



ACADEMY

PRESENTED BY  United  
Healthcare

# U6

## CURRICULUM

### WEEK 3

## CHANGE OF DIRECTION

**Change of speed | Sell the move**



|   |  |   |
|---|--|---|
| Age : U6  | Moment : Attacking                     | Area of the field : All field                             |
| Week : 3  | Tech Toolkit :<br>Dribbling/Creativity | Action : Dribble or pass forward /<br>Finish / Spread out |
| Objective : To teach change of direction moves to turn away from pressure |  |   |

| PHASE 1 – PLAY   | 10 MINUTES | 3 MINUTE PLAY   |
|--|------------|---|
|  |            | <b>SET UP</b><br>2 x small fields with goals/cones<br>10/15 wide x 15/20 long   |
|  |            | <b>DESCRIPTION</b><br>Play 1v1 as players arrive and build up to 2v2.<br>Use 2 <sup>nd</sup> field to make sure no larger than 2v2.<br>Play 1v1 or 2v2 on 2 <sup>nd</sup> field.<br>Rotate players on each field.<br>Start with large supply of balls in between fields.<br>Encourage players to not chase balls when they go out of play! Get another ball in quickly. |
|  |            | <b>TECHNICAL TOOLS</b><br>Close control of ball<br>Dribble at speed<br>Scan field / head up<br>Select surface of foot<br>Spread out<br>Shoot<br>Placement of shot   |
|  |            | <b>COACHING POINTS</b><br>see opponents, space & teammates  |
|  |            | 1. Small touches to keep ball close   2. Head up to   |
|  |            | 3. Small touches then larger touches to change speed   4. Look at goal before shooting  |
| <b>GUIDED QUESTIONS</b><br>1. What do you do if someone is blocking your path to goal? |            |   |

|  |   |
|--|---|
| What do you do if you see a defender coming blocking your path to goal?  |   |
| <b>PHASE 2 – BODY PARTS &amp; TURNS</b>  | <b>12 MINUTES</b>   |
|  | <b>1.5 MINUTE</b>   |
|  | <b>PLAY   1 MINUTE REST</b>   |
|  | 20 x 15 yard area with cones, 2 x goals<br>2 yard gates with cones.   |
|  | <b>DESCRIPTION</b><br>Players with a ball each in area dribbling. Coach calls out a body part, players must stop ball and place body part on ball. Head, knee, elbow, butt, foot, chin.....have fun with it and be silly! "Put your hand on the ball" tell the players to say "No coach, we don't use our hands in soccer".<br>Demonstrate a change of direction move.<br>Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn. Try to trick players by calling body part randomly OR point to body part to get players to look up and scan. |
|  | <b>PROGRESSIONS</b><br>Add a defender in pinnie who tries to kick as many balls out of the grid. Players out must do a ball mastery skill (sole taps) to get back in.   |
|  | <b>TECHNICAL TOOLS</b><br>Close control of ball<br>Change of direction move<br>Scan field / head up<br>Accelerate out of move   |
| <b>COACHING POINTS</b> 1. Small touches to keep ball close   2. Head up to see opponents, space & teammates<br>3. Slow down, tight turn, accelerate after move and stop ball |   |
| <b>GUIDED QUESTIONS</b><br>1. How do you know where the open gate is when dribbling?   |   |
| 2. What do you do if you see a defender coming   |   |



|   |  |   |
|---|--|---|
| Age : U6  | Moment : Attacking                     | Area of the field : All field                             |
| Week : 3  | Tech Toolkit :<br>Dribbling/Creativity | Action : Dribble or pass forward /<br>Finish / Spread out |
| Objective : To teach change of direction moves to turn away from pressure |  |   |

| PHASE 3 – STUCK IN THE MUD   | 12 MINUTES   | 1.5 MINUTE |
|--|--|------------|
|  | <b>PLAY 1 MINUTE REST</b><br><b>SET UP</b><br>20 X 15 Yard area with cones. Blue players with a ball, Red players without a ball   |            |
|  | <b>DESCRIPTION</b><br>Dribblers in blue must dribble away from the mud monsters (red players) who can tag with their hands. Once tagged a blue player must put their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for blue players to avoid tag or red players hopping on one leg. |            |
|  | <b>PROGRESSIONS</b><br>Add more taggers<br>Add a "safe area" by putting a square of cones in grid, blue players can hide in this area and look for open space.   |            |
|  | <b>TECHNICAL TOOLS</b><br>Close control of ball<br>Dribble at speed<br>Scan field / head up<br>Balance, protect the ball<br>Bend knees, get low, use body to shield ball   |            |
| <b>COACHING POINTS</b> 1. Small touches to keep ball close   2. Head up to see opponents, space & teammates<br>3. Slow down, tight turn, accelerate after move<br>ball from opponent |  |            |
| <b>GUIDED QUESTIONS</b><br>1. How can you keep ball away from opponent?<br>ball quicker when pressured?   2. How can move the  |  |            |

| PHASE 4 – PLAY   | 20 MINUTES   | 10 MINUTE |
|--|--|-----------|
|  | <b>PLAY 3 MINUTE REST</b><br><b>SET UP</b><br>20 wide x 30 long field with two goals   |           |
|  | <b>DESCRIPTION</b><br>Play 3v3 to 4v4 full field game<br>Play 2x10 minute halves with half time<br>Supply of balls at halfway line<br>Start with pass to different player each time<br>Encourage players to <b>SPREAD OUT</b> by giving player with ball room to dribble/pass/shoot. |           |
|  | <b>TECHNICAL TOOLS</b><br><b>Dribbling</b><br>Close control of ball<br>Dribble at speed<br>Scan field / head up<br>Select surface of foot<br><b>Shooting</b><br>Placement of finish<br>Select surface of foot  |           |
| <b>COACHING POINTS</b> 1. Small touches to keep ball close   2. Head up to see opponents, space & teammates<br>3. Small touches for control then larger touches to change speed   4. Place non-kicking foot alongside ball pointing at target<br>5. Lock ankle of striking foot toe down   6. Look at goal before shooting |  |           |
| <b>GUIDED QUESTIONS</b><br>1. When should your dribble, when should you shoot?   2. How can you help your teammate when they   |  |           |