



ACADEMY

PRESENTED BY  United
Healthcare

U6 4v4

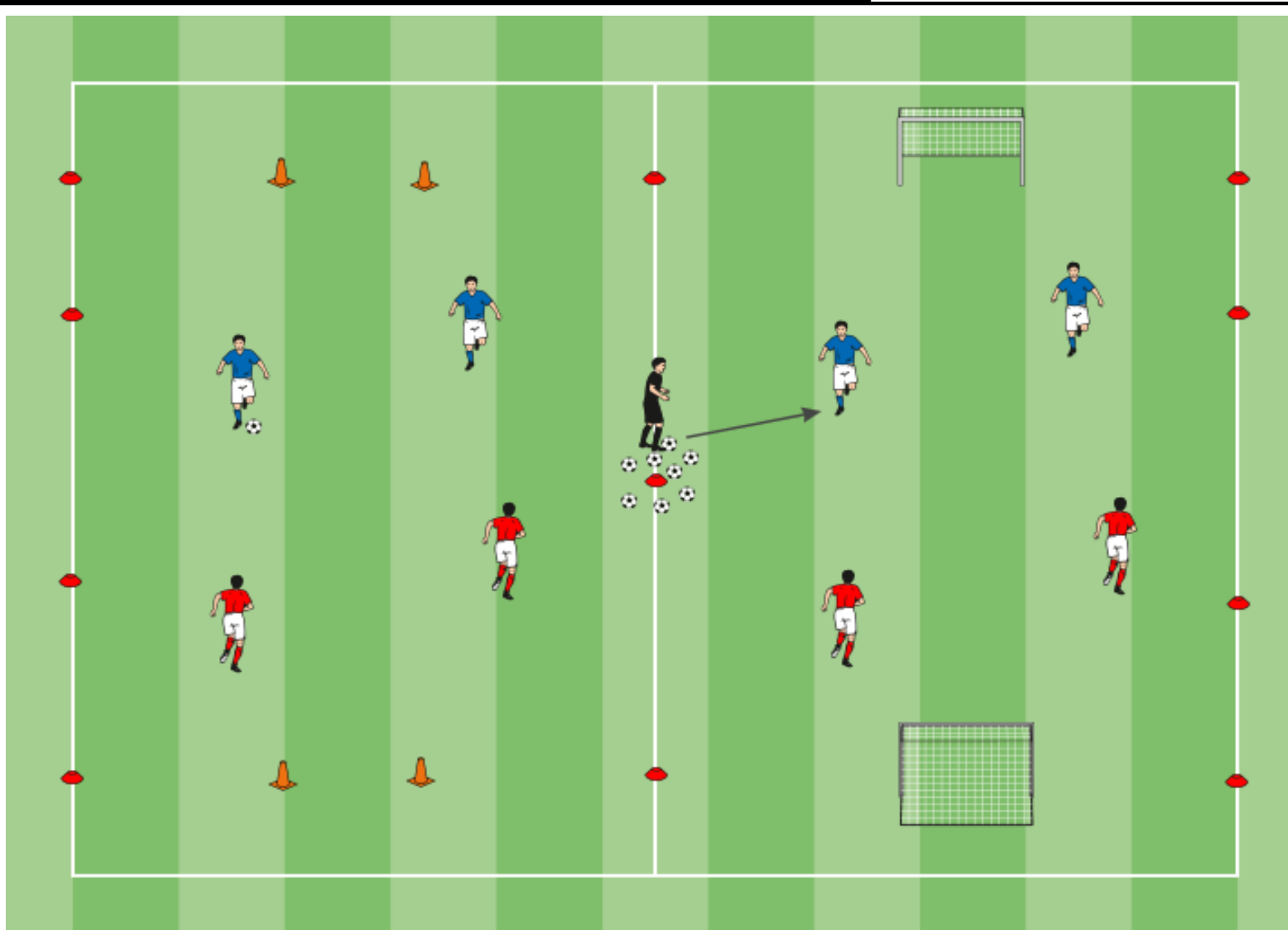
COACHING GUIDE

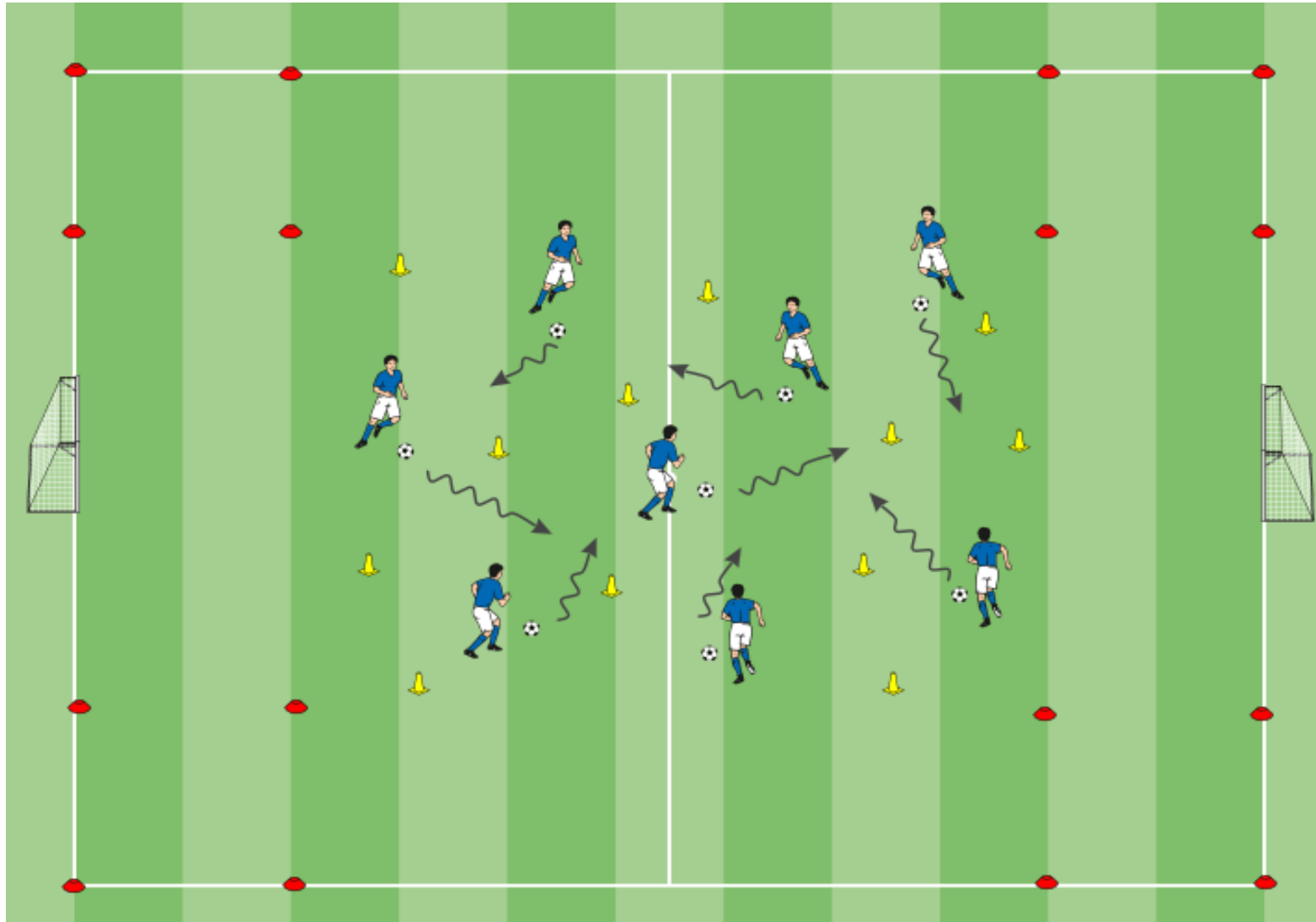
WEEK 6

DRIBBLING

Be Creative | Be Exciting | Be Unique

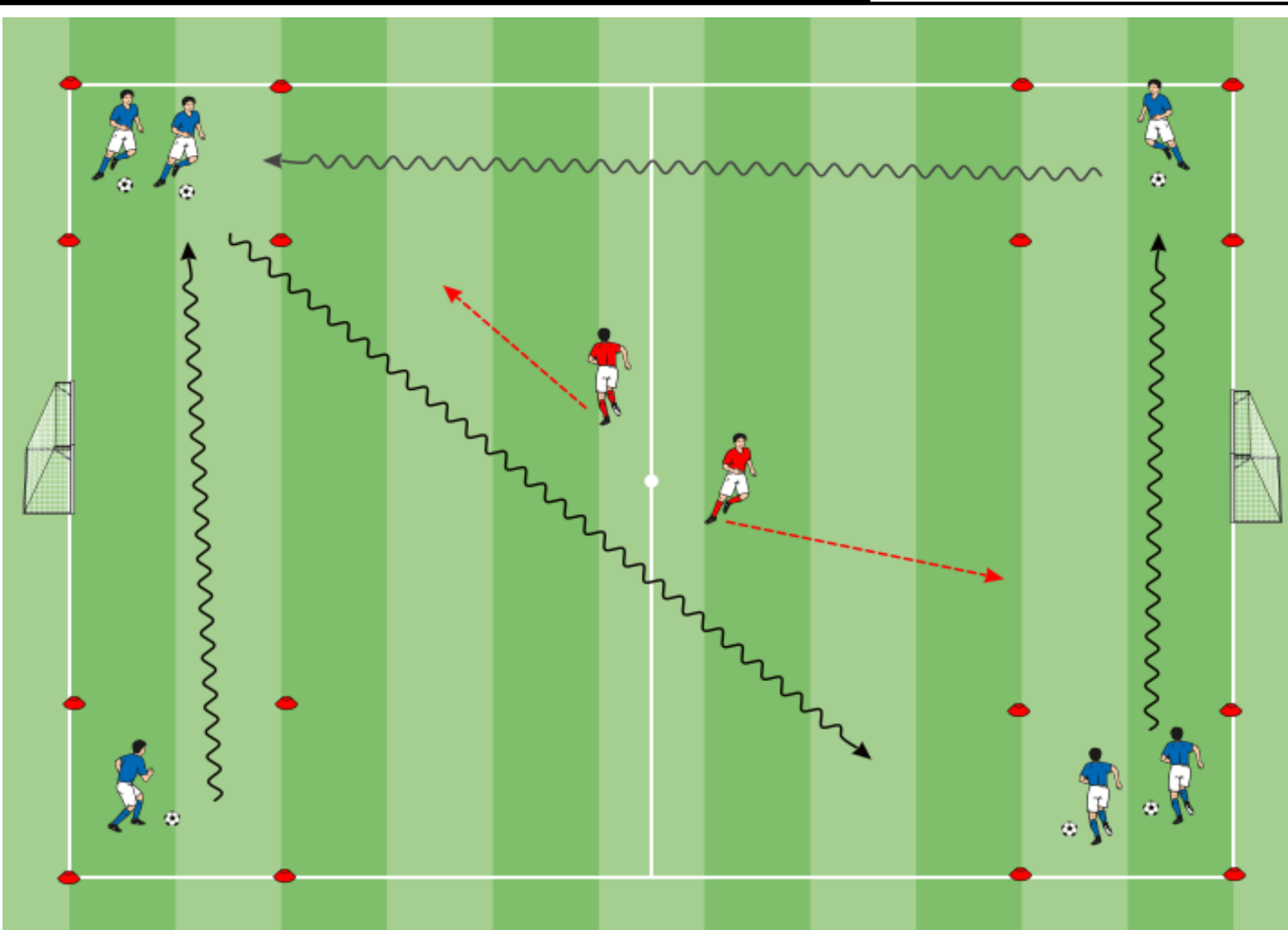
Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 6	Tech Toolkit : Dribbling/Shooting	Action : Dribble or pass forward / Finish / Spread out / Spread out
Objective : To teach how and when to dribble to exploit space and progress forward		

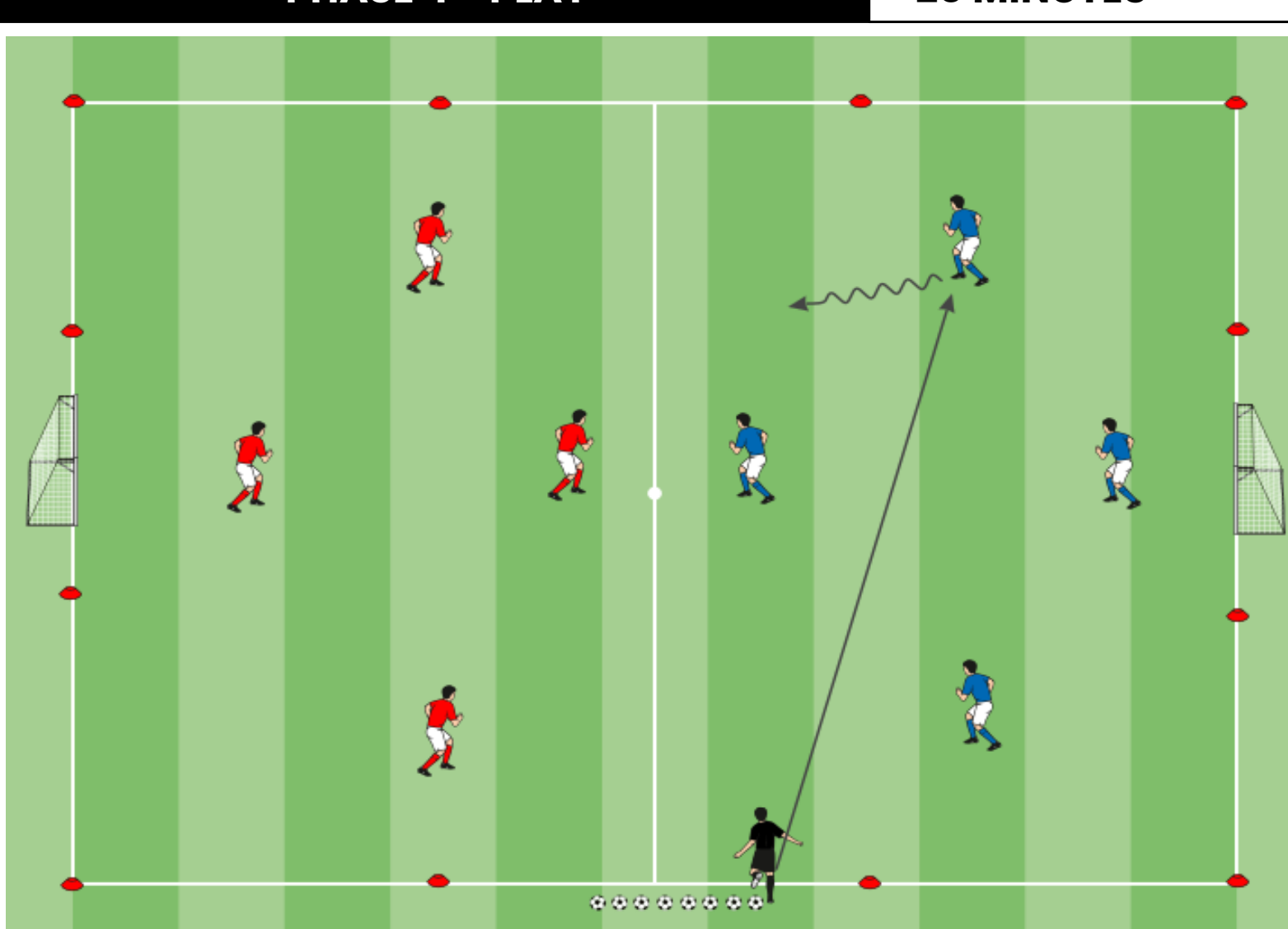
PHASE 1 – PLAY	10 MINUTES	3 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 2 x small fields with goals/cones 10/15 wide x 15/20 long</p> <p>DESCRIPTION Play 1v1 as players arrive and build up to 2v2. Use 2nd field to make sure no larger than 2v2. Play 1v1 or 2v2 on 2nd field. Rotate players on each field. Start 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>

PHASE 2 – COACH SAY'S – FAVORITE FOOD	12 MINUTES	1.5 MINUTE PLAY 1 MINUTE REST
		<p>SET UP 20 x 30 yard area with cones 4 corner squares marked with cones and yellow cones placed randomly inside grid. Each player with own ball</p> <p>DESCRIPTION Simon "Coach" says. Give instructions to players that include fun creative ideas, Coach says put knee on ball, Coach says do 10 soles taps, Coach says dribble to a pointy cone and stop ball....try to trick players by missing out coach says. Ask players favorite restaurants, name each red corner square after each one....Simon says go to Subway! Players dribble to Subway square.</p> <p>PROGRESSIONS Coach says shoot on goal Add a defender to try and steal balls</p>

<p>COACHING POINTS</p> <ol style="list-style-type: none"> 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 	<p>GUIDED QUESTIONS</p> <ol style="list-style-type: none"> 1. How can you be ready to stop ball quickly? 2. How can you get to your restaurant quickly?
---	--

Age : U6 4v4	Moment : Attacking	Area of the field : All field
Week : 6	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 3 – ISLAND HOPPING	12 MINUTES	3 MINUTE PLAY 1.5 MINUTE REST
		
<p>SET UP 20 wide x 15 area with 4 squares (Island) marked in the corners. Blue players with a ball starting in an Island. Red "Pirates" without a ball.</p> <p>DESCRIPTION Players with ball attempt to hop from Island to Island avoiding the pirates who can start with or without a ball of their own based on the group to increase/lower difficulty. If a player loses their ball to a Pirate they must perform a ball mastery move to get back into the game. 1 point for every island visited.</p> <p>PROGRESSIONS After being captured, become a pirate until there is one player left trying to island hop. After 2 x Islands, go to opposite goal for 3 points! Pirates can defend</p>		

PHASE 4 – PLAY	20 MINUTES	10 MINUTE PLAY 3 MINUTE REST
		
<p>SET UP 20 wide x 30 long field with two goals</p> <p>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.</p>		

COACHING POINTS

1. Head up to see opponents, space & teammates |
2. Larger touches to accelerate into space
3. Use body to shield ball from opponent
4. Slow down, tight turn, accelerate away from opponent

GUIDED QUESTIONS

1. How can you get to open Island quickly?
2. What do you do if someone is blocking one Island?