



## U4 Lesson Plans



- **Week One – Understanding Basic Dribbling**
- **Week Two – Understanding Basic Dribbling w/ Obstacles**
- **Week Three – Basic Technical Dribbling Part 1**
- **Week Four – Basic Technical Dribbling Part 2**
- **Week Five – Receiving the Ball - Basics**
- **Week Six – Receiving the Ball – Technical Touches**
- **Week Seven – Passing the Ball - Basics**
- **Week Eight – Open Play**



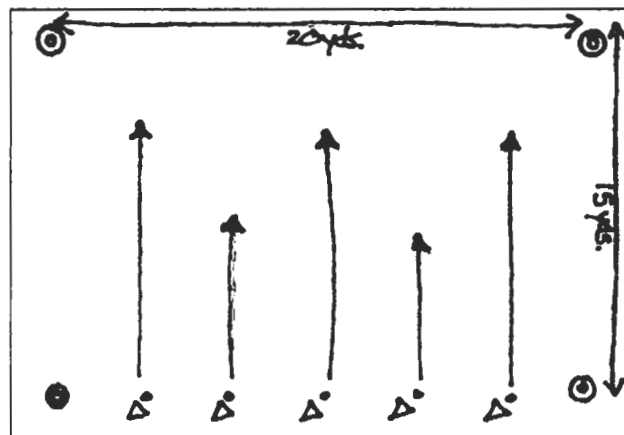
U4 Lesson Plans Week One  
Understanding Basic Dribbling



## U4 Lesson Plans: Week One

## Topic: Understanding Basic Dribbling

- Activity One: Touchline to Touchline Dribbling
  - Players line up on the touchlines and dribble across the width of the field. Repeat several times.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage the use of the inside and/or outside of the foot. No toe.

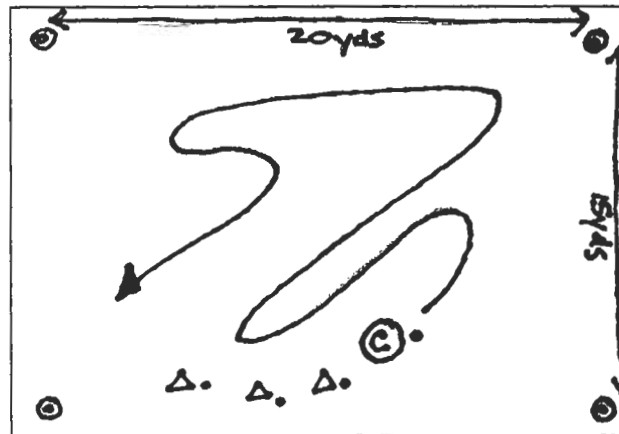




## U4 Lesson Plans: Week One

## Topic: Understanding Basic Dribbling

- Activity Two: Follow the Leader
  - Players get in single file line and dribble while following their coach around the field. Play for several minutes.
    - Coaching Points:
      - Encourage small touches to keep ball close
      - Encourage the use of the inside and/or outside of the foot. No toe.
      - Lead them into situations that force the change in direction.

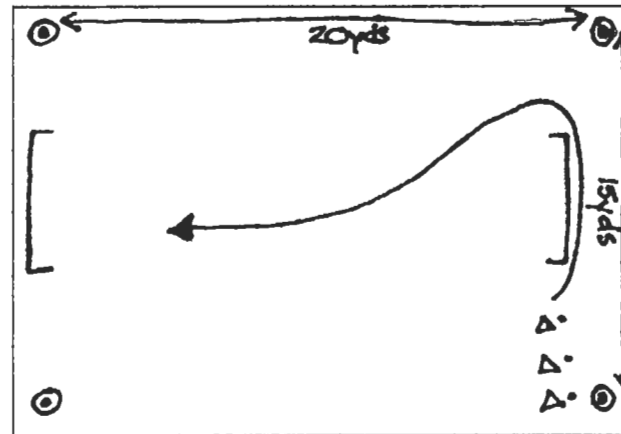




## U4 Lesson Plans: Week One

## Topic: Understanding Basic Dribbling

- Activity Three: End-Line to Goal
  - Players dribble around the back of one goal and then turn up field and dribble and score in goal at opposite end of field. Repeat several times.
    - Coaching Points:
      - Encourage small touches to keep ball close
      - Encourage the use of the inside and/or outside of the foot. No toe.





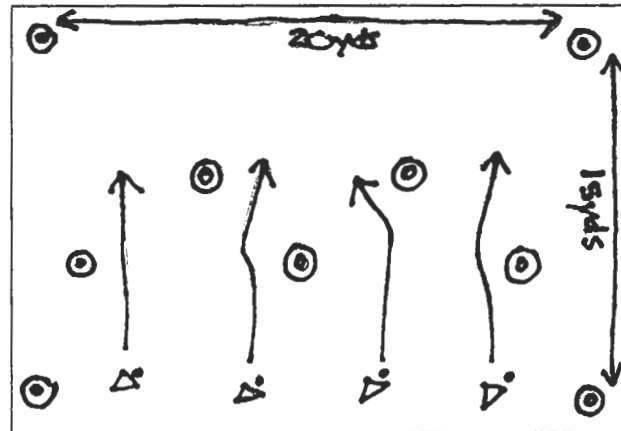
U4 Lesson Plans Week Two  
Understanding Basic Dribbling w/ Obstacles



## U4 Lesson Plans: Week Two

## Topic: Understanding Basic Dribbling w/ Obstacles

- Activity One: Touchline to Touchline Dribbling
  - Players line up on the touchline and dribble across the width of the field while avoiding several randomly placed obstacles. Repeat several times.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage the use of the inside and/or outside of the foot. No toe.
    - Force them into situations that force the change in direction.
    - Add more obstacles each time.

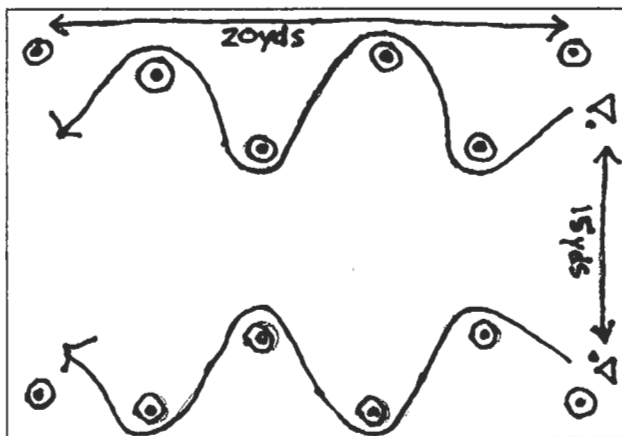




U4 Lesson Plans: Week Two

Topic: Understanding Basic Dribbling w/ Obstacles

- **Activity Two: Diagonal Dribbling Downfield**
  - Players line up at the end-lines and dribble diagonally back and forth between obstacles getting as close to the obstacles as possible w/o touching them.
    - **Coaching Points:**
      - Encourage small touches to keep ball close
      - Encourage the use of the inside and/or outside of the foot. No toe.
      - Set up 2 lanes so there is less standing time for the players.

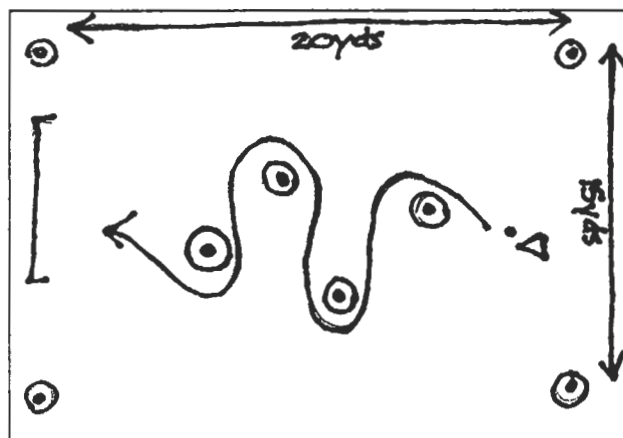




## U4 Lesson Plans: Week Two

## Topic: Understanding Basic Dribbling w/ Obstacles

- Activity Three: End-Line Dribbling to Goal
  - Players line up at the end-lines and dribble through several obstacles as they work themselves downfield to score.
    - Coaching Points:
      - Encourage small touches to keep ball close
      - Encourage the use of the inside and/or outside of the foot. No toe.
      - Set up 2 lanes so there is less standing time for the players.





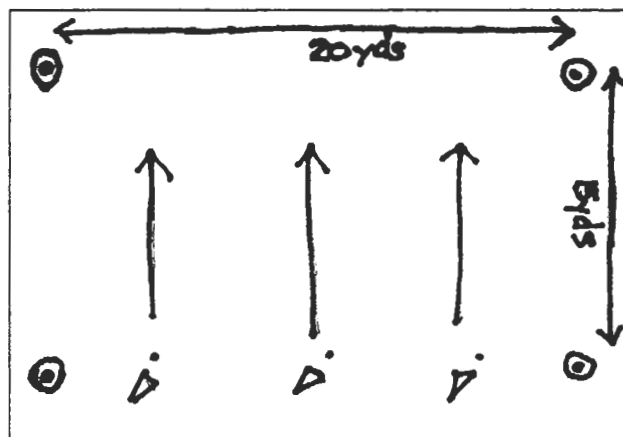
U4 Lesson Plans Week Three  
Basic Technical Dribbling Part 1



## U4 Lesson Plans: Week Three

## Topic: Basic Technical Dribbling Part 1

- Activity One: Inside Foot Dribbling
  - Players learn to dribble w/ the inside surface of their feet only. Players spend first part of their time on the right foot only and then switch over and work on their left foot.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage the use of the inside surface of the foot.
    - You can teach this skill in an open area of the field or incorporate it into the Touchline to Touchline activity.

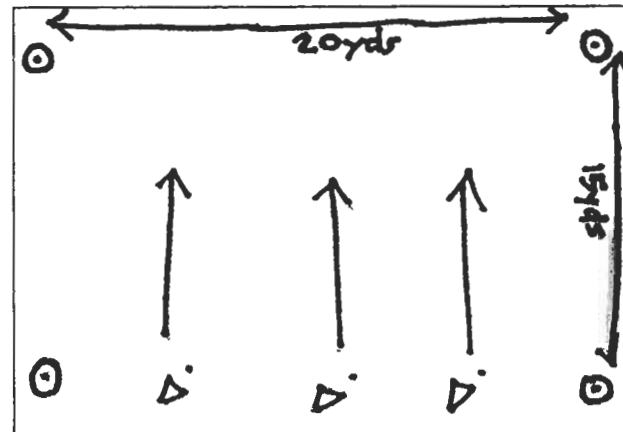




U4 Lesson Plans: Week Three

Topic: Basic Technical Dribbling Part 1

- Activity Two: Outside Foot Dribbling
  - Players learn to dribble w/ the outside surface of their feet only. Players spend first part of their time on the right foot only and then switch over and work on their left foot.
    - Coaching Points:
      - Encourage small touches to keep ball close
      - Encourage the use of the outside surface of the foot.
      - You can teach this skill in an open area of the field or incorporate it into the Touchline to Touchline activity.

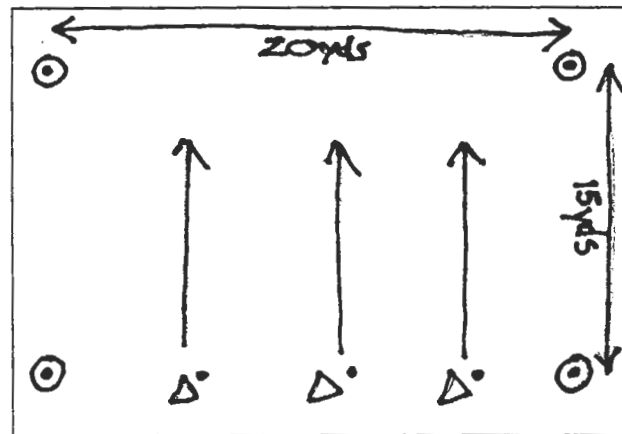




### U4 Lesson Plans: Week Three

### Topic: Basic Technical Dribbling Part 1

- Activity Three: Inside/Outside Dribbling
  - Players put the 2 previous skills together and learn to dribble while alternating between the 2 surfaces. Every other touch is taken w/ the opposite surface. Players spend the first part of their time on the right foot and then switch over and spend some time on their left.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage the use of the outside surface of the foot.
    - You can teach this skill in an open area of the field or incorporate it into the Touchline to Touchline activity or End-line to Goal activity.





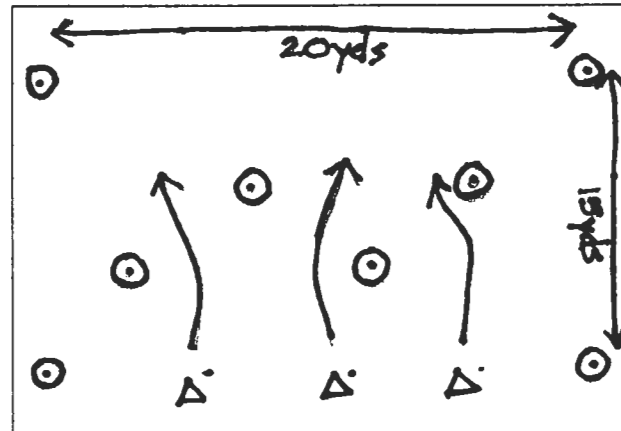
U4 Lesson Plans Week Four  
Basic Technical Dribbling Part 2



U4 Lesson Plans: Week Four

Topic: Basic Technical Dribbling Part 2

- Activity One: Inside Dribbling w/ Obstacles
  - Players learn to dribble using only the inside surface of the foot. Players spend the first part of their time on the right foot and then switch over and spend some time on their left.
    - Coaching Points:
      - Encourage small touches to keep ball close
      - Encourage the use of the inside surface of the foot.
      - You can teach this skill in an open area of the field or incorporate it into the Touchline to Touchline activity.

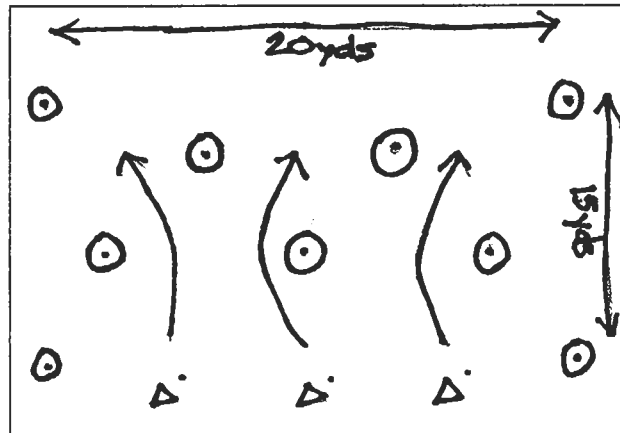




U4 Lesson Plans: Week Four

Topic: Basic Technical Dribbling Part 2

- Activity Two: Outside Dribbling w/ Obstacles
  - Players learn to dribble using only the outside surface of the foot. Players spend the first part of their time on the right foot and then switch over and spend some time on their left.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage the use of the outside surface of the foot.
    - You can teach this skill in an open area of the field or incorporate it into the Touchline to Touchline activity.

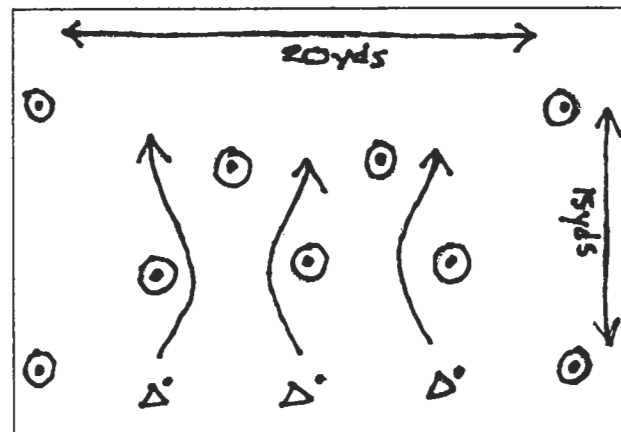




U4 Lesson Plans: Week Four

Topic: Basic Technical Dribbling Part 2

- Activity Three: Inside/Outside Dribbling w/ Obstacles
  - Players put the 2 previous skills together and learn to dribble while alternating between the 2 surfaces. Every other touch is taken w/ the opposite surface. Players spend the first part of their time on the right foot and then switch over and spend some time on their left.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage the use of the outside surface of the foot.
    - You can teach this skill in an open area of the field or incorporate it into the Touchline to Touchline activity or End-line to Goal activity.





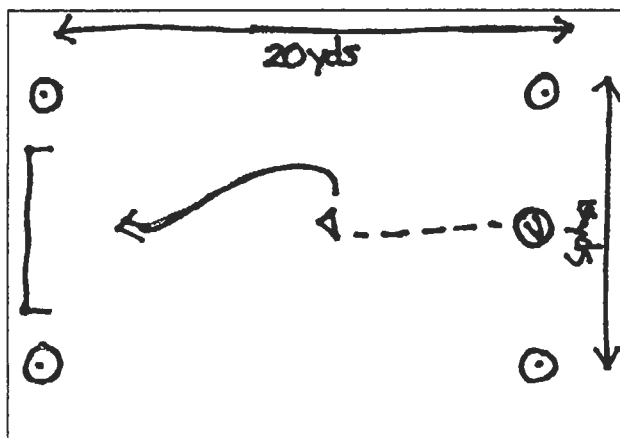
U4 Lesson Plans Week Five  
Receiving the Ball - Basics



U4 Lesson Plans: Week Five

Topic: Receiving the Ball - Basics

- Activity One: End-Line to Goal w/ Straight On Pass
  - Players step out in front of group and receive a straight on pass from their coach. Keeping their body in front of the ball, they settle it, turn around, and then dribble downfield to score. Repeat several times.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage them to square themselves up to the ball.

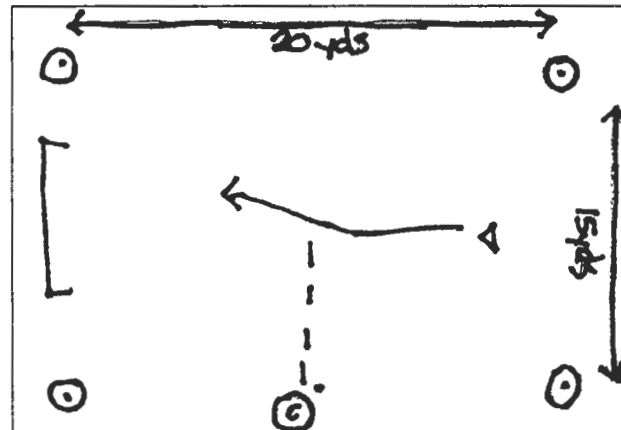




U4 Lesson Plans: Week Five

Topic: Receiving the Ball - Basics

- Activity Two: End-Line to Goal w/ Touchline Pass
  - Players step out in front of group and receive a pass from their coach who is standing on the touchline. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to score. Repeat several times.
  - Coaching Points:
    - Encourage small touches to keep ball close
    - Encourage them to take good angles so that the ball does not pass them.
    - Encourage them to square themselves up to the ball.

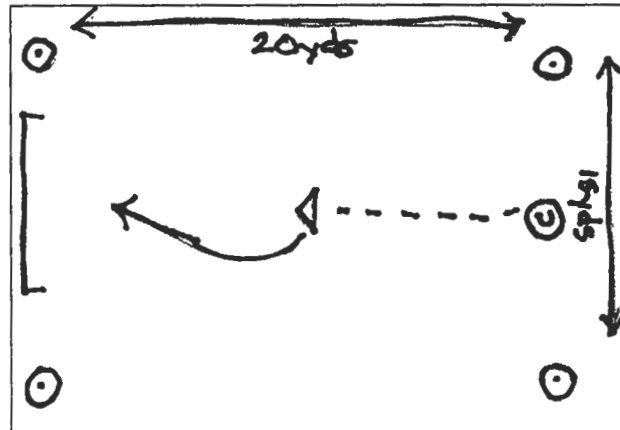




U4 Lesson Plans: Week Five

Topic: Receiving the Ball - Basics

- **Activity Three: Mid-Line Turn to Goal w/ End-Line Pass**
  - Players step out in front of group and receive a pass from their coach who is standing on the end-line. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to score. Repeat several times.
    - **Coaching Points:**
      - Encourage small touches to keep ball close
      - Encourage them to take good angles so that the ball does not pass them.
      - Encourage them to square themselves up to the ball.





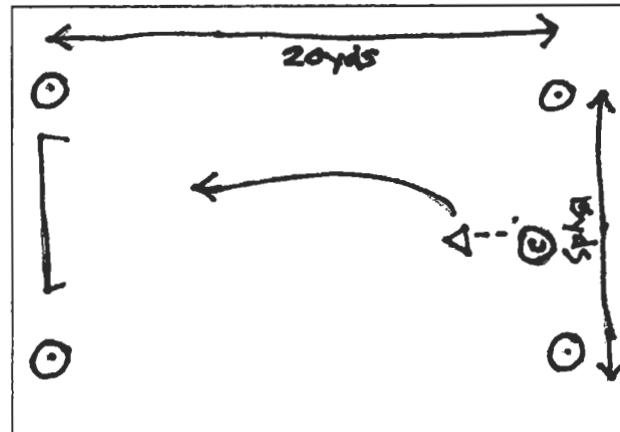
U4 Lesson Plans Week Six  
Receiving the Ball – Technical Touches



## U4 Lesson Plans: Week Six

## Topic: Receiving the Ball – Technical Touches

- **Activity One: End-Line Turn to Goal**
  - Players step out in front of group and receive a pass from their coach who is standing on the end-line. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to goal. One line receives the ball with the inside surface of their foot while the other line receives the ball with the outside surface of their foot. Repeat several times.
    - **Coaching Points:**
      - Encourage small touches to keep ball close.
      - Encourage them to take good angles so that the ball does not pass them.
      - Encourage them to turn the way that their touch takes them.
      - Encourage them to square themselves up to the ball.

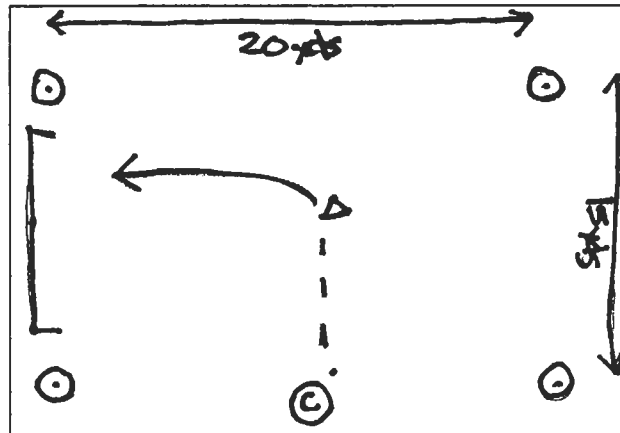




U4 Lesson Plans: Week Six

Topic: Receiving the Ball – Technical Touches

- Activity Two: Mid-Line Turn to Goal w/ Touchline Pass
  - Players step out in front of group and receive a pass from their coach who is standing on the touchline. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to goal. One line receives the ball with the inside surface of their foot while the other line receives the ball with the outside surface of their foot. Repeat several times.
    - Coaching Points:
      - Encourage small touches to keep ball close.
      - Encourage them to take good angles so that the ball does not pass them.
      - Encourage them to turn the way that their touch takes them.
      - Encourage them to square themselves up to the ball.

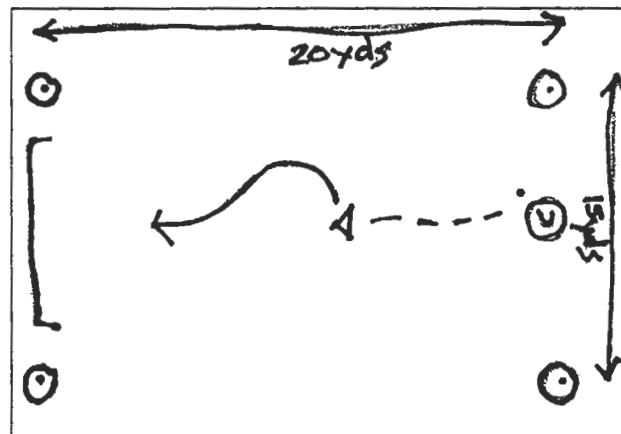




## U4 Lesson Plans: Week Six

## Topic: Receiving the Ball – Technical Touches

- **Activity Three: Mid-Line Turn to Goal w/ End-Line Pass**
  - Players step out in front of group and receive a pass from their coach who is standing on the end-line. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to goal. One line receives the ball with the inside surface of their foot while the other line receives the ball with the outside surface of their foot. Repeat several times.
  - **Coaching Points:**
    - Encourage small touches to keep ball close.
    - Encourage them to take good angles so that the ball does not pass them.
    - Encourage them to turn the way that their touch takes them.
    - Encourage them to square themselves up to the ball.





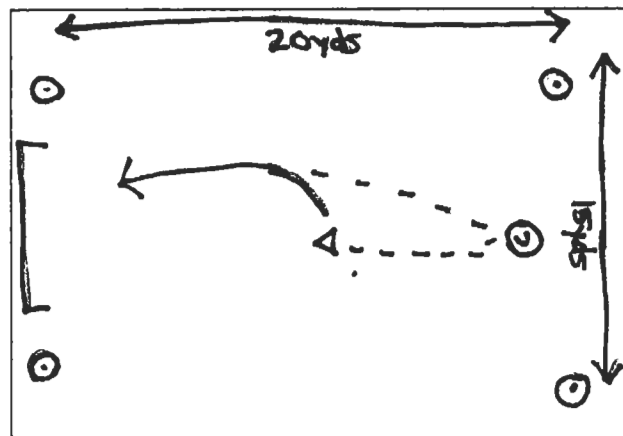
U4 Lesson Plans Week Seven  
Passing the Ball - Basics



## U4 Lesson Plans: Week Seven

## Topic: Passing the Ball – Basics

- **Activity One: Inside Foot Pass/End-Line Turn to Goal**
  - Players step out in front of group and pass the ball to their coach on the end-line using the inside surface of their foot to pass; the coach then passes it back to the player. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to goal. One line receives the ball with the inside surface of their foot while the other line receives the ball with the outside surface of their foot. Repeat several times.
    - **Coaching Points:**
      - Encourage small touches to keep ball close.
      - Encourage them to take good angles so that the ball does not pass them.
      - Encourage them to turn the way that their touch takes them.
      - Encourage them to square themselves up to the ball.
      - Encourage them to be as accurate as possible.

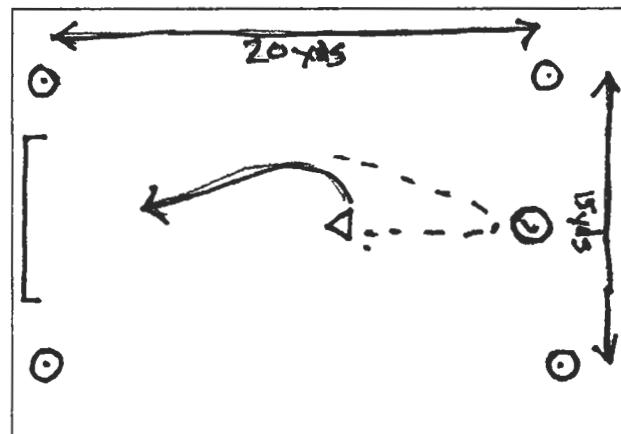




## U4 Lesson Plans: Week Seven

## Topic: Passing the Ball – Basics

- **Activity Two: Instep Foot Pass/End-Line Turn to Goal**
  - Players step out in front of group and pass the ball to their coach on the end-line using the instep surface of their foot to pass; the coach then passes it back to the player. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to goal. One line receives the ball with the inside surface of their foot while the other line receives the ball with the outside surface of their foot. Repeat several times.
    - **Coaching Points:**
      - Encourage small touches to keep ball close.
      - Encourage them to take good angles so that the ball does not pass them.
      - Encourage them to turn the way that their touch takes them.
      - Encourage them to square themselves up to the ball.
      - Encourage them to be as accurate as possible.

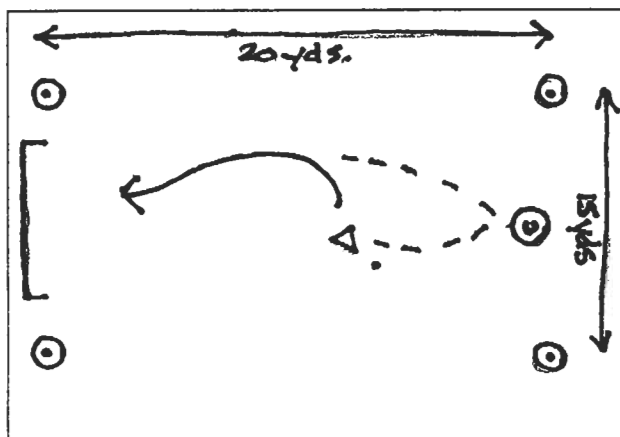




## U4 Lesson Plans: Week Seven

## Topic: Passing the Ball – Basics

- **Activity Three: Outside Foot Pass/End-Line Turn to Goal**
  - Players step out in front of group and pass the ball to their coach on the end-line using the outside surface of their foot to pass; the coach then passes it back to the player. Players run out towards the ball and while squaring their body up to the ball, they settle it, turn up field, and then dribble to goal. One line receives the ball with the inside surface of their foot while the other line receives the ball with the outside surface of their foot. Repeat several times.
    - **Coaching Points:**
      - Encourage small touches to keep ball close.
      - Encourage them to take good angles so that the ball does not pass them.
      - Encourage them to turn the way that their touch takes them.
      - Encourage them to square themselves up to the ball.
      - Encourage them to be as accurate as possible.





U4 Lesson Plans Week Eight  
Open Play



U4 Lesson Plans: Week Eight

Topic: Open Play

- Activity: Play Game
  - Encourage players to use the things they have learned this season.
  - Review dribbling, receiving, and passing skills at every opportunity.
  - Let the kids have fun. They've worked hard.

