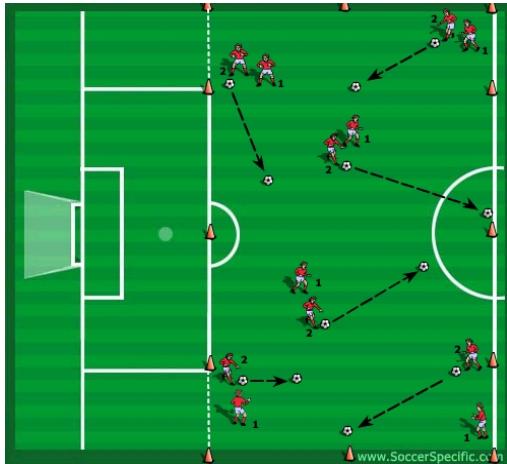




U6 Session Plan #4 Introduction to Shooting



BUMPER BALLS

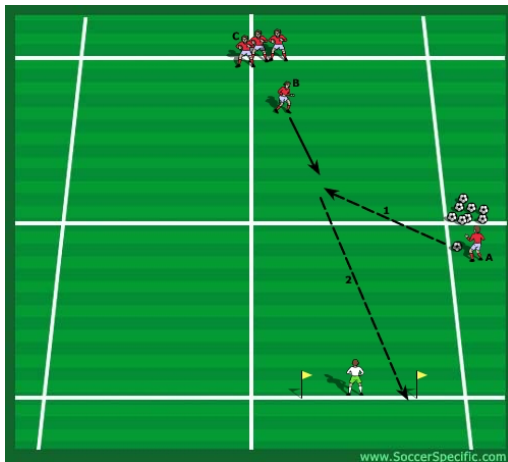
Emphasis: Accuracy of passing.

Set-up: One ball per person. Grid size should be approximately 20 x 30 yards.

Progression: Player #1 and #2 stand next to each other to start. Player #1 passes his ball forward. The distance does not matter (8-15 yards approximately). Player #2 let's player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball. Every time a player hits his opponent's ball they collect a point. The player that gets three points first wins. Players keep alternating passes until one hits the other players' ball. Winners and losers from different groups are paired and repeat the exercise. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest.

Coaching Points:

- Use laces
- Toe pointed down
- Lock ankle
- Standing foot beside ball toe pointing to target



CLOSE RANGE

Emphasis: Accuracy before power when finishing from close range

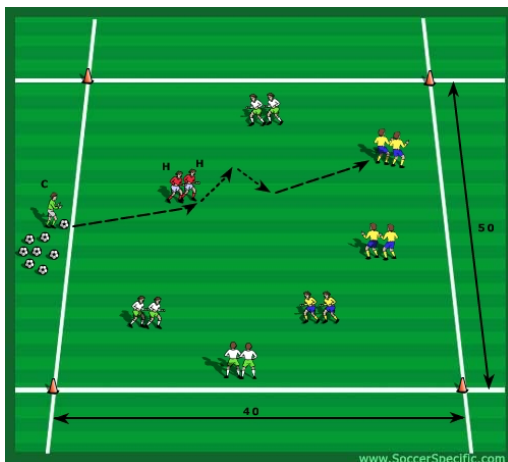
Set-up: 10 x 20 yard grid. Use parent/older sibling as goalkeeper. A supply of balls is placed with the server (A). The remaining players are positioned at one end of the grid as shown. A goal is created using cone or use regular goal if available.

Objective: The first player in line (B) must jog forward towards server (A). Server (A) passes the ball to (B). All shots must be from approximately 6-8yards yards from goal. Player (B) must attempt to redirect the ball into the goal. Player (B) returns to the back of the line. The sequence is repeated with player (C), (D) etc.

Progression: All finishes must be one touch.

Coaching Points:

- Use Lace
- Toe pointed down;
- Lock ankle



HUNTERS

Emphasis: Shooting, passing

Set-up: Make a 20x30 yard grid. Divide your team up into pairs. Designate one team as the "hunters" and give them a ball. All remaining pairs are without a ball. The pairs without a ball, must hold hands. The coach should have a group of balls and be ready to distribute the balls to the "hunters" to help facilitate the exercise.

Objective: The "hunters" must dribble the ball around the grid and shoot the ball below knee level at the other pairs. If the pair is struck, they grab a ball from the coach and become "hunters" as well. The last team remaining wins. Switch the role of the "hunter" and play again.

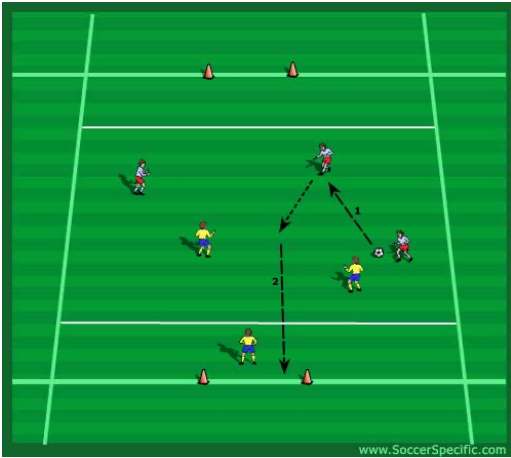
Progression: "Hunters" also must hold hands. Play with groups of three. Specify part of foot they must use.

Coaching Points:

- Use the inside of the foot to shoot for accuracy.
- Use the laces to strike the ball with pace.



SVU



3v3 GAME

Emphasis: FUN!

Set-up: 20 x 30 yard grid. 6 players. Cones to make mini goal.

Objective: 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasis what you have worked on throughout the

Coaching Points:

- All of above

ADDITIONAL NOTES