

Modified 4v4 CURRICULUM

Expectations ~ Methodologies ~ Player
Development ~ Style of Play ~ Lessons



General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



U6 / Age Specific Objectives

“The ball is playing with me...I am playing with the ball.”

Developmental Goals - Learning the fundamentals of the game in game-like situations. Understanding the purpose and structure of the game, direction of play, and basic rules..

Developmental Needs- Activity based games that emphasize exploration and experimentation. Ball experiences in game-like situations. Exploring physical abilities

Key Qualities - Reads and analyzes situations regarding the structure of soccer attacking/defending /transition; Takes initiative-creates opportunities instead of reacting; Wants to score; Shows comfort with the ball; Is involved and engaged throughout every game/training session

Player Behaviors- Small, incidental things are important - always in motion

Coach Behaviors - Appreciate the things they take seriously, even if you don't Use routines to manage them during practice and games



Play for FUN



U7 & U8 / Age Specific Objectives

“Playing with my friends”

Developmental Goals - "Playing with my friends" Learning the basic understanding of attacking, defending, and transition by playing together.

Developmental Needs- Activities focused on the goals of attacking and defending and how to accomplish them. Ball experiences in game- like situations with attention for the Key Qualities of a player. Experiences of attacking and defending together (reading & decision making)

Key Qualities - Applies (basic) knowledge of the cues; Understands where and when to move themselves and the ball; Confronts situations; Demonstrates bravery; Deliver on agreements and promises; Evaluates and reflects on their own performance. Plus all KQs from U6

Player Behaviors- Short attention span, Live in the moment, Focus is on self

Coach Behaviors - Exercises are short and to the point, reminders are necessary, talk about what happens, not what happened, Accept their behavior and praise when they share



Play for FUN



MOMENTS & PRINCIPLES OF THE GAME:

Moments of the Game: 'WE' and 'THEY' ~ Areas of
the Field



MOMENTS & PRINCIPLES

In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.

'THEY' means that our opponent has the ball.

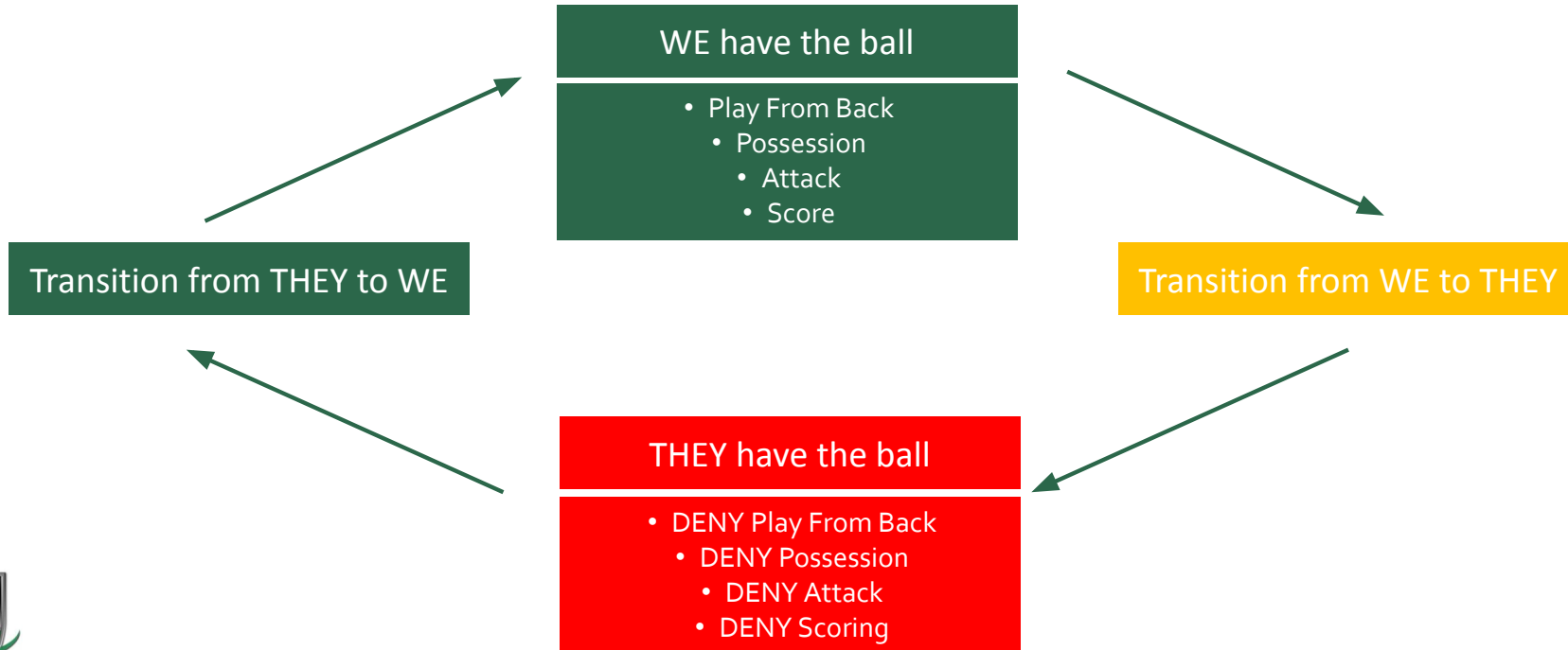
*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND



Moments & Principles: 'WE' & THEY Area

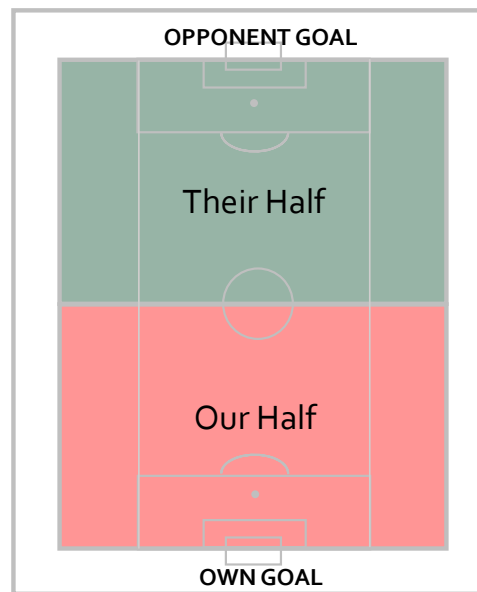
WE HAVE THE BALL

4V4

THEY HAVE THE BALL

- Definition:** Possession of the ball in their half up to the opponent's goal
- Aim:** Advance into their half while keeping the ball, create chances and score goals.

- Definition:** Possession of the ball in our half
- Aim:** To advance into the opponent's half while keeping the ball.



- Definition:** Opponent possession of the ball in their half
- Aim:** Win the ball back, prevent the opponent from advancing

- Definition:** Possession of the ball in the third near our own goal
- Aim:** Win the ball back and prevent the opponent from creating chances or scoring goals



Outside Left

Center
Channel

Outside Right

Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
OUR HALF	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
THEIR HALF	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>



Tactical Principles: WE have the ball

WE have the ball

- Play From Back
- Possession
- Attack
- Score

WE	AIM	WE	AIM
PLAY FROM BACK	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> Make it big Create triangles Go forward when possible 	ATTACK	<p>Go forward with numbers</p> <p>Recognize and use the 2v1 or 1v1</p> <p>Dribbling</p> <p>Movement off the ball</p> <p>Passing (ball movement)</p>
POSSESSION	<p>Go forward when possible</p> <p>Utilize available space</p> <p>Move - be an option for a teammate</p> <p>Create triangles</p>	SCORE	<p>Occupation in opponents half</p> <p>Anticipating shooting opportunity</p> <p>Adjust to shoot</p> <p>Look for scoring opportunities (try & learn, try & fail)</p>



Tactical Principles: THEY have the ball

THEY have the ball

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

THEY	AIM	THEY	AIM
DENY PLAY FROM BACK	<ul style="list-style-type: none"> • Make the field small by pressuring quickly • Closest player applies pressure on the ball • Teammates create cover • Force them where you want them to play (outside) 	DENY ATTACK	<ul style="list-style-type: none"> • Press the player with the ball • Teammates cover • Prevent or defend chances created from: <ul style="list-style-type: none"> ○ Crosses ○ Through balls ○ Combination play ○ Individual action (1v1) • Make it small (space for the opponents to play in as small as possible) • Small distance between players
DENY POSSESSION	<ul style="list-style-type: none"> • Press the player with the ball <ul style="list-style-type: none"> ○ Teammates cover • Prevent them from playing forward • Make it small (space for the opponents to play in as small as possible) <ul style="list-style-type: none"> ○ Small distance between players 	DENY SCORING	<ul style="list-style-type: none"> • Block the shot • Clear it if needed



Tactical Principles: Transition We to They

Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> • The closest player needs to put pressure on the ball • Pressure from the right direction (force the attacker to go where you want them to (outside) • Other players recognizing how this pressure affects their positioning (pressure, cover, balance) <p>All principles in relation to space, time, teammates, opponents, & the ball</p>		<p>Look up/go forward Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> • Dribble or pass to go forward • Orientation, overview speed <p>Create passing options Moving to be an option for a teammate</p> <ul style="list-style-type: none"> • Create as many triangles as possible • Beat anticipated immediate pressure from opponent <p>All principles in relation to space, time, numbers, & the ball</p>



STYLE OF PLAY

Team-Based ~ Intelligence ~ Possession ~
Dynamic Attack ~ High-Pressure Defense



Club Style of Play

Team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense.

General Principles

We build from the back—organized but adaptive. Players know their position—and when to leave it. Players move on and off the ball to provide support and play high-pressure defense to recover the ball.

Key Qualities

Technically skilled, tactically & positionally aware, dedicated, tenacious, hard-working, passionate, healthy, fit, love of the game, and superlative sportsmanship.

Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic
Attack

High-
Pressure
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



4v4: Style of Play Elements to Emphasize

Coaches of 4v4 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Teach players to move even when they don't have the ball. Players should begin guiding one another on the field by communicating opportunities and pressures.
- **Intelligence** – Encourage players to think about *where* they should be—and *when*. They should learn to pass the ball, thereby freeing up space for themselves to get it back.
- **Possession** – Less of a focus at 4v4 but be aware of *where* space is on the field, and be willing to pass backwards or sideways as needed.
- **Dynamic Attack** – With a small field, identify and make use of available space; exploit opponents' offensive and defensive mistakes and try many 1v1's.
- **High-Pressure Defense** – Introduce pressure+cover+balance, encouraging team to work as a unit to prevent the opponent from moving the ball out of their half.



Play to LEARN



4v4 Stages of Development

Players should start to master these qualities	Players should start to work <u>towards</u> these qualities
<p>1v0 & 1v1 – Comfort with the Ball</p> <p>Game Format Focus on core technical development:</p> <ul style="list-style-type: none"> ● running with the ball, ● change of direction ● ball manipulation 1st touch ● turning and opening to receive with both feet ● Passing with the inside of the foot, instep and outside of the foot <p>Developing tactical player qualities especially “Vision”</p>	<p>Learning how to “play together” and “Reading the game”</p> <p>When to play 1v1 “in the appropriate Situation” and/or when recognizing to play 2v1</p> <p>Communication with 2-3 players</p> <p>Create a LOVE/PASSION for the BALL / GAME / CLUB</p> <p>Develop players responsible for their own development</p> <p>Give players the freedom to express their creativity and make mistakes, during training and competition</p>



4v4: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball and what is around them.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim to learn at this age, winning is NOT important. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort & success.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



Style of Play: Key Qualities – by age group

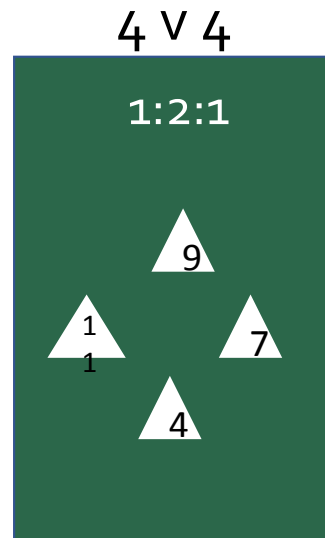
Technique	U6-U8	Personality	U8-U10
Ball comfort – ball manipulation – touch	x	Perseverance	
Shooting	x	Continues on when facing adversity & challenges	
Receive/open/pass with 2 feet (short and long)	x	Emotional stability	
Defending a player or the ball	x	Accountability	
Protects the ball (shielding)-turning	x	Coachable	x
Running with the ball-change of direction	x	Listens and implements feedback in training and games	x
Passing – short distance	x	Is involved and engaged in training sessions and exercises	x
Passing – long distance		Responsibility	
Receive- 1st touch opening up right/left	x	Accepts responsibility for their own actions	
Defend the ball or man 1v1 THEY	x	Mental Toughness	
Beat a man 1v1 WE	x	Creates (helps create) a personal development plan and development goals	
Insight	U8-U10	Organizes and manages their performance environment	
Decision making on and off the ball		Effort & Intensity	x
Decision making on the ball (passing/dribbling/shooting choice)		Social-works well with others	x
Decision making off the ball (when/where/how to move off the ball)		Communication – coaches teammates	x
Decision Making In WE	x	Movement without the ball (can create and use space)	
Decision Making In THEY	x	Team Spirit	x
Speed of thought and action (on and off the ball)		Adaptability	
Speed of thought (how quickly can they come to their decision)		Speed & Agility	U8-U10
Speed of action (do they execute their action at the right speed)		Coordination/agility	
Decision Making In Transition		Endurance	
Positioning & repositioning in relation to situation (s)		Uses their body effectively	
Creativity	x	Power/speed (quickness)	
Reading of Options	x	Cardio Fitness	
Belief in the Style of Play			
Shares The Ball			



XXX Mastery
 XX Working towards
 X Advanced Player



4v4 Systems of Play / Game Formations



- Creates angles & triangles
- Diamond shape give support in We and They



RYSC coaches should guide players to understand how their position works with and supports other positions on the field in order to play team offense and defense.



4V4 TRAINING RESOURCES

The activities that follow can be used at 4v4 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

Each session explains the activity, highlights objectives, and provides coaches guiding questions they can ask players to facilitate soccer development.



ONE TRAINING METHOD

STAGE 1: PLAY

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first *Play* phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches. During this first *Play* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

STAGE 2: PRACTICE

In the second phase of *Play-Practice-Play*, children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the *Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition.

Practice activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.

STAGE 3: PLAY AGAIN!

The final stage of *Play-Practice-Play* is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *Play* phase is to encourage players to express themselves and demonstrate what they learned during the *Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application of the *Practice* phase in the final *Play* phase, the coach is able to check each player's understanding and ability to execute the goal of the training session.



Week 1

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 15 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 15 min



PRACTICE - Numbers Game 1v1, 2v1, 3v1 (2) (15 mins)

PLAY - Set up a SSG with 2 teams numbered 1-3, have 2 or 3 go from Attacking team and 1 from defending team. 3v1 and progress to 3v2 - with goals - Ball goes out start from the back and central each time. Once the kids are familiar with this set up, we can use it for 1v1, 2v2, 1v2, 2v2, 3v1, 3v2, 1v3, 2v3

WE HAVE THE BALL - PLAY from Back (Possession to pass or dribble forward)

Our Half - TEAM BASED

Make it big - Go forward when possible

Technical - Running with the ball, Tactical - Decision making on the ball (passing/dribbling choice)

Create positive environment, assess level, get to know names - learn by playing



Week 2

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

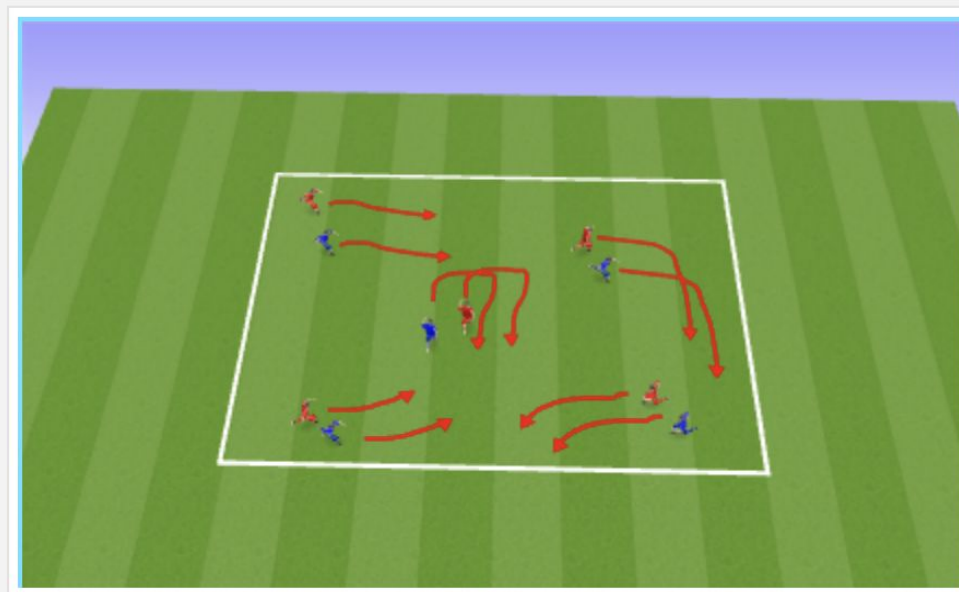
Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Shadow-Run Without a Ball (10 mins)

Description

- The front player is the runner and the second player is their shadow.
- The runner tries to shake off their shadow by changing pace and direction.
- The shadow tries to stay 1 to 2 yards behind the runner.
- The runner can stop and carry out stretching exercises, or make arm movements or turns while running. Their shadow must imitate all of these movements.
- After 1-2 minutes the two players swap roles.



Week 3

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min



Cat & Mouse (10 mins)

Objectives - dribbling, ball control, turning, speed

Use the Center Circle or mark cones with the same size - 10 yards

Teams of 4-6 in line 2 yards from center circle. Each teammate runs around the cones without the ball and tries to get within 2 yards from the other team.

Add a ball and do the same while dribbling. Be sure to rotate directions so they are using both feet.



Week 4

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Tag Game (10 mins)

1. Black Team – score by tagging another color on the front
2. Blue Team – score by tagging another color on the back
3. Red Team – score by tagging another color on the knee
4. Score as many in 45 seconds as possible and then swap challenges around the colors



Week 5

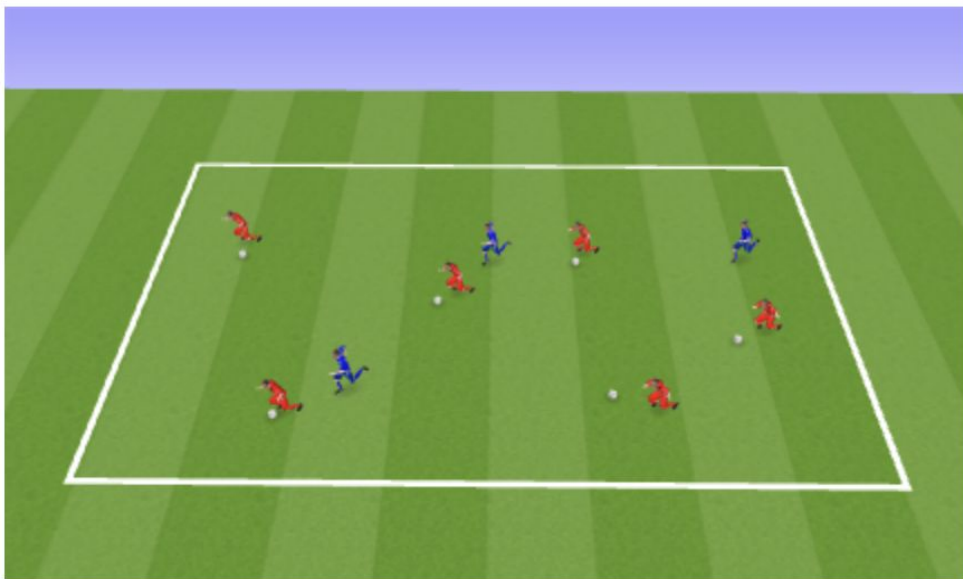
Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min



Tunnel Tag (10 mins)

OBJECTIVE: Improve the player's ability to maneuver the ball away from the defender with different surfaces of the foot

PLAYER ACTIONS: Vision, Body position, Ball manipulation

ORGANIZATION: Within a 20W x 20L field.

Each player has a ball and tries to keep the taggers from tagging them. If tagged the player must hold the ball above their head and create a goal using their legs. Players can be unfrozen when another player plays the ball through their legs. The players should try to use the following 6 surfaces when evading the tagger: Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel.



Week 6

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Knock Out (10 mins)

OBJECTIVE: Improve the player's ability to maneuver the ball away from the defender with different surfaces of the foot

PLAYER ACTIONS: Vision, Body position, Ball manipulation, Shielding, Protecting the ball

ORGANIZATION: Within a 15W x 20L field.

Each player has a ball and tries to keep the coach from knocking their ball out of the field. The players should try to use the following 6 surfaces Outside of the foot (pinky toe), inside of the foot (big toe), laces, bottom (sole), toe & heel.



Week 7

Typical Flow of practice

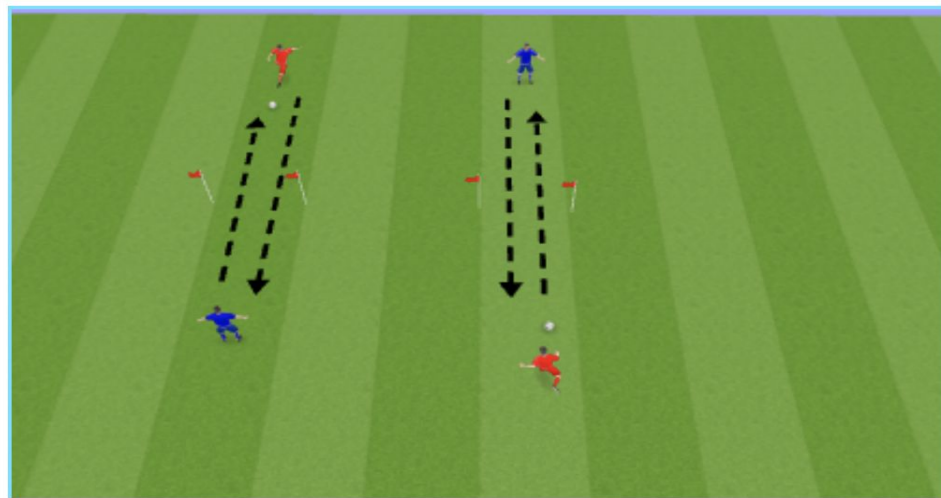
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Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Skill Acquisition - Improve the Technique of Shooting



Shooting at an Empty Goal (10 mins)

Description

- Two players stand facing each other with a goal between them.
- The size of the goal (1-3 yards) and the distance of the players from the goal depend on the accuracy in which they can shoot.
- The players take a short run and try to shoot the stationary ball into the goal.
- Who scores the most goals?



Week 8

Typical Flow of practice

Technical Warm- up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min

Don't Feed the Monkeys (10 mins)

Objective

Accuracy and weight of passing, control, dribbling, first touch, anticipating and intercepting passes, shooting

1-2 Monkeys are placed in the middle of the circle (cage), they are guarded by 3-4 zookeepers in the next zone, outside the circle the Zoo visitors are dribbling to search for a possibility to pass to a monkey. If the zookeepers win the ball they score in one of the 4 outside goals which are defended by the visitors

Play it with throwing at first

Play it with passing and dribbling - 1 ball per team

Play it with dribbling and shooting - 1 ball per player



Week 9

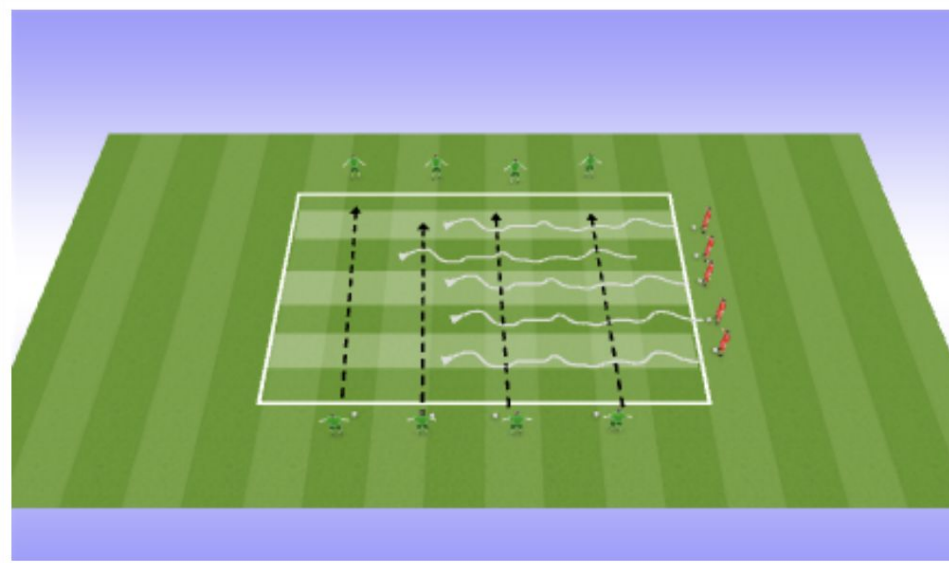
Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 10 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 20 min



Space Invaders (10 mins)

Objective

Dribbling and close control, passing accuracy and pace, one touch passing, space and time awareness

25-30 L 10-15 W

Players on the sides pass the ball (laser) back and forth. The players- Invaders on the end run or dribble through and try not to get hit or get their ball hit by a laser. If they are hit they leave the zone and if they reach the safety zone on the other side, they are safe and turn and go again. Switch roles after a few minutes

- 1) running through the passers
- 2) dribbling through the passers and protect the ball
- 3) dribbling through the passers and protect the ball and do not get hit on your body



Week 10

Typical Flow of practice

Technical Warm-up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar).

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 15 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 15 min



Save Image: 

PLAY - 3v3 FUNINO or 2v2 Dribble Futbol (15 mins)

PLAY - Set up 2v2 Dribble Futbol, 3v3 FUNINO or 3v3 FUNINO + target / support neutrals (U8 or something we work up to)

Ball goes out, always start from the back and central each time so they players can PLAY from BACK, Players stay on the field and coach can keep a good supply of balls. The players must take initiative to start the game and look to take advantage of the other team. Coach can also carry a few balls and say NEW BALL and throw a ball in to space, players away from the last situation and help spread the kids out and to create opportunities to dribble forward (pass, shoot).

WE HAVE THE BALL - PLAY from Back (Possession to pass or dribble forward)

Our Half - TEAM BASED

Make it big - Go forward when possible

Technical - Running with the ball, Tactical - Decision making on the ball (passing/dribbling choice)

Create positive environment, assess level, get to know names - learn by playing

