



ACADEMY

PRESENTED BY  United Healthcare

U8 4v4

CURRICULUM

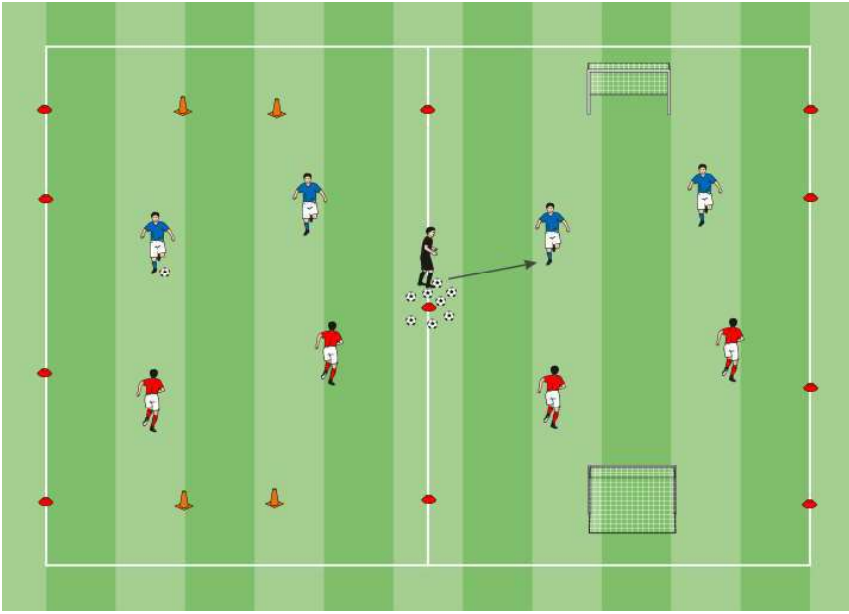
WEEK 5


COACH CHOICE

OR

2v2, 3v3, 4v4 mini tournament

Age : U6	Moment : Attacking/Defending	Area of the field : All field
Week : 5	Tech Toolkit : Dribble/Shoot	Action : Pass or dribble forward / Spread out / Finish
Objective : Mini Tournament style week as an option.		

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> <p>TECHNICAL TOOLS Close control of ball Dribble at speed Scan field / head up Select surface of foot Spread out Shoot Placement of shot</p>	
<p>COACHING POINTS</p> <p>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. Look at goal before shooting</p> <p>GUIDED QUESTIONS</p> <p>1. What do you do if someone is blocking your path to goal? 2. How do you keep the ball away from opposition when dribbling? 3. How do you know where the open space is?</p>		

PHASE 2 – FUN 2V2 COINS IN THE BANK	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 2v2/3v3 on each field. Each player trying to score on goal. If a player scores a goal they put in a coin in their teams bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. 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> <p>Play 3v3, 4v4 to finish</p> <p>TECHNICAL TOOLS Close control of ball Dribble at speed Scan field / head up Select surface of foot Placement of shot</p>	
<p>COACHING POINTS</p> <p>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. Look at goal before shooting</p> <p>GUIDED QUESTIONS</p> <p>1. What do you do if someone is blocking your path to goal? 2. How do you keep the ball away from opposition when dribbling? 3. How do you know where the open space is?</p>		



ACADEMY

PRESENTED BY  United Healthcare

U8 4v4

CURRICULUM

WEEK 6

SHOOTING TECHNIQUE

Lock your ankle | Hit the corners