

U4/5 Curriculum Key Points When Coaching

- The main focus at this age group is enjoyment of playing soccer.
- Allow the players to discover techniques and ways to make things work for themselves.
- Remember that children at this age are still physically developing so will not be able to perform all skills with correct techniques.
- Children at this age will learn through playing.
- Do not be too pushy with their tasks. Children will complete them in their own time as they all learn at different speeds.
- Try to keep instructions limited and quick to keep the attention of the players.
- Always demonstrate the activity or skill that they will be performing. Children at this age will mimic actions as a way of learning.
- Try to keep a ball with you to take part in the activity at the same time, allowing players to see and copy your actions.
- Encourage player creativity in games.
- Allow the players to experience an environment where they can learn at their own speed and through fun.
- This is where players will begin to learn to love soccer so ensure that they have a fun experience!
- Be prepared to adapt away from your plans if things aren't working. The players having a ball at their feet and a smile on their face are the two most important things at this stage of their soccer development.
- Aim for 10-15 minutes of free game play at the end of each session.

Key Words - Soccer Terminology

Dribbling - Keeping the ball close and kicking it with both feet while running

Passing - Kicking the ball to a team mate

Shooting - Kicking the ball with power towards a target

Turning - Changing direction with the ball and keeping the ball close

Changes of speed - Being able to dribble with the ball under control at different speeds



Cars

How to play the game: Allow the players a free range of movement around the area. Allow the players to experiment with different techniques while dribbling around the area. Come up with different instructions that relate to cars that the players can mimic. For example, use 'Lightning McQueen' to have the players dribble as fast as they can in the area. Use 'reverse' for pullbacks etc.

Game is over when: Coach decides the activity has ran long enough.

Soccer skills learn in this game: Dribbling, turns, foot skills, changes of speed, agility, passing

Variations and Progressions: Can use different stories for the movements. Can use pirates for example. Other instructions during the game can be: 'windshield wipers' for shuffles. Softly kick the ball between feet. 'pump the tires' toe taps.

Recommended length of time: 15 minutes

Cars
OBJECTIVE:
PLAYER ACTIONS:
KEY QUALITIES:

David Brown



ORGANIZATION:
KEY WORDS:
GUIDED QUESTIONS:
ANSWERS:
NOTES:

MOMENT:
AGE:
U6 / 4v4
PLAYERS:
DURATION:
15:0 min



4 Corners

How to play the game: Make four different coloured areas in the corners of the area. Each area represents a different target area for players to dribble into. Players dribble around freely in the area, awaiting the coaches instructions. When the coach calls the colour, all players dribble towards that colour, trying to get into the section as quickly as they can.

Game is over when: Coach decides that the activity has ran long enough. Or has reached the end of the story.

Soccer skills learnt in this game: dribbling, turns, changes of speed, changes of direction

Variations and progressions: Name the colours after an area. (for example, blue is the ocean. Yellow is the beach). Tell a story that involves the players dribbling in the central area then visiting the places during the story.

Recommended Time on Game: 10 minutes

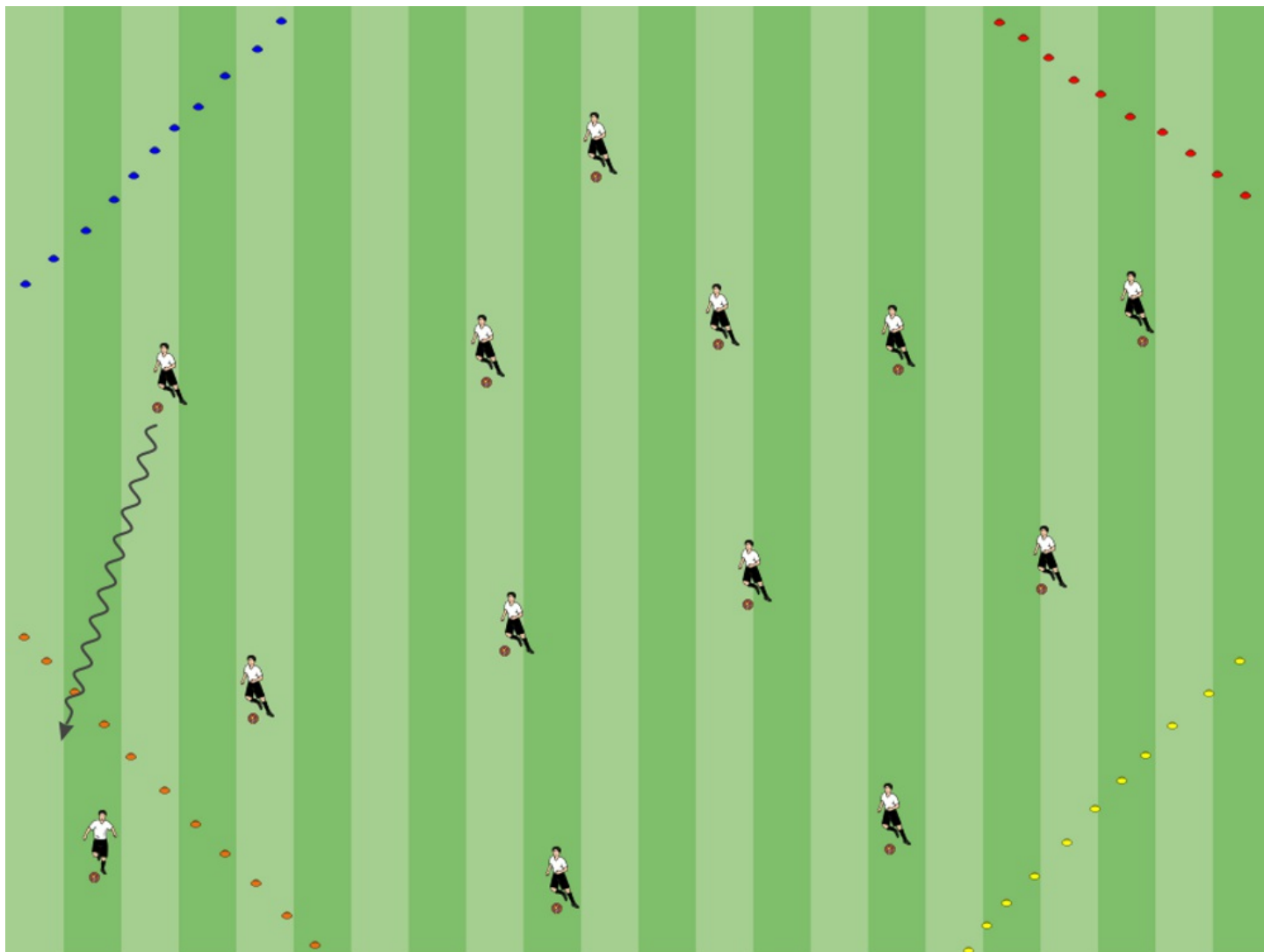
4 Corners

OBJECTIVE:

PLAYER ACTIONS:

KEY QUALITIES:

David Brown



ORGANIZATION:

Set four coloured corners. Name each area something interesting. Relate each area to a story. When you say the name of the area, players all dribble to that area. Encourage them to do it at speed by adding time limits to get to the area.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

Progress by having a time limit. Can also progress by having the coach become a defender to make players dribble into spaces away from them.

🕒 MOMENT:

👤 AGE:

U6 / 4v4

👥 PLAYERS:

🕒 DURATION:

15:0 min



Free Play Game

How to play the Game: Play the game like a normal soccer scrimmage. Try to maximise touches on the ball, so aim for 2v2 or 1v1 when possible. Have a spare ball ready to try and keep the ball constantly in play.

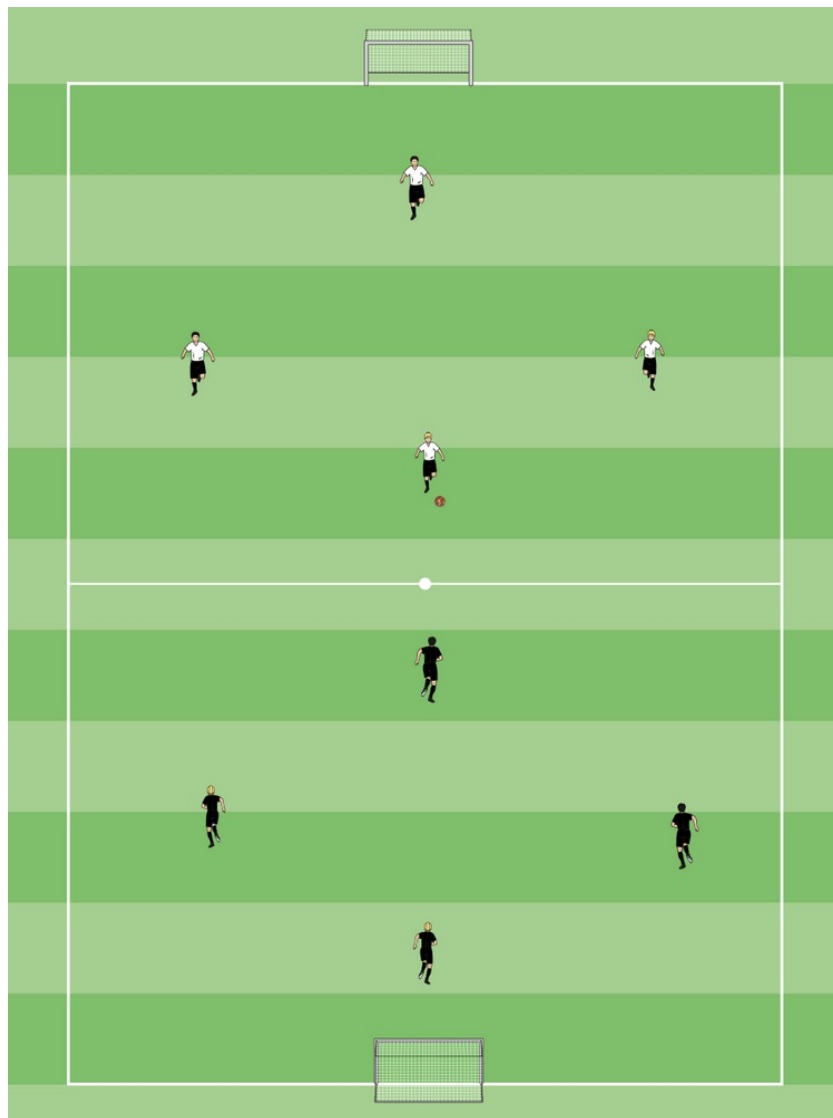
How to win the game: Do not keep scores as a team. Encourage players getting used to space, and try to get the ball in the direction of the game.

Soccer Skills Learnt in this Game: Passing, Shooting, Dribbling, Tackling, Spacing

How long to play the game for: 15 minutes

Free Play Game
OBJECTIVE:
PLAYER ACTIONS:
KEY QUALITIES:

David Brown



ORGANIZATION:
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Kick the Coach

How to Play: Every player has a ball. Their objective is to kick the ball and hit the coach with their ball below the coaches knees.

Game is over when: Either a time limit is reached or the coach has been hit with the ball the target number of times.

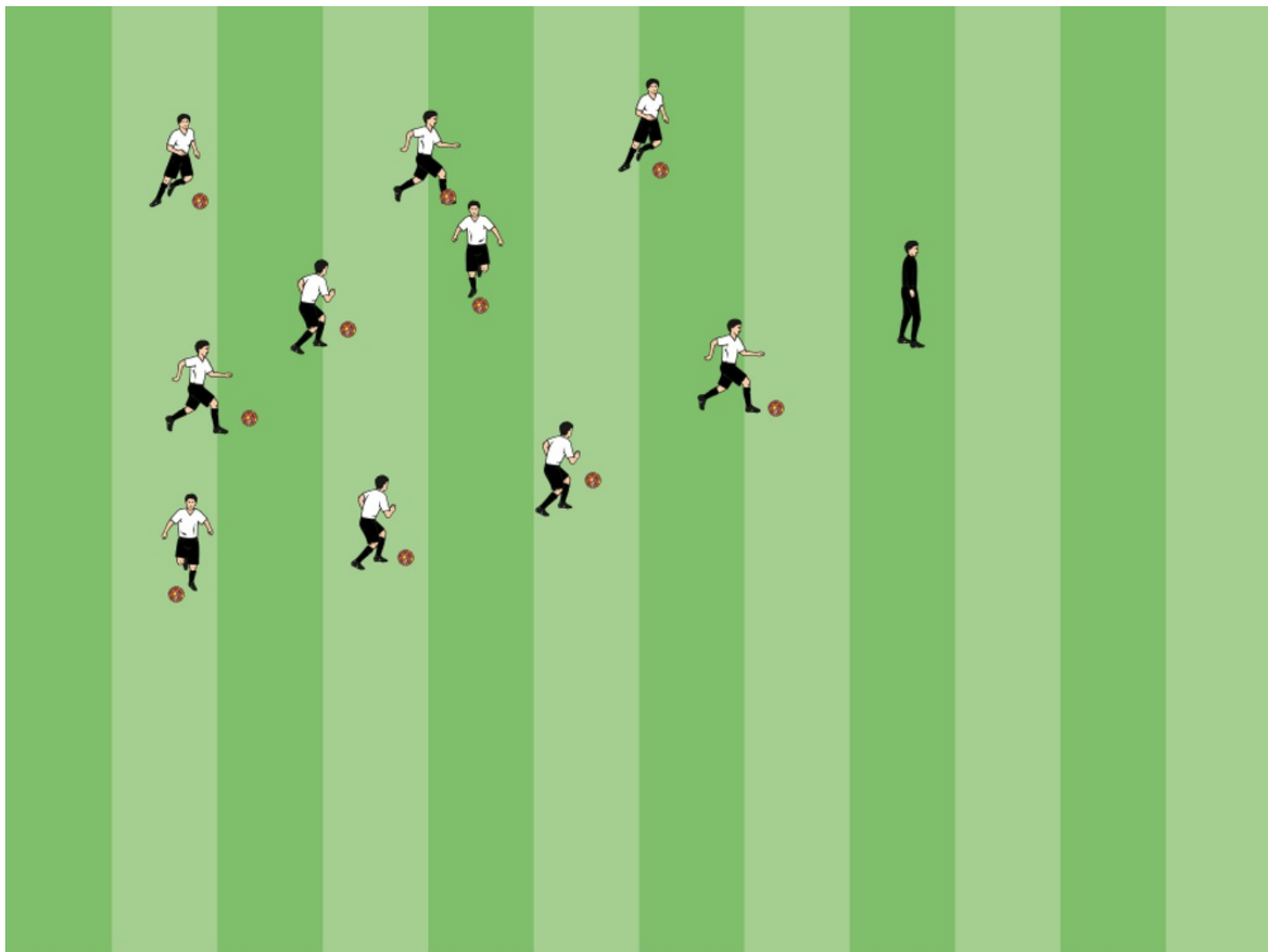
Soccer Skills Learnt in this Game: Dribbling, Shooting, Striking the ball, Turns

Variations and Progressions: Have one ball between two players, can work together to hit the coach. Coach can move around faster to make it harder to hit them. Have players try and beat the time that they hit the coach a certain amount of times (for example, 5 hits is the end of the game).

Recommended Time Limit for Game: 15 minutes

Kick the Coach
OBJECTIVE:
PLAYER ACTIONS:
KEY QUALITIES:

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ORGANIZATION:

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15:0 min



Lumberjack

How to Play: Begin by setting up all of the tall cones scattered randomly around the area. The players are trying to knock all of the tall cones over. To knock the cones over, players need to kick them over using their soccer ball. They can knock them over from any distance. The coach will move around and pick the cones back up. The players objective is to knock all the cones over.

Game is over when: Either all of the tall cones are knocked over. Or, the coach can set a time limit. At the end of the time limit, stop, and see if there are more cones knocked over or still standing up.

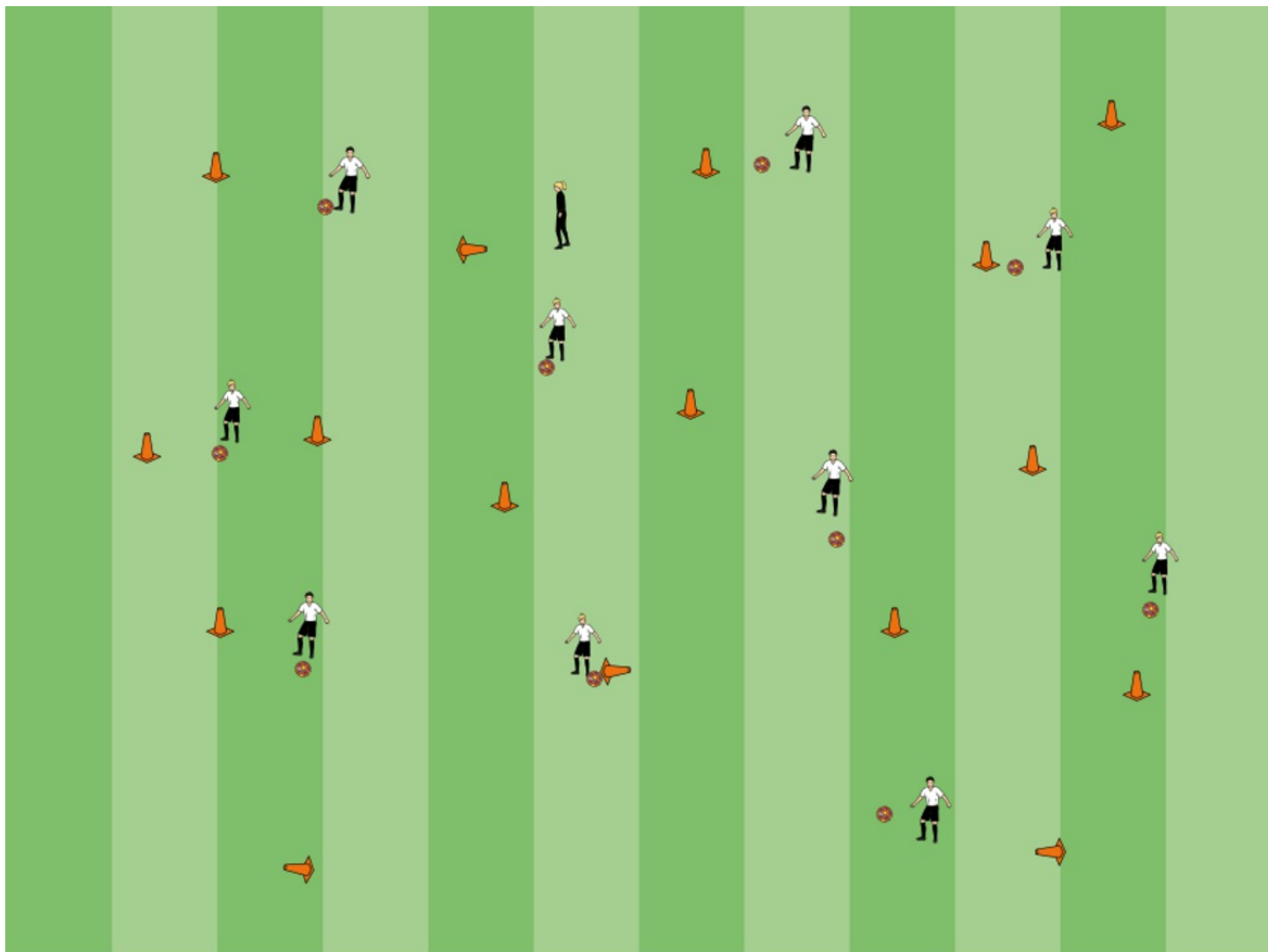
Soccer Skills Learnt in the Game: Striking the ball, dribbling, spacial awareness, teamwork

Variations & Progressions: See how quickly the players can knock all the cones over. Use that as their target time, and see if they can beat that time. Can have more than just the coach picking the cones back up to make it more difficult for the players to knock them all over.

Recommended Time on Game: 15 minutes

Lumberjacks
OBJECTIVE:
PLAYER ACTIONS:
KEY QUALITIES:

David Brown



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🕒 **MOMENT:**
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U6 / 4v4
👤 **PLAYERS:**
🕒 **DURATION:**
15:0 min



Minefield

How to play the game: The players will dribble from one side of the area to the other side. The coach will spread out some cones, that will act as mines. When the players all reach the opposite side of the grid. Replay the game.

Game is over when: Either the coach decides the game has ran long enough, or the target score is reached.

Soccer skills learnt in this game: dribbling, close control, turns, changes of speed, changes of direction

Variations and Progressions: Can have players free dribble around the area. Add in more cones as players get more comfortable. Can use a point system. Every time they make it from one side of the area to the other without hitting a cone, get a point. First player to a certain score wins. Can progress to eliminating players if they hit too many mines.

Recommended time spent on game: 15 minutes

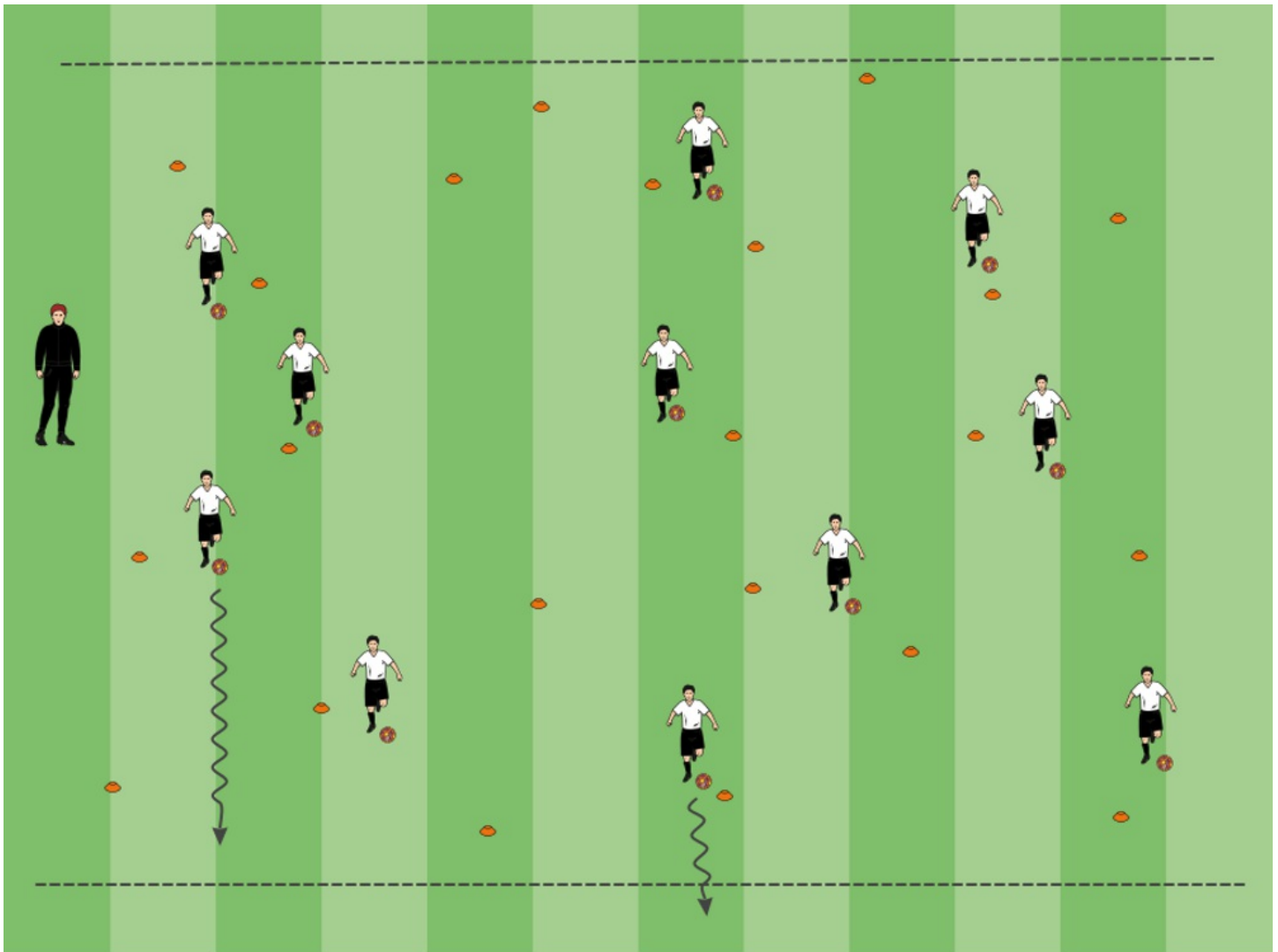
Minefield

OBJECTIVE:

PLAYER ACTIONS:

KEY QUALITIES:

David Brown



ORGANIZATION:

Players dribble freely around the area. Pretend that the cones are land mines (or something else dangerous) and have the players avoid them. Encourage turning away from the cones and dribbling around them. Encourage players to increase speed as become more comfortable.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

🕒 **MOMENT:**

👤 **AGE:**
U6 / 4v4

👥 **PLAYERS:**

🕒 **DURATION:**
10:0 min



Sleeping Bear

How to Play: Spread equipment on in an end zone (the cave for this game). Coach pretends to sleep, and wakes up at random times to look at the players. Players must dribble their ball with them to collect a piece of equipment. When the coach wakes up, the players must freeze where they are, otherwise coach can chase them back to the start line. Players objective is to get all of the equipment out of the bears cave and into their home (where they start).

Game is over when: All of the equipment is gone from the cave.

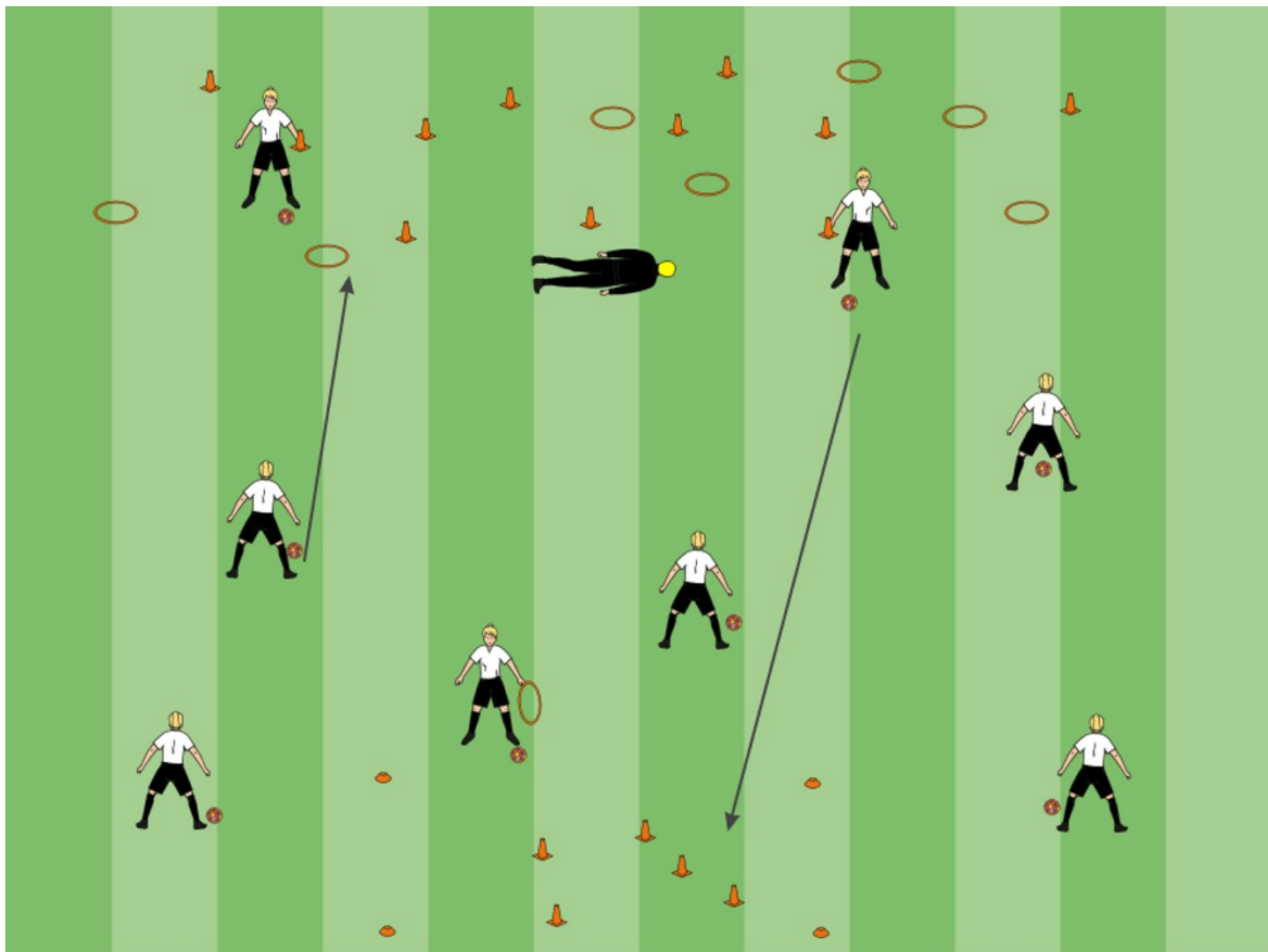
Soccer skills learnt in this game: Dribbling at different speeds, agility, turns, stopping the ball, balance.

Variations and Progressions: Have players balance the equipment on the way back instead of holding it to encourage creativity. Set players a time limit or a time goal to encourage them to move faster.

Recommended time on game: 15 minutes

Sleeping Bear
OBJECTIVE:
PLAYER ACTIONS:
KEY QUALITIES:

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PLAYERS:

DURATION:
15:0 min



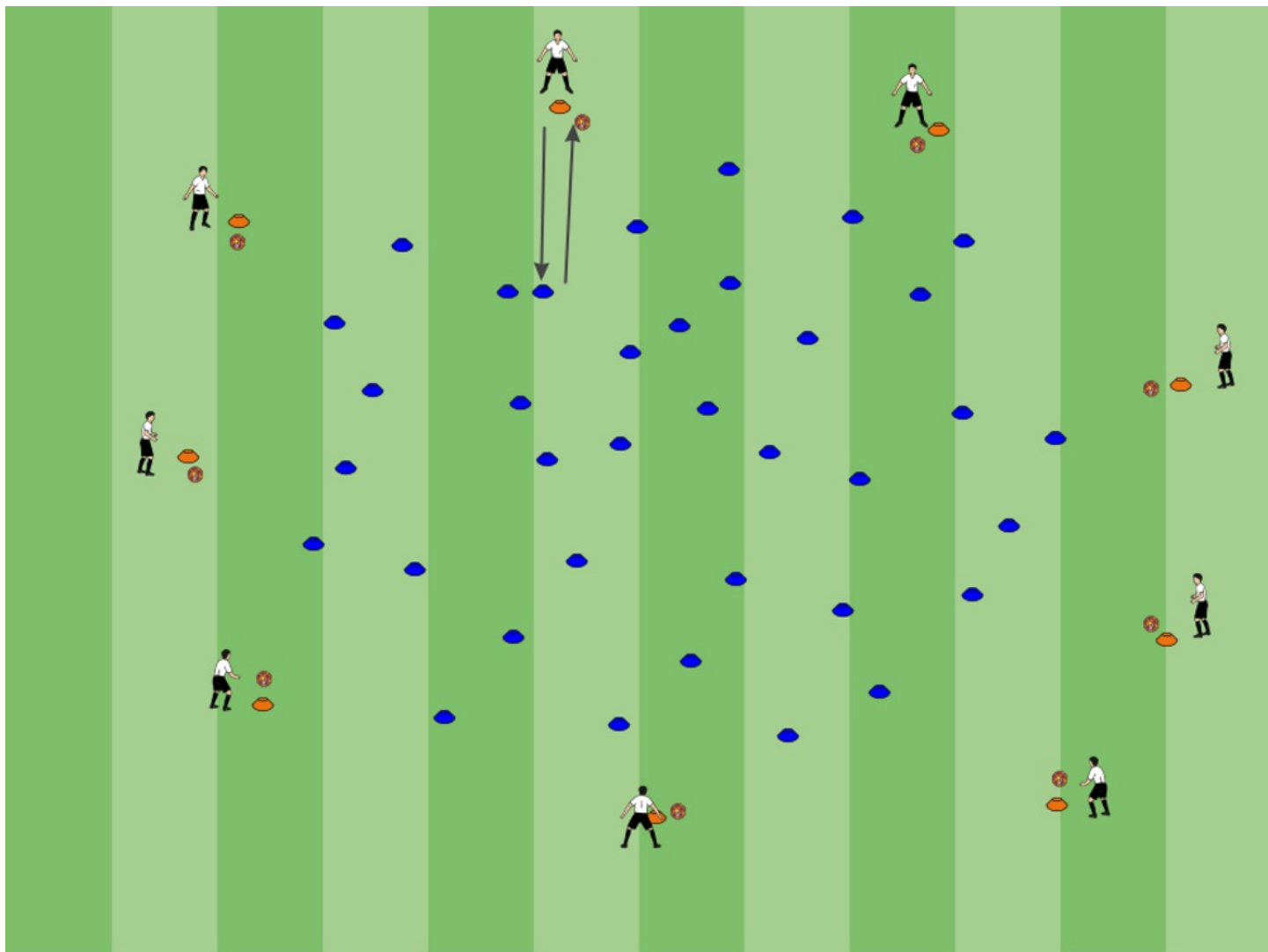
Treasure Island

How to play: Give each player a home 'base'. Spread equipment out in the area. When the coach says 'go' players can dribble into the area and pick up one item. They then have to dribble their ball back to their base while carrying the item. Place that item back in their base, and repeat until all of the equipment is gone.

Game is Over When: All of the equipment is gone from the central area.

Soccer Skills Learnt in this Game: Dribbling, Turns, Balance

Variations and Progressions: Get the players to balance the equipment on different parts of their body instead of just carrying it. Make different equipment worth different points to allow for the players for decision making.



ORGANIZATION:

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MOMENT:

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U6 / 4v4

PLAYERS:

DURATION:
15:0 min

INTENSITY:
Moderate