



ACADEMY

PRESENTED BY  United  
Healthcare

# U8 4v4


## CURRICULUM

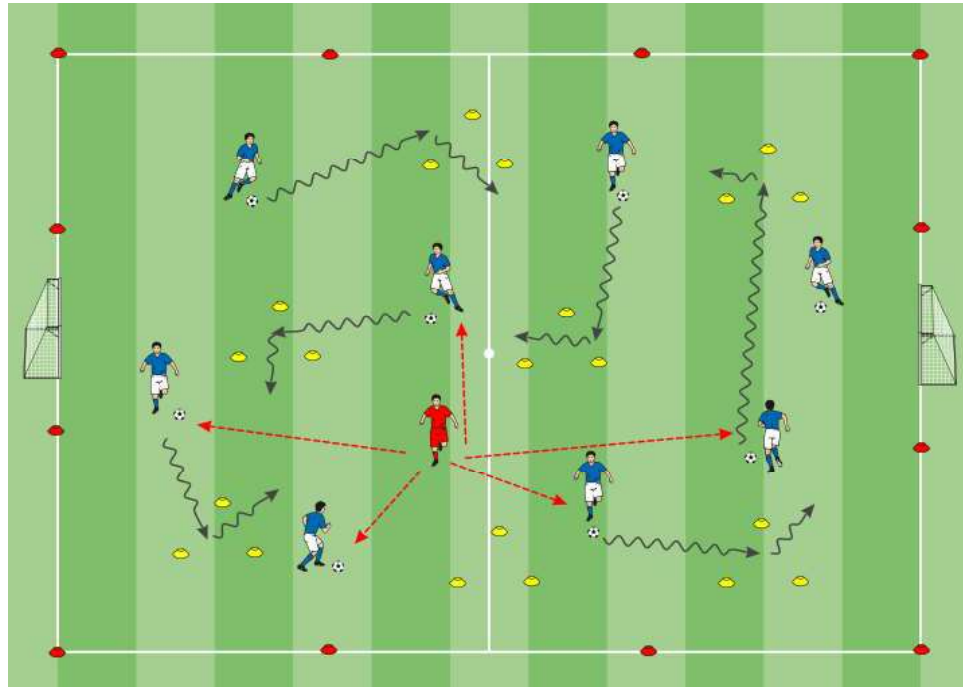
### WEEK 9

## MOVES TO UNBALANCE

**Be creative | Take risks | Drive into space**

<b>Age :</b> U8 4v4	<b>Moment :</b> Attacking	<b>Area of the field :</b> All field
<b>Week :</b> 9	<b>Tech Toolkit :</b> Dribbling/Shoot/Creativity	<b>Action :</b> Pass or dribble forward / Spread out / Finish
<b>Objective :</b> To teach shooting technique and creating scoring opportunities		

PHASE 1 – PLAY	10 MINUTES	3 MINUTE PLAY   1 MINUTE REST
		<p><b>SET UP</b></p> <ul style="list-style-type: none"> <li>• 2 x small fields with goals/cones</li> <li>• 10/15 wide x 15/20 long</li> </ul> <p><b>DESCRIPTION</b></p> <ul style="list-style-type: none"> <li>• Play 1v1 to 2v2 as players arrive</li> <li>• Play 1v1 or 2v2 on 2<sup>nd</sup> field.</li> <li>• Rotate players on each field.</li> <li>• Start with large supply of balls</li> <li>• Encourage players to not chase balls</li> <li>• Get another ball in quickly.</li> </ul>

PHASE 2 – SAFE BASE	12 MINUTES	3 MINUTES PLAY   1 MINUTE REST
		<p><b>SET UP</b></p> <ul style="list-style-type: none"> <li>• 20 x 15 yard area with small triangles marked with yellow cones.</li> </ul> <p><b>DESCRIPTION</b></p> <ul style="list-style-type: none"> <li>• Players dribble ball away from red player stopping in a safe base (triangle)</li> <li>• Red player attempts to tag player which freezes them for 10 seconds.</li> <li>• 1 point for every base visited.</li> <li>• Set a target number of bases for the team to score</li> <li>• Change Red player each time.</li> </ul> <p><b>PROGRESSIONS</b></p> <ul style="list-style-type: none"> <li>• Add 2<sup>nd</sup> and 3<sup>rd</sup> defender</li> </ul>

## COACHING POINTS

1. Small touches to keep ball close
2. Head up to see opponents, space & teammates
3. Larger touches to change speed
4. Use different surfaces of foot to dribble and stop ball

## GUIDED QUESTIONS

1. How do you know where the nearest open base is?
2. How can you avoid the red defender?

**Age :** U6

**Moment :** Attacking

**Area of the field :** All field

**Week :** 9

**Tech Toolkit :** Dribbling/Shoot

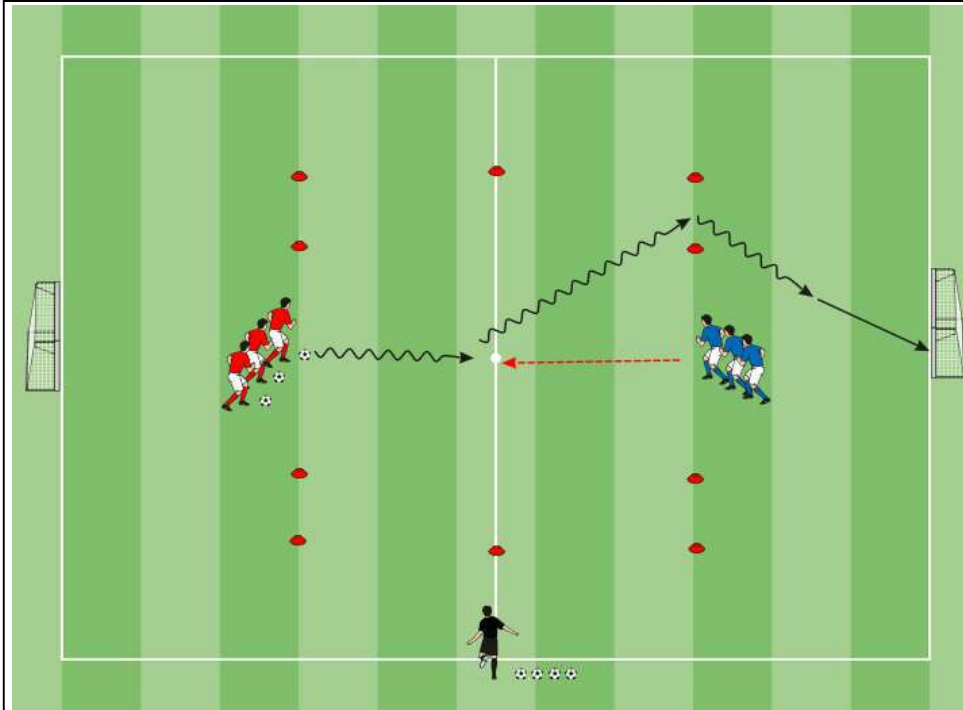
**Action :** Pass or dribble forward / Spread out / Finish

**Objective :** To create chances by using 1v1 moves to unbalance opponent

### PHASE 3 – GOALS, GOALS, GOALS

12 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



#### SET UP

- 20 wide x 15 yard rectangle with 4 x 3 yard wide gates.
- Use large goals as shown or cones for galls.

#### DESCRIPTION

- Red player attempts to dribble and beat blue player 1v1.
- Round 1 a point for dribbling through wide gate. If blue player wins ball they attack opposite wide gates.
- In round 2 now give an extra point for scoring on goal after making it through gate.
- Provide a time in which to score (5 seconds).

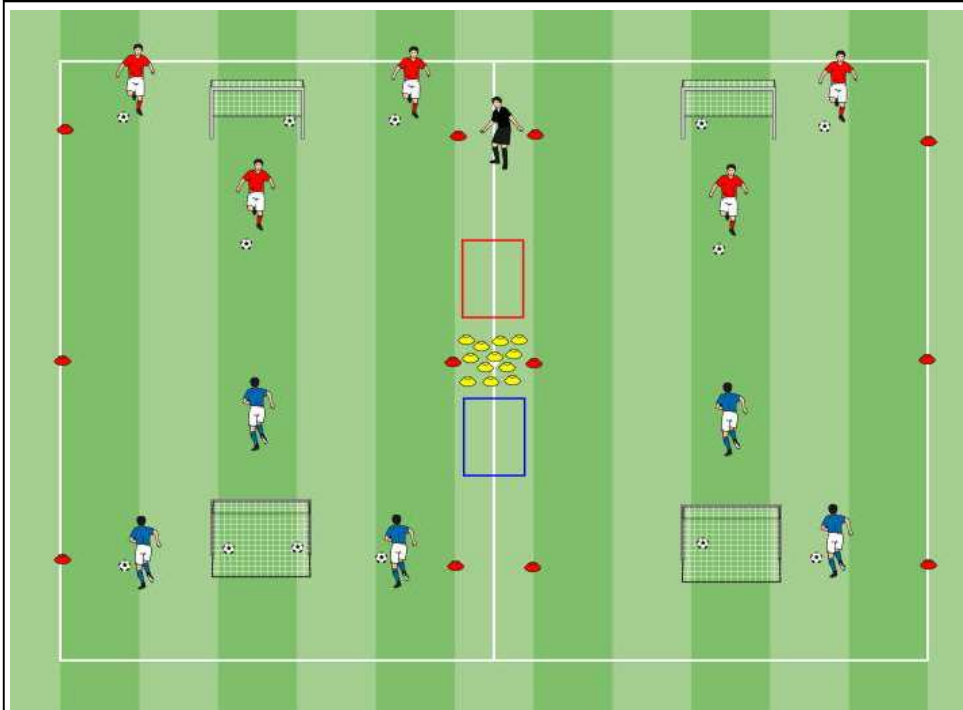
#### PROGRESSIONS

- Start with a pass from opposing team or from coach
- Play 2v1 or 2v2

### PHASE 4 – 1v1 FUN COINS IN THE BANK

12 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 on each field.
- 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.
- Get another ball in quickly.

**End with 4v4 Full Field Game**

### COACHING POINTS

1. Small touches to keep ball close
2. Use feints (scissors, fake & take) to unbalance defender
3. Dribble at speed after finding an opening
4. Use body to exaggerate the feint / 1v1 move.

### GUIDED QUESTIONS

1. When should you use 1v1 move?
2. What should you do if you create an opening?
3. How do you know where the open gate/space is?