

## Week 4 Shooting

**OBJECTIVE** | Learn how to shoot the ball

### COACHING POINTS

1. Big kick, Strong kick
2. Get close to the goal before shooting
3. Use the front of the foot to kick the ball

### GUIDED QUESTIONS

1. Should I kick the ball hard to score?
2. How close to the goal should I be to score?
3. What part of the foot helps me kick the ball hard?

### KEY WORDS

Strong kick, be brave

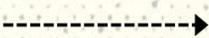
### PLAYER ACTIONS

Shooting

### TECHNICAL TOOLS

**Block 1:** Kick the ball to the goal

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



**3 v 3**

**4 v 4**

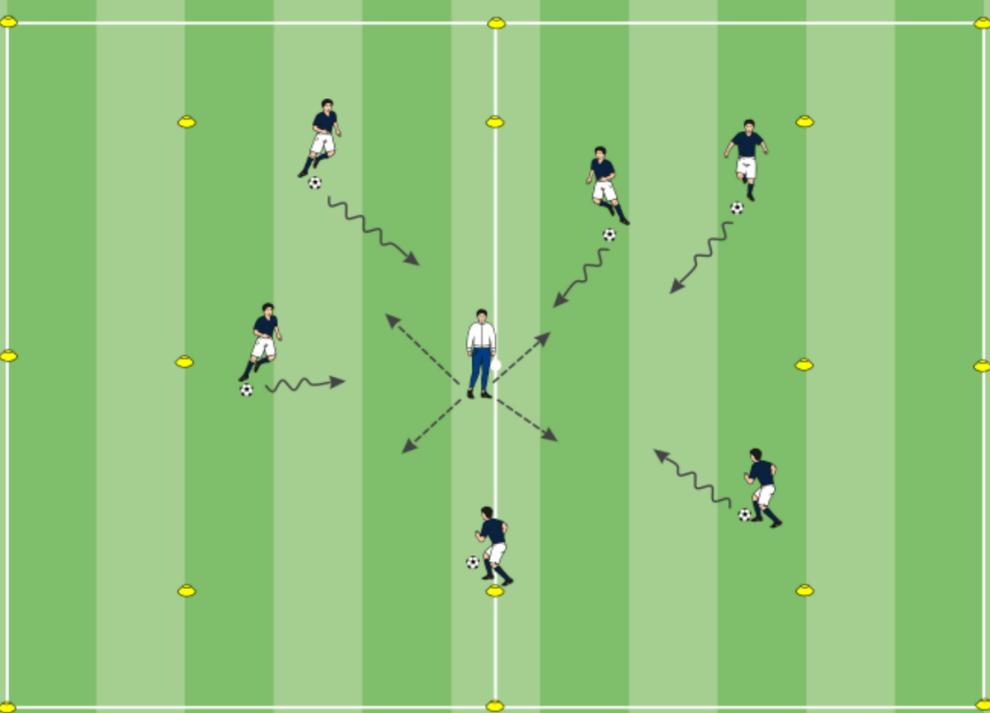
*Play to discover*

Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Shooting  
Block 1

## FUN GAME 1 FUNKY CHICKEN



### AREA

15 x 20 yards

### DESCRIPTION

Coach is the funky chicken. Kids try to strike their ball against the funky chickens' legs. Every time the chicken gets hit, he/she loses a feather (use pinnies and throw in the air when hit) until there are none left. The funkier the chicken and the better the sound effects are, the more the kids will enjoy chasing and shooting their balls. Ask players to dribble close before shooting at the chicken

### MORE CHALLENGING

Recruit some mini-chickens

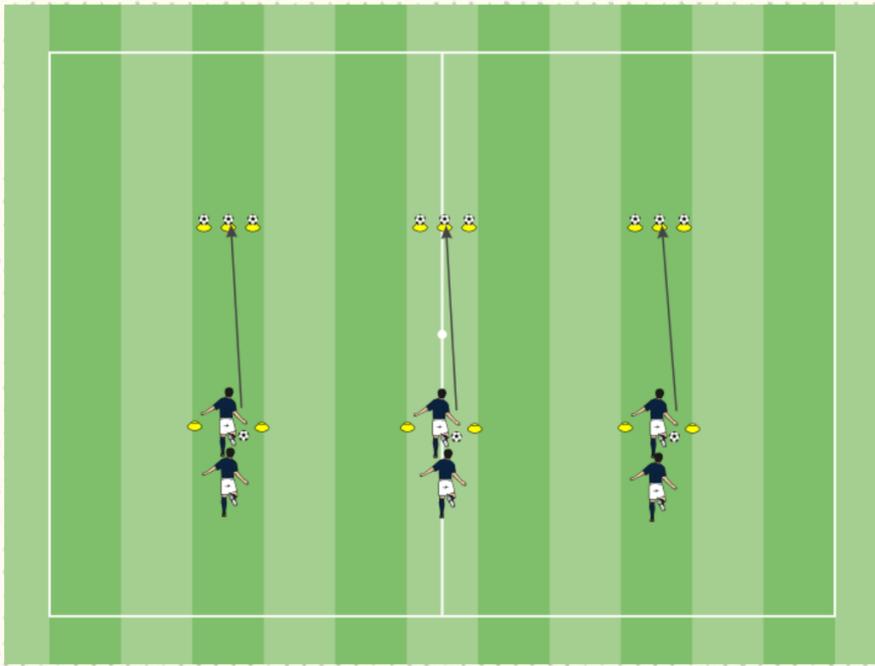
# PRE-K

## SHOOTING

## WEEK 4

### FUN GAME 2

### SOCCER BOWLING



#### AREA

Cones placed 5-10 yards away from players

#### DESCRIPTION

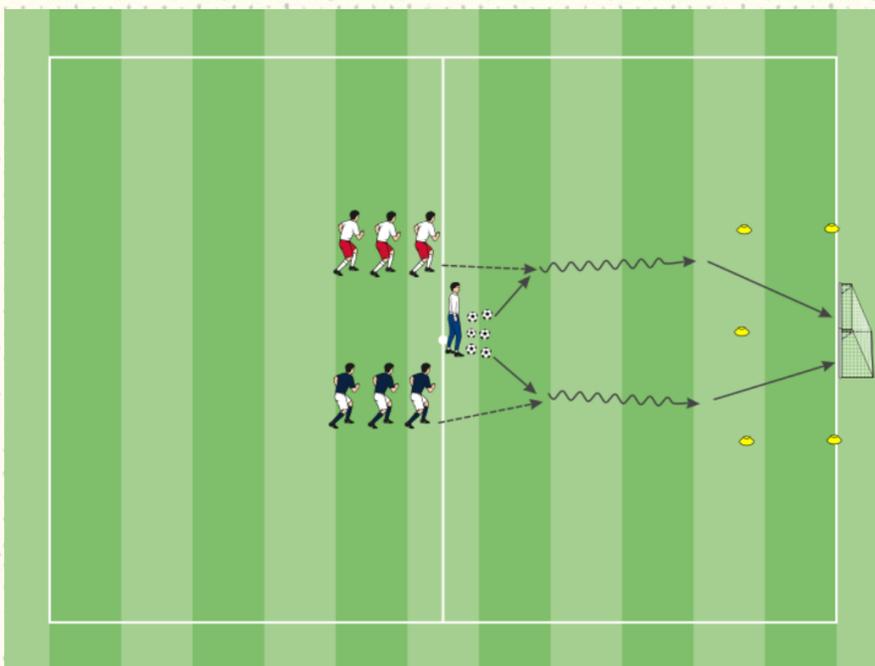
Each player gets one shot at the 3 balls, after your shot, dribble the ball back (no hands!) for the next person on your team. Keep the teams to 2-3 players so there is not a long wait. Once you knock all 3 balls off the cones, put them back on so you can score more points. After 3 minutes the team who knocked over the most balls wins.

#### MORE CHALLENGING

Move players back to increase distance of shot

### FUN GAME 3

### GOALS, GOALS, GOALS



#### AREA

15 x 10 yards, 1 goal (2 if more than 6 players)

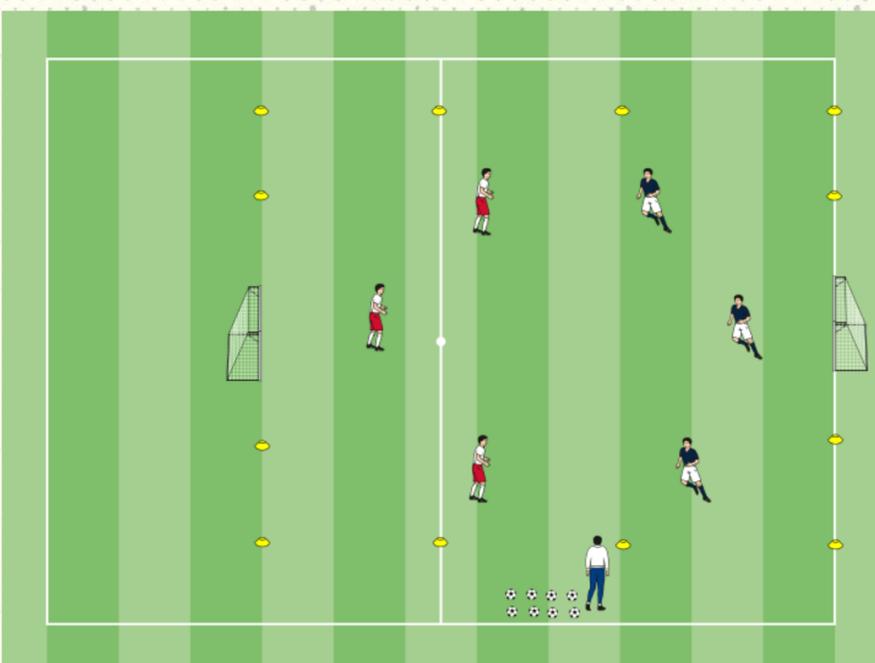
#### DESCRIPTION

Coach splits group into two and keeps balls. Pass 2 balls forward, 1 for each team, with the players dribbling and shooting before the 5 yard box in front of goal. Add a 2<sup>nd</sup> goal if more than 6 players. Encourage players to look at the goal before shooting.

#### MORE CHALLENGING

Players start with ball and dribble before shooting

### GAME 3v3 / 4v4



#### AREA

20 x 30 / 15 x 20 yard field based on numbers

#### DESCRIPTION

Finish with a 3v3 game (4v4 if needed). Coach should have a large supply of balls. Communicate to players that if the ball goes out NOT to chase ball, coach will play another ball in. Experiment with multiple balls in the game at one time for fun and to increase the number of times each player is on the ball. Have fun and encourage players to dribble.