mini goals.
- Limit touches or time once getting passed final red line.
- Defender can't defend past final red line.
- Blue counter on opposite end line goals if they win ball.
- Once ball goes out of play, two new players enter.

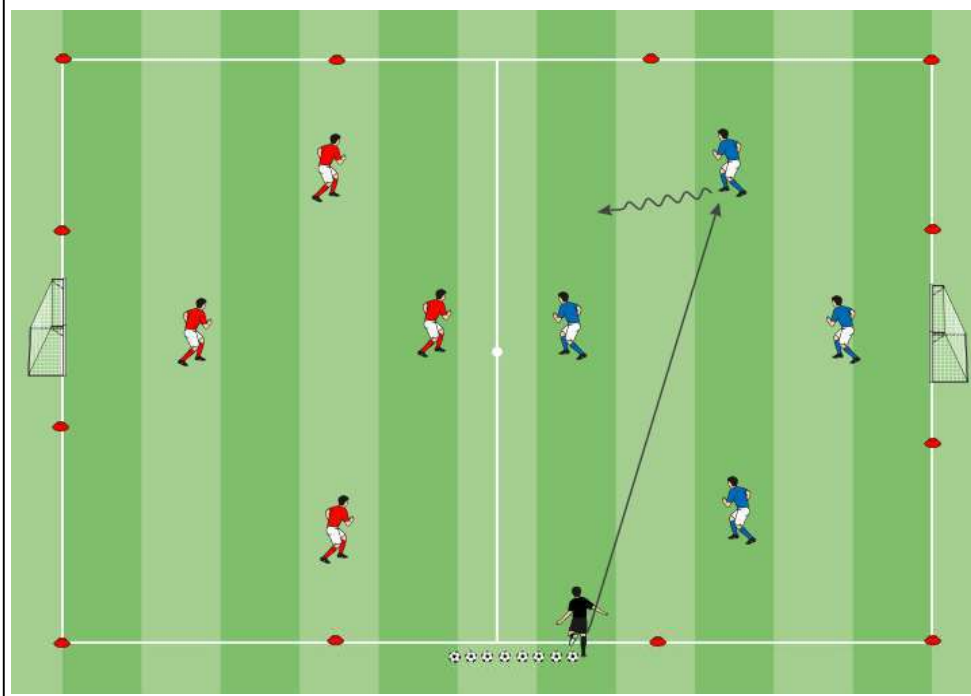
PROGRESSIONS

- Blues can defend past final red line
- Play 2v1 or 2v2

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
4. Point toe down when dribbling

GUIDED QUESTIONS

1. What should you do if you someone is blocking your path?
2. Once you beat defender how do you know where to shoot?