



ACADEMY

PRESENTED BY  United  
Healthcare

**U6 4v4**

**COACHING GUIDE**

**WEEK 2**

**DRIBBLING**

**Use your imagination | Play with freedom**

**Age :** U6 4v4

**Moment :** Attacking

**Area of the field :** All field

**Week :** 2

**Tech Toolkit :** Dribbling/Shooting

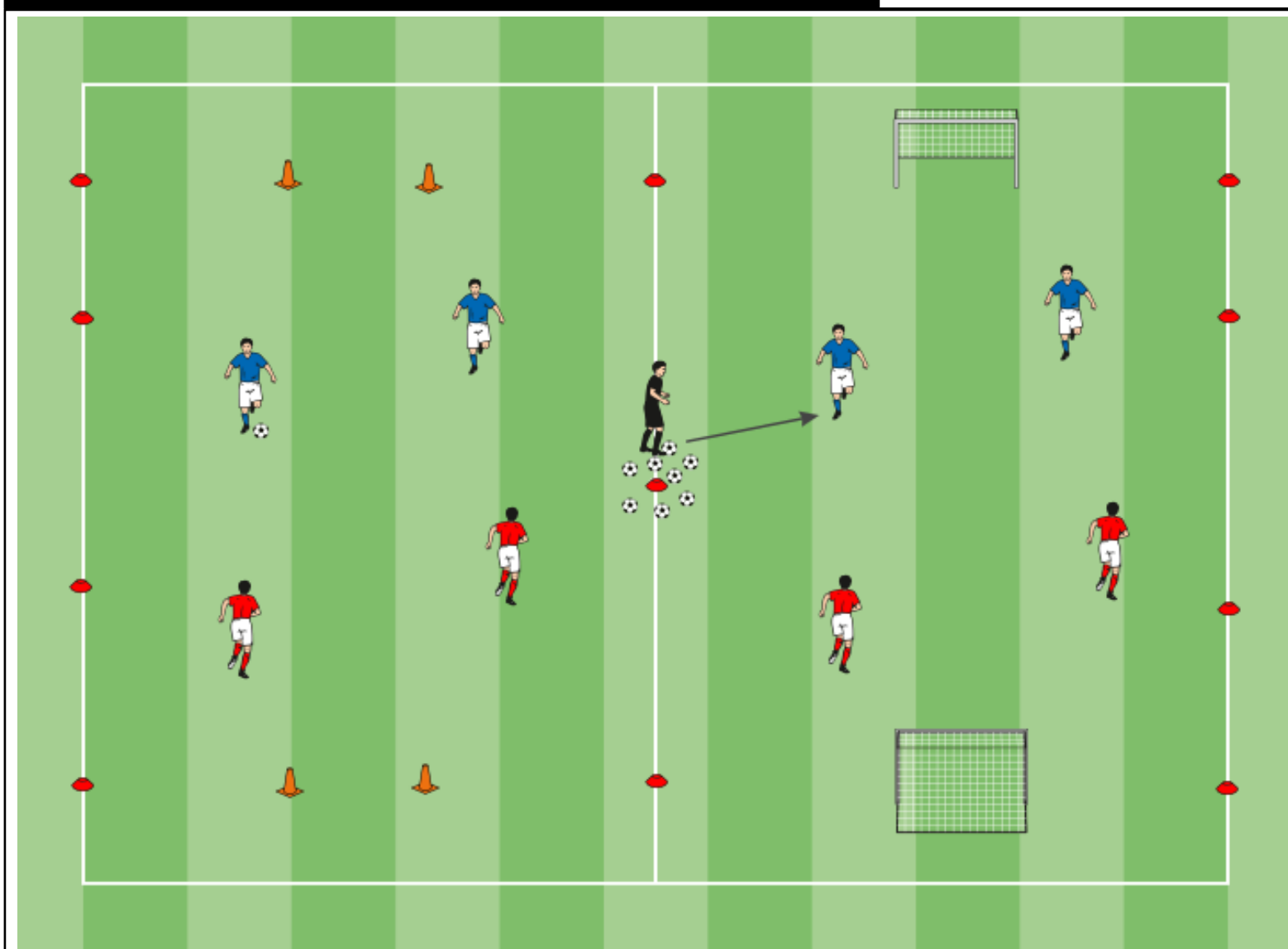
**Action :** Dribble or pass forward /  
Finish / Spread out

**Objective :** To teach how and when to dribble to exploit space and progress forward

**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

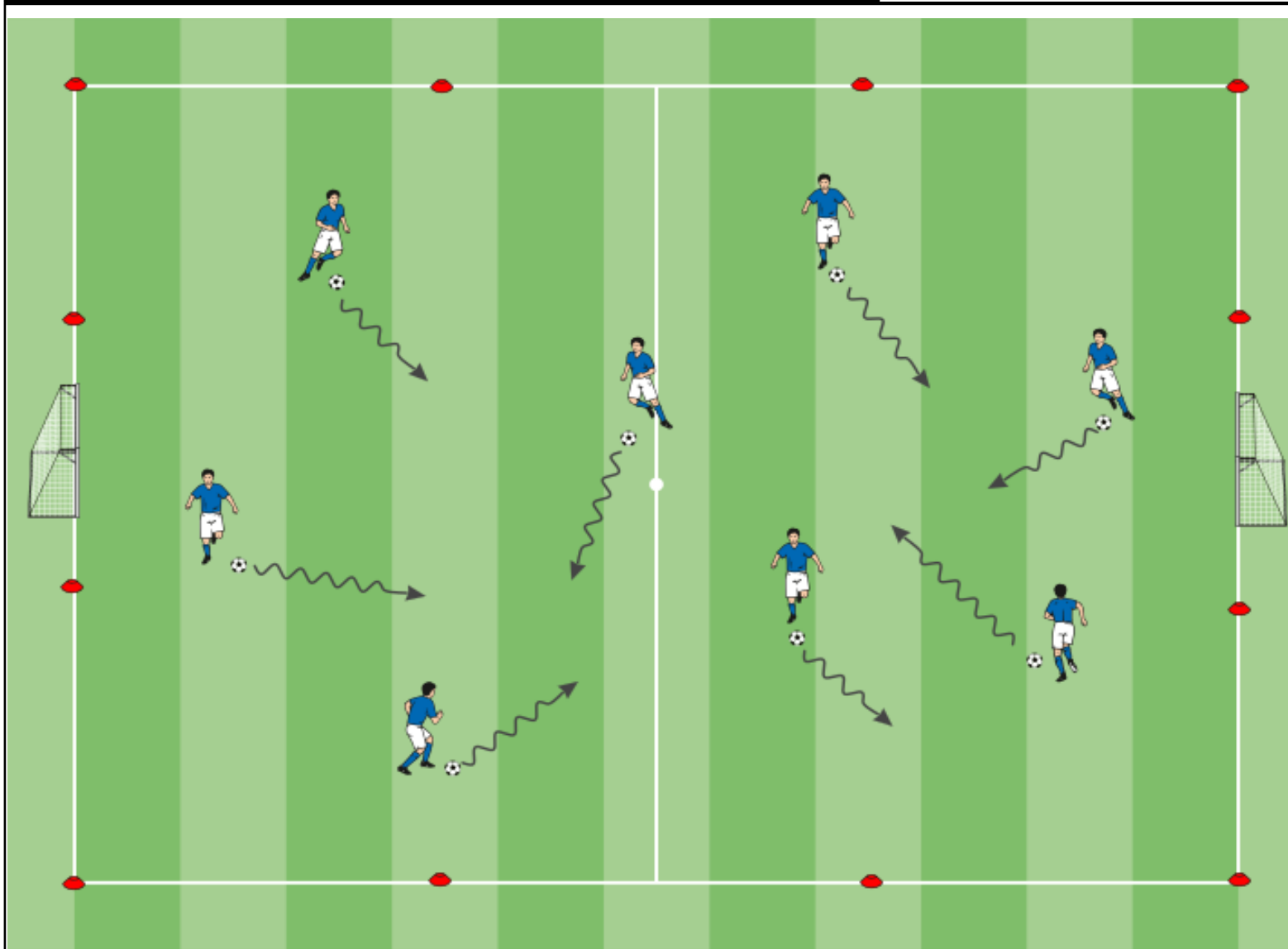
**DESCRIPTION**

Play 1v1 as players arrive and build up to 2v2.  
Use 2<sup>nd</sup> field to make sure no larger than 2v2.  
Play 1v1 or 2v2 on 2<sup>nd</sup> 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.

**PHASE 2 – TRAFFIC LIGHTS DRIBBLING**

**12 MINUTES**

**3 MINUTE PLAY | 1 MINUTE REST**



**SET UP**

20 x 15 yard area with cones, 2 x goals

**DESCRIPTION**

Players with a ball each in area dribbling.  
Red light = stop ball with sole of foot  
Yellow light = pull back turn  
Green light = dribble ball  
Highway = dribble at speed  
Traffic Circle = double inside cut  
Carwash = sole roles x 10  
Gas fill up = dribble ball around cone  
Crazy Driver = big toe, little toe zig zag with ball

**PROGRESSIONS**

Score = try to score a goal  
Police officer = player or coach with or without ball trying to pull over driver.....drive away!

**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. Use different surfaces of foot to dribble and stop ball

**GUIDED QUESTIONS**

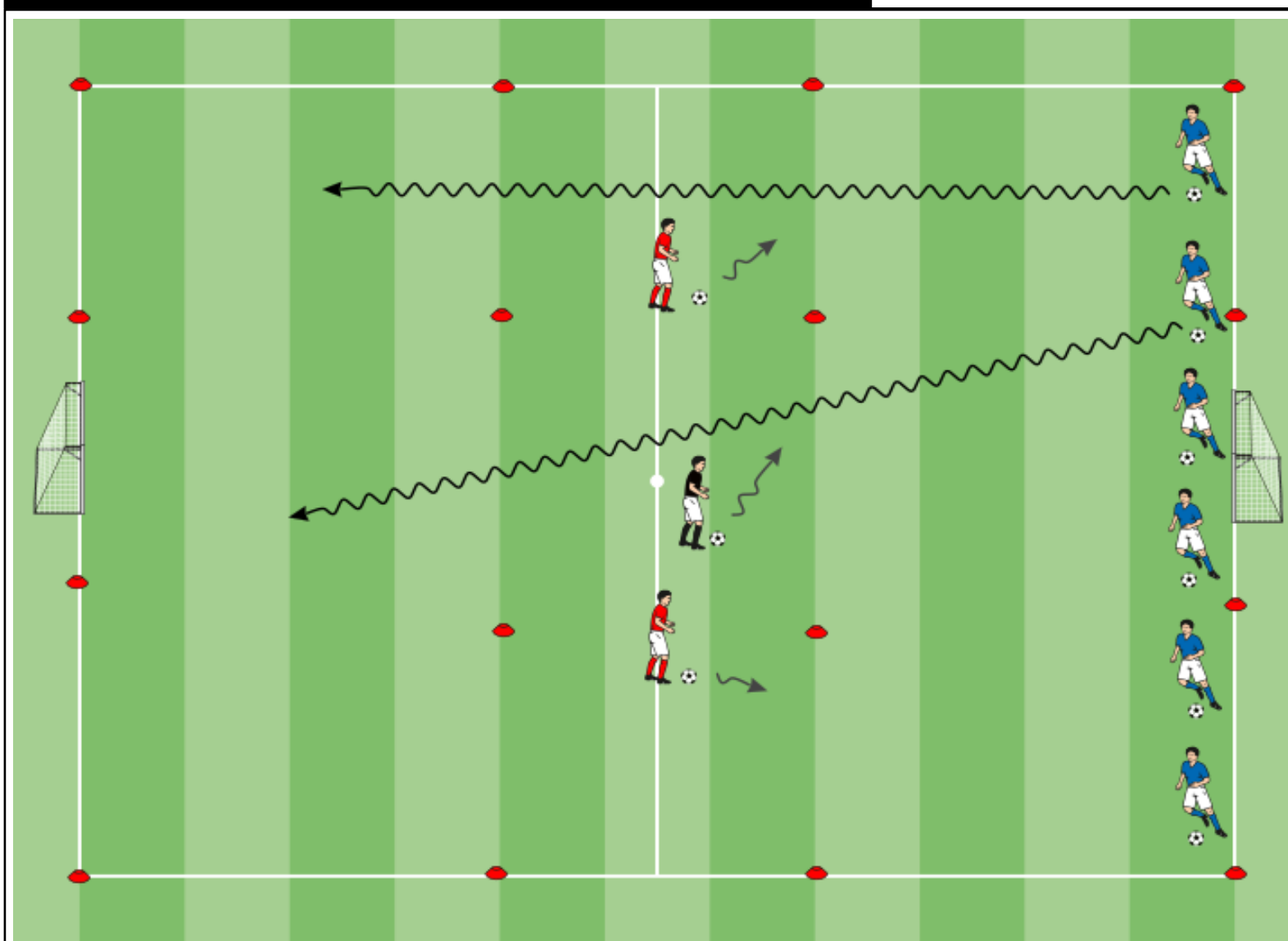
1. What can you do to make sure you can stop on a red light?
2. How can you avoid bumping into another car?

<b>Age :</b> U6 4v4	<b>Moment :</b> Attacking	<b>Area of the field :</b> All field
<b>Week :</b> 2	<b>Tech Toolkit :</b> Dribbling/Shooting	<b>Action :</b> Dribble or pass forward / Finish / Spread out
<b>Objective :</b> To teach how and when to dribble to exploit space and progress forward		

**PHASE 3 – SLOW | FAST | SLOW BUMPER CARS**

**12 MINUTES**

**4 MINUTE PLAY | 1.5 MINUTE REST**



**SET UP**

20 wide x 30 long field with middle channel 8 yards wide with two goals.

**DESCRIPTION**

Players with ball on end line with their "cars" the ball.

Practice without any pressure first, drive slowly and then change speed through the red marked zone and stop ball on opposite end line with a squish.....don't go off track!

**SLOW | FAST | SLOW**

Now introduce two bumper cars (coach can play too!) who try to bump the other cars out with their car/ball or cause a "Crash".

Blue players try to avoid crash and get to other side unscathed!

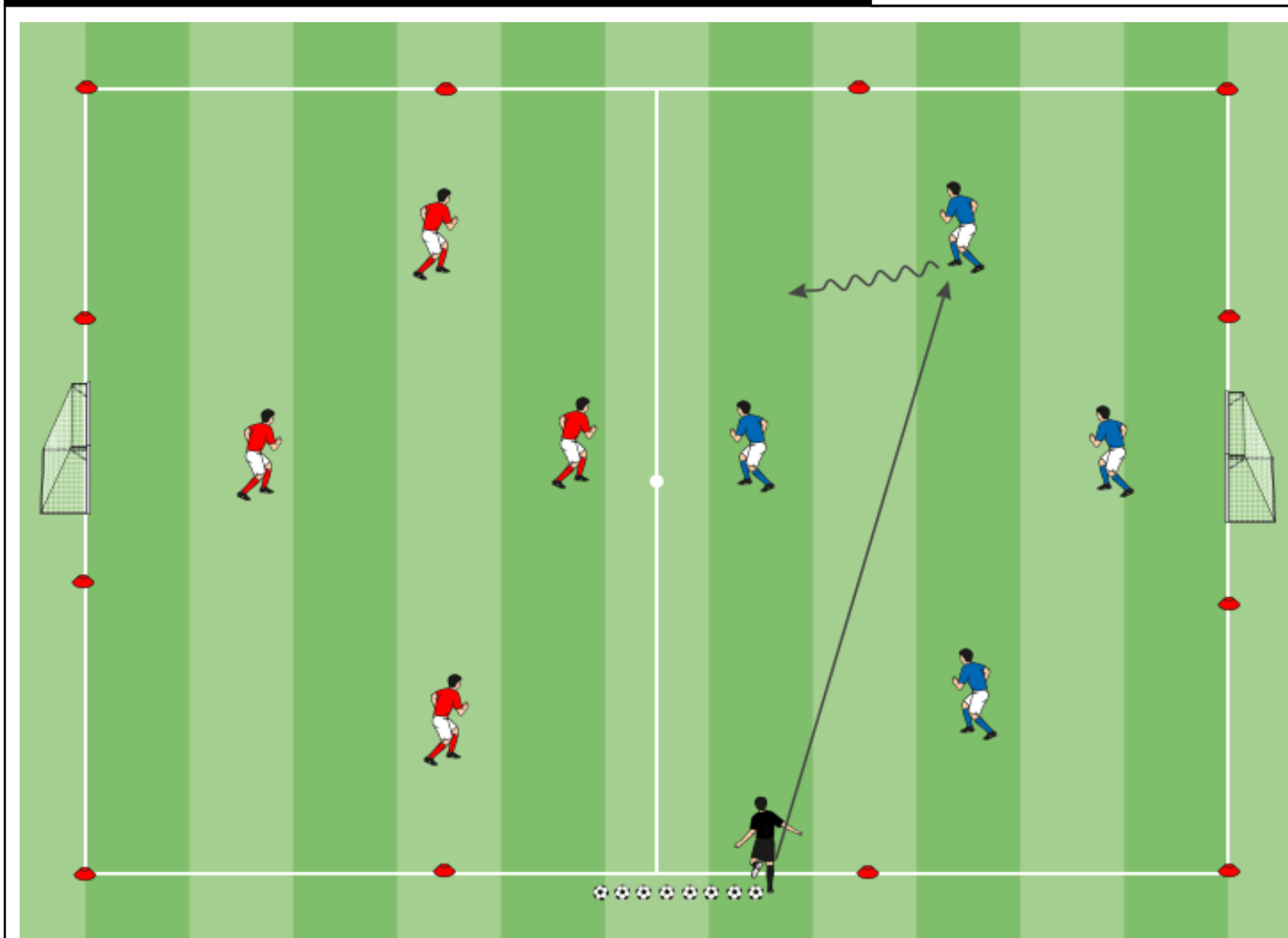
**PROGRESSIONS**

After crossing safely, score on goal

**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. Head up to see opponents, space & teammates
2. Small touches for control larger touches to change speed
3. Look at goal before shooting

**GUIDED QUESTIONS**

1. When should your dribble, when should you shoot?
2. How can you help your teammate when they have the ball?