

## SHOOTING EXERCISES FOR AGES 6 TO 10

by Jörg Daniel

### Main session: Pole parcourse and shot

#### Setup:

- Place two goals with goalkeepers 40 yards apart.
- Set up one pole parcourse for every five players (see diagram).
- Place poles 1.5 yards apart.
- Each player has a ball.

#### Sequence:

##### Exercise 1

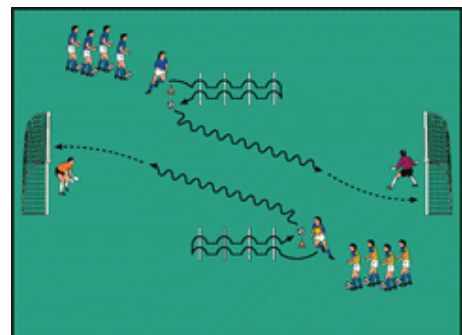
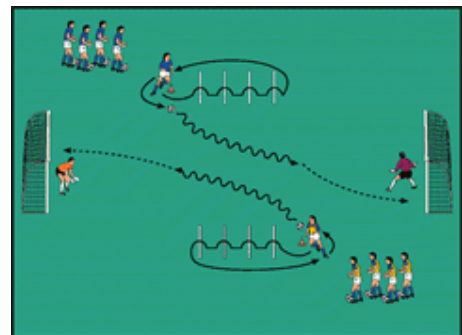
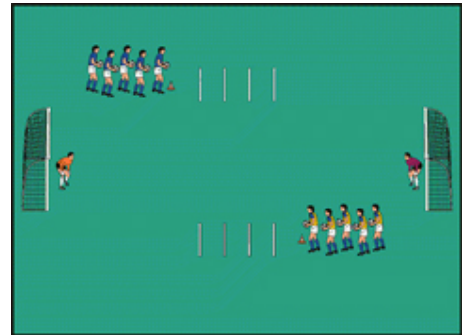
- At the coach's signal, the first player from each team runs over the poles, taking only one step between poles. Then players run back to the start, take the ball toward the goal and shoot.
- Each goal scores one point.
- Which team can be the first to score 10 points?
- The next player starts as soon the player before him shoots.

##### Exercise 2

- Sequence is the same as above.
- Players run out and back over the poles, take the ball toward the goal and shoot.
- The next player starts as soon the player before him shoots.

#### Tips and corrections:

- Goalkeepers are neutral and score points for each shot they block or stop.
- Mark a shooting line if players are dribbling too close to the goal.
- Players may take two steps between poles.
- Players run a sideways or backwards slalom around the poles.
- Players do an additional move before running (turn, jump or roll).



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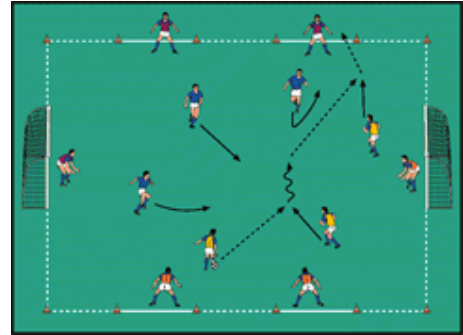
### Conclusion: Six-goal game

#### Setup:

- Mark out a 20 x 30-yard field.
- Set up a goal on each endline.
- Set up two small goals (four yards wide) on each sideline.
- Divide players into four teams (A, B, C, D).

#### Sequence:

- Teams A (yellow) and B (blue) play 3 v. 3 on three goals each.
- Teams C (orange) and D (red) act as goalkeepers.
- Team A attacks D's goals, and B attacks C's.
- Teams switch roles every five minutes.
- Which team can score the most goals?



#### Variations:

- Teams switch roles after every goal: The team that scored switches with the goalkeepers they did not score against.
- Add extra rules for shooting: Players must shoot directly at the small goals.

#### Tips and corrections:

- Playing on multiple goals improves orientation and reaction speed: Players must adjust to constantly changing game situations.
- Attackers should suddenly break off their attack on one goal and switch to a different one.
- Provide extra balls.