



ACADEMY

PRESENTED BY  United Healthcare

U8 4v4

CURRICULUM

WEEK 8

SHOOTING SITUATIONS

Lock your ankle | Hit the corners

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 8

Tech Toolkit : Dribbling/Shoot

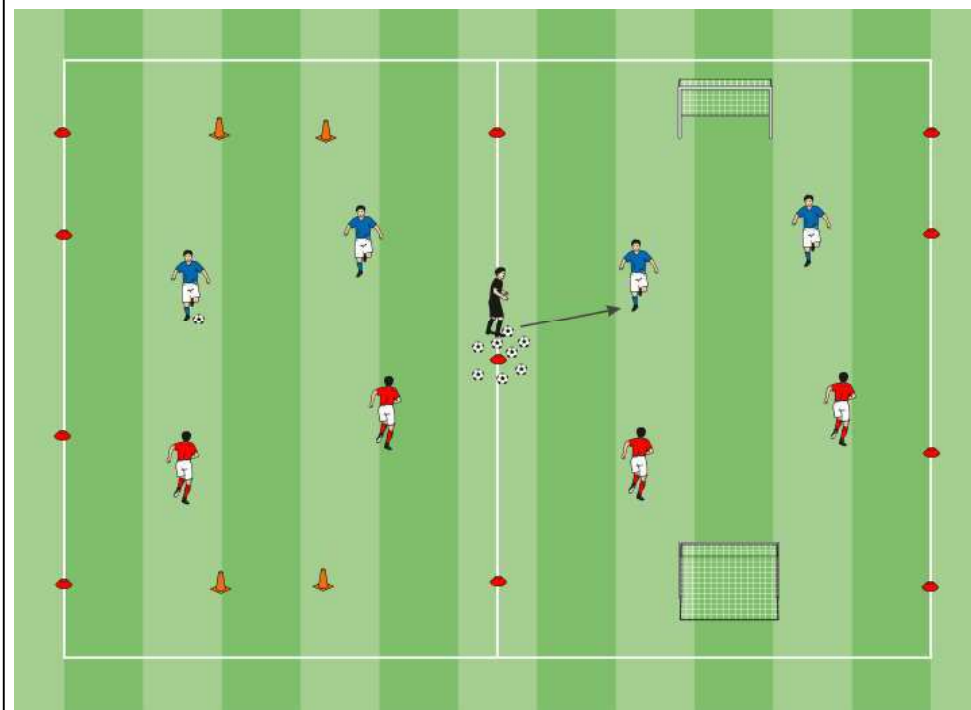
Action : Pass or dribble forward / Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

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

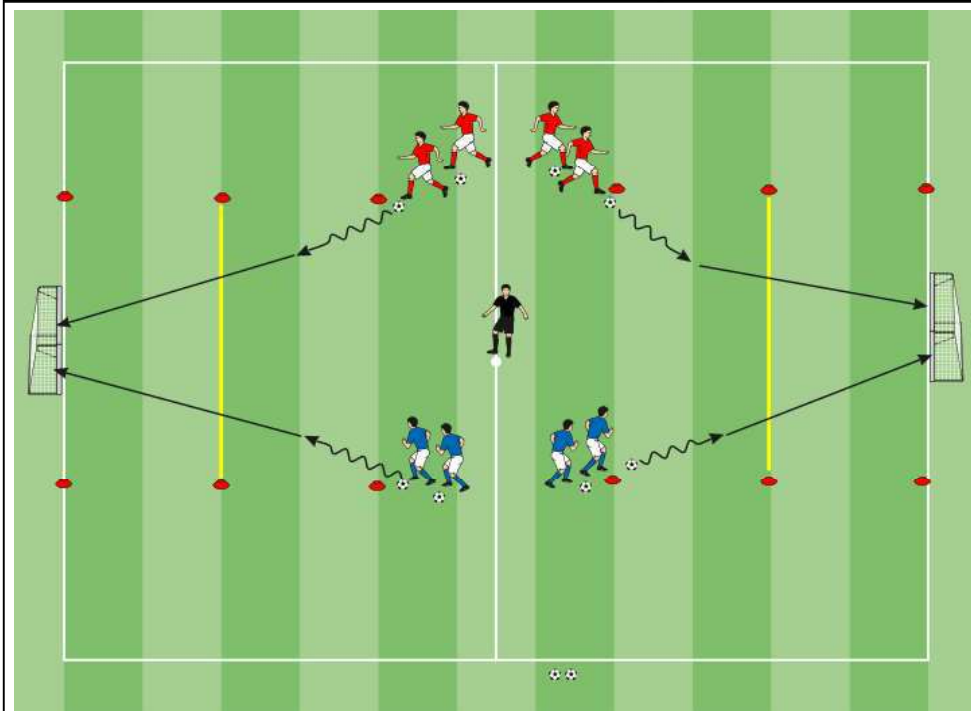
DESCRIPTION

- 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 – SHOOTING COMPETITION

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- Two goals on end line. Mark red cones as shown 5-10 yards apart (adjust based on group).

DESCRIPTION

- Start with ball on furthest cone.
- On "Go" command, players dribble forward and shoot before they reach the closest line of cones to goal.
- 1 point for a goal.
- Collect ball and dribble around outside.
- Next player starts after player in front has shot.
- Team with most goals after 3 minutes wins.

PROGRESSIONS

- Perform 10 ball mastery touches while player in front is dribbling to goal.

COACHING POINTS

1. Head up to see opponents, space & teammates
2. Lock ankle, point toe down, use laces
3. Plant non-kicking foot alongside ball pointi at target
4. Look at goal before shooting

GUIDED QUESTIONS

1. Where should you look before you shoot the ball?
2. Which surface of the foot gives most control, toe or laces?

Age : U8 4V4

Moment : Attacking

Area of the field : All field

Week : 8

Tech Toolkit : Dribbling/Shoot

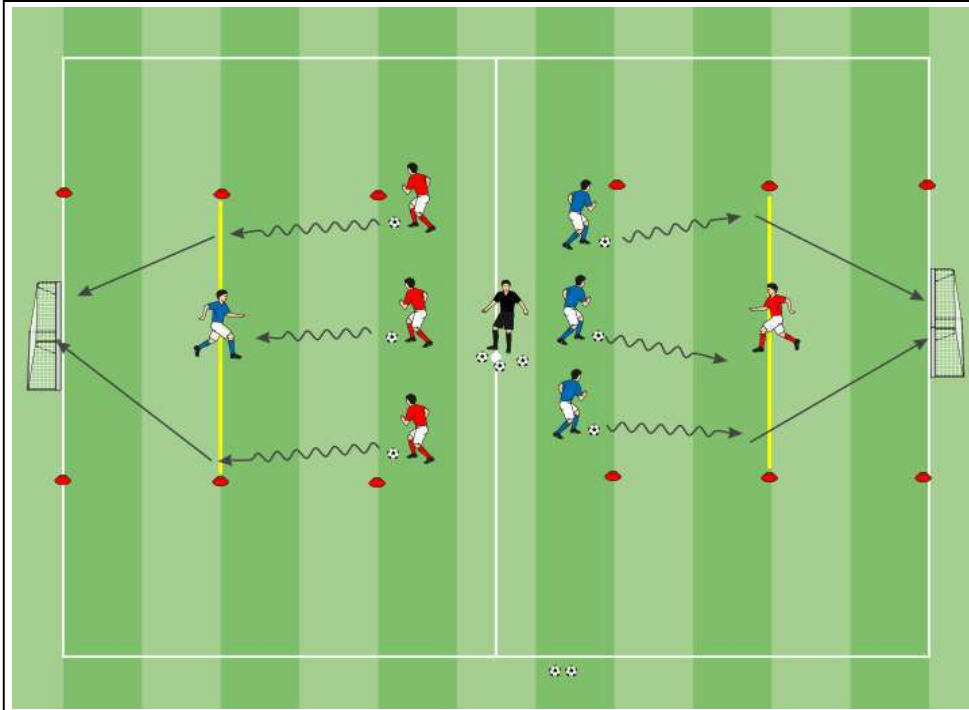
Action : Pass or dribble forward / Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 3 – GOALS, GOALS, GOALS

12 MINUTES

3 MINUTE PLAY | 1.5 MINUTE REST



SET UP

- Two goals on end line. Mark red cones as shown 5-10 yards apart (adjust based on group).

DESCRIPTION

- Same activity as phase 2 but now add a defender for each team.
- Start with defender only allowed to move side to side.
- Players must beat the defender before shooting on goal.
- Adjust the distance from goal. Defender clears ball by kicking the ball out of the area. Attacking players dribble ball back to start line.

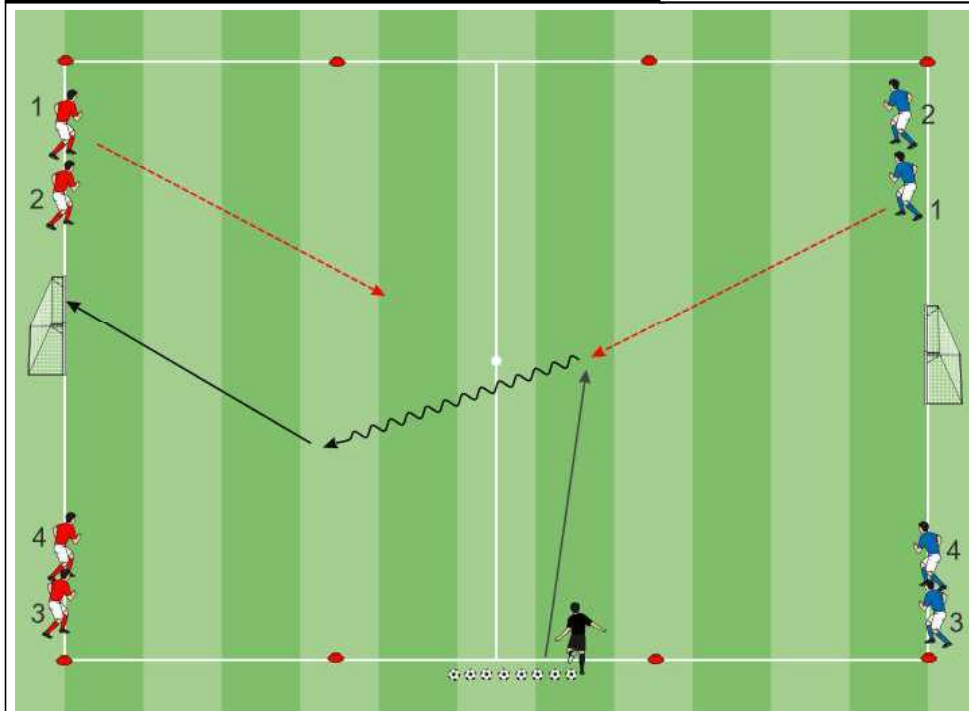
PROGRESSIONS

- Add a 2nd defender.

PHASE 4 – NUMBERS GAME TO GOAL

20 MINUTES

10 MINUTE PLAY | 3 MINUTE REST



SET UP

- 20 wide x 30 long field with two goals with cones.
- Two teams numbered 1-4
- Match up players level on opposite side 1 blue and 1 red same level....

DESCRIPTION

- Coach calls out a number (1 shown) for a 1v1 to goal.
- Attack and defend until goal is scored.
- Return to team and call out next number.
- If ball goes out of play, round over.

PROGRESSIONS

- 2v1, 2v2, 3v2, 3v3
- End with regular 4v4 with large goal to encourage shooting.

COACHING POINTS

1. Head up to see opponents, space & teammates
4. Place non-kicking foot alongside ball pointi at target
3. Look at goal before shooting
4. Follow through to target

GUIDED QUESTIONS

1. When should you dribble, when should you shoot?
2. I f you beat the defender where should you dribble?