



## U4-U6 AGE DIVISIONS

### DRIBBLING: Emphasis...

- Touch the ball with both feet as much as possible
- Encourage the use of:
  - Inside of the foot
  - Outside of the foot
  - Bottom of the foot
  - Top of the foot

### SHOOTING: Emphasis...

- Two types of shooting:
  - LACES: Toe pointing down, lock the ankle, laces touch ball
  - INSIDE of FOOT: Twist toes out, lock the ankle, inside of the foot touches the ball

### DEFENSE: Emphasis...

- Attack the ball and DON'T be afraid of it
- DO NOT use hands (or extended arms) against the opponent