



## 4v4 Workshop (for 8U Coaches)

Effective Date      January 1, 2018

Class Length        1 hour 15 minutes

### **Change Summary**

November, 2017

Created for 2018 AYSO EXPO

## 1. Lesson Plan Goals



The objective of the session is to further the perspective of 8U coaches in the 4v4 environment and help prepare players for 7v7.



Building on from the 8U certification, the workshop discusses formations and introduces some new activities to progress attacking, defending and transitional phases and game understanding.

The activities are presented by AYSO United partner The Coaching Manual.

The course does not cover 6U...let them play!



## 2. Class Length

1 Hour and 15 minutes

## 3. Instructor Requirements

Advanced Coach Instructor

## 4. Prerequisites

None

## 5. Materials

Power Point Presentation which is preloaded onto conference laptop and also available on [www.ayso.org](http://www.ayso.org) along with the lesson plan

## 6. Equipment

LCD Projector and Screen  
Flip Chart and Markers

## 7. Special Instructor Notes

With this being a new session with plenty of opportunity for attendee interaction, please watch time!

## 8. Suggested Interactions

- Q&A
- Group work and presentation
- Candidate presentation
- Role play
- Peer review
- One-minute paper
- Think-pair-share
- Video

**Slide 1.** Welcome and Introduction. The objective of the session is to further the perspective of 8U coaches in the 4v4 environment and help prepare players for 7v7.

Building on from the 8U certification, the workshop discusses formations and introduces some new activities to progress attacking, defending and transitional phases and game understanding.

The course does not cover 6U mainly because the 6U players do not have a training session and our priority is to simply allow them to play freely without much guidance or involvement.

**Slide 2.** Agenda

**Slide 3.** Reinforce the benefits of small-sided play.

Pair, think and share...

Candidates take one minute to chat with a neighbor and write down some benefits.

Ask pairs to share with group.

**Slide 4.** 4v4 8U Guidelines which also reflect US Soccer Player Develop Initiatives.

Typical field layout (ranges).

The change from 3v3 or 5v5 is relatively minor on the field. It is understood that more coaches will be needed for the 8U division as the team rosters are smaller.

To restart the ball into play in any circumstance, 4v4 will use the player's feet for developing foot skills. Throw In's are also allowed in 8U.

Also, all free kicks are indirect. This will be a key item to reinforce in education and awareness of coaches and parents. Effort is to prevent kids just booting it!

**Slide 5.** 8U. Pair, think and share...

Candidates take one minute to chat with a neighbor and write down some psychosocial and then physical characteristics.

Ask pairs to share with group. Make notes on flip chart.

Then, on flip chart, discuss some coach behaviors that we should align with this group.

### **Coach Behavior**

- Activities are quick, keep them moving
- Focus more on what happens rather than what happened
- Praise sharing
- Get into their world
- Develop routines to stay organized and safe

**Slide 6.** Review the technical and tactical topics covered in the 8U Coaching Course and Manual. Gauge attendee uptake.

**Slide 7.** Beyond the topics discussed in the 8U course, here are some additional standards and training expectations and competencies we should "consider" for 8U players as they develop and prepare for 7v7.

**Slide 8.** A visual of 8U players. Granted this is an AYSO club team who are well trained but this

demonstrates the age group capability. (Most are 8s playing up.)

Q. Do we challenge our players enough?

Q. Do we challenge them too much?

Q. What are they really capable of?

There needs to be a careful balance of creating a fun, safe and dynamic environment, yet with purpose and education. Can regular core players get to this stage of development without being over-trained or losing the enjoyment factor?

Yes!

**Slide 9.** Formations. We do not want to get too tactical here, but the concept of setting a team with a 'shape' even at such a young age will provide players with clear reference points in the game and support their development.

However, coaches should NOT be rigid in this approach to allow players to experiment and play with freedom at this age group, within the framework of the principles of the game.

Review the formations and discuss with attendees. Are there any others attendees use or prefer? Can they share?

**Slide 10-12.** Activities (defensive).

The activities shown are primarily game-based in order to enhance decision-making and game understanding. Note, the numbers likely exceed regional squad sizes so suggest age group teams joining in or adjust numbers as feasible.

Review the various activities with attendees. Ask for volunteers to lead the review of each exercise? How could we modify?

How can we add some personality/fun/character to these activities?

**Slide 13.** Review some key coaching points related to defending.

**Slide 14-18.** Activities (attacking).

The activities shown are primarily game-based in order to enhance decision-making and game understanding.

Review the various activities with the attendees. Ask for volunteers to lead the review of each exercise? How could we modify?

How can we add some personality/fun/character to these activities?

**Slide 19. Slide 13.** Review some key coaching points related to attacking.

**Slide 20.** Summarize some main coaching considerations related to 8U and 4v4.

**Slide 21.** Questions? Thank attendees for their time and commitment to continuous coach education. Also reference the Coaching Manual for being a valuable partner and coach education resource.

