

Week 6 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


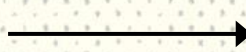

**PLAYER ACTIONS**

Shooting

**TECHNICAL TOOLS**

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

**SESSION KEY**

- Dribble 
- Pass / Shot 
- Movement 



3 v 3

4 v 4

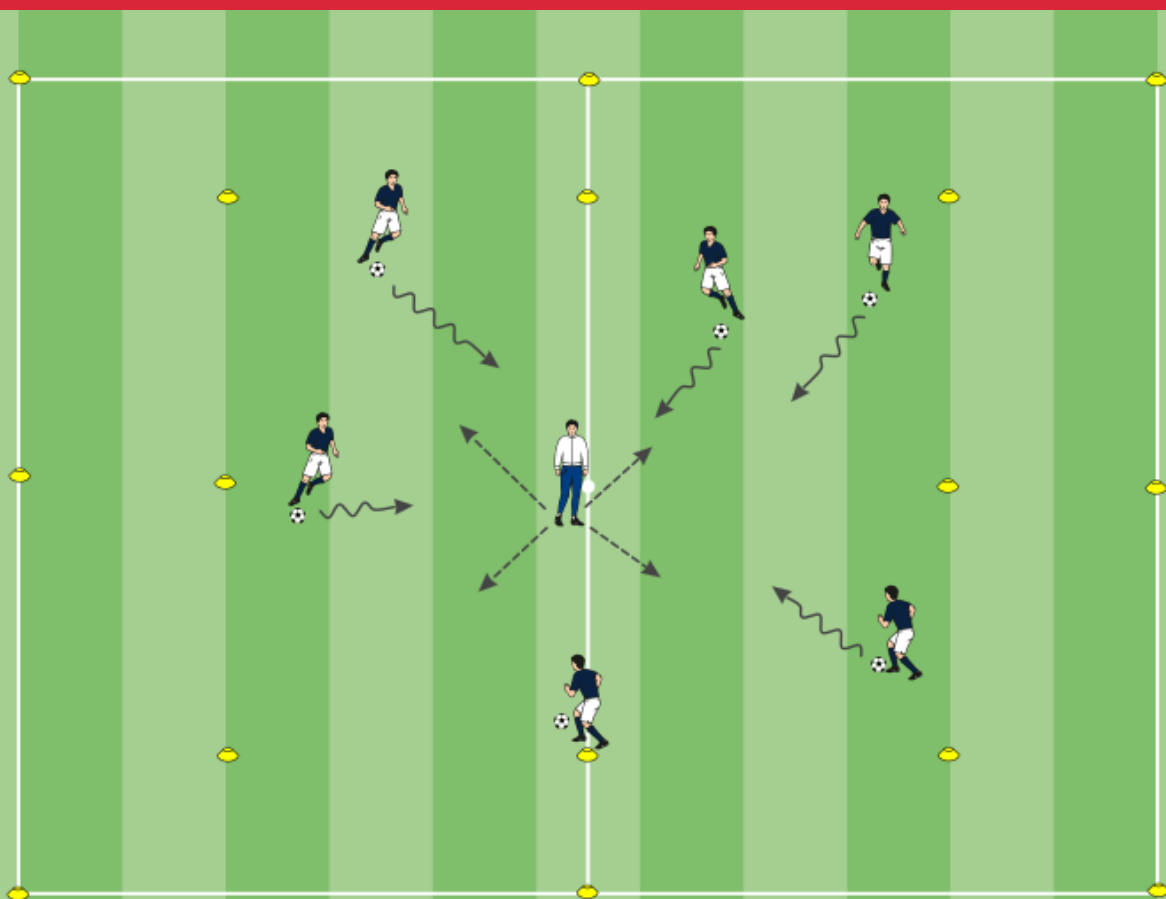
*Play to discover*

Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Shooting  
Block 1

**FUN GAME 1 DARTH VADER**



**AREA**

20 x 15-yard grid.

**DESCRIPTION**

Coach is Darth Vader. Kids are Jedi Knights trying to strike their lasers against Vader's legs. Every time Vader gets hit, he/she loses a life (use pinnies and throw in the air when hit) until there are none left. The better the sound effects are, the more the kids will enjoy chasing, shooting, and hitting Darth Vader. Ask players to dribble close before shooting at Darth Vader

**MORE CHALLENGING**

Recruit some Jedis to join the dark side!



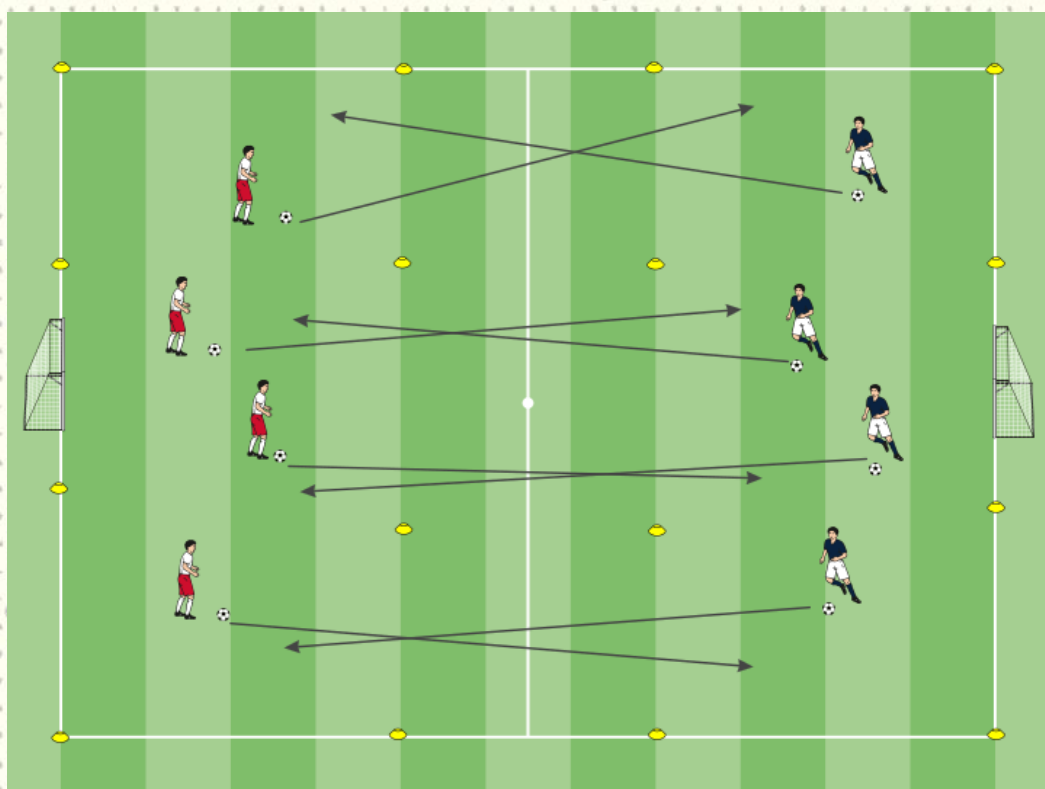
# PRE-K

## SHOOTING

## WEEK 6

### FUN GAME 2

### CLEAN YOUR ROOM



#### AREA

15 x 20 yards, 5 yard middle zone

#### DESCRIPTION

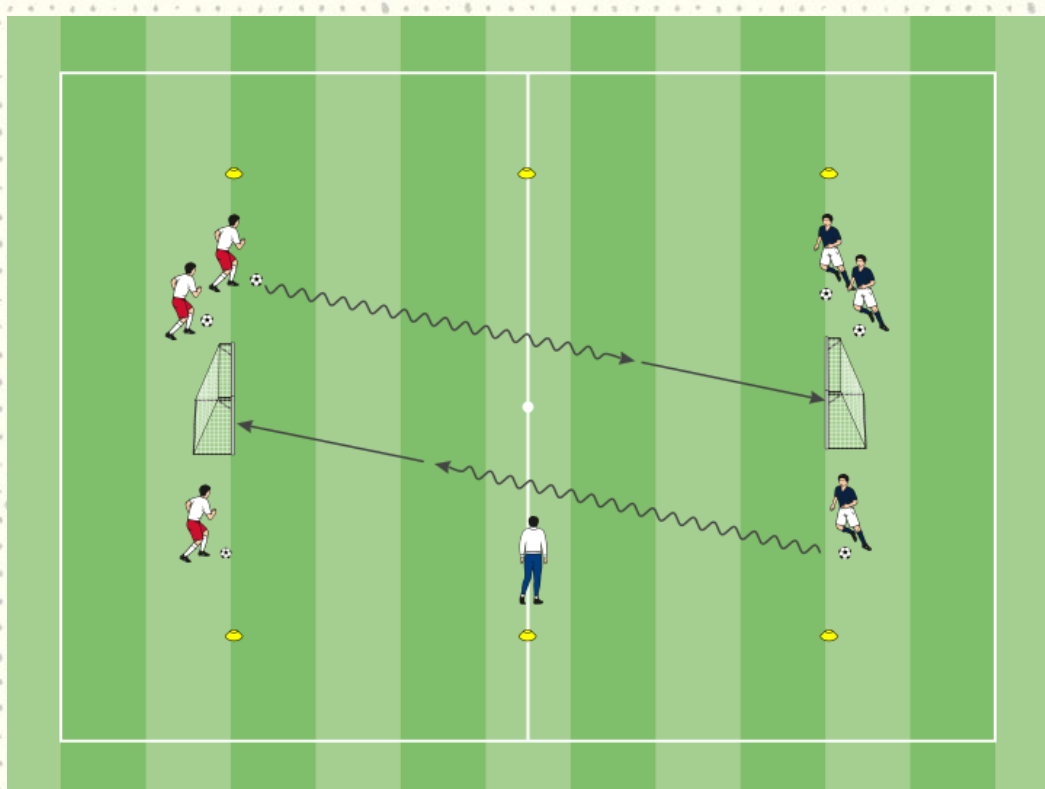
Its time to clean your room and get rid of all the stinky laundry! On the "clean your room" command from coach each team tries to get as much dirty laundry into their opponent's room as possible by shooting the ball into the opposing teams' room. Players can not shoot the ball from the middle channel to prevent injuries. Coach can move balls out of this area. Team with least laundry in their room wins.

#### MORE CHALLENGING

Add ball mastery sole taps before shooting ball across grid

### FUN GAME 3

### GOALS, GOALS, GOALS



#### AREA

20 x 15 yards, 2 goals

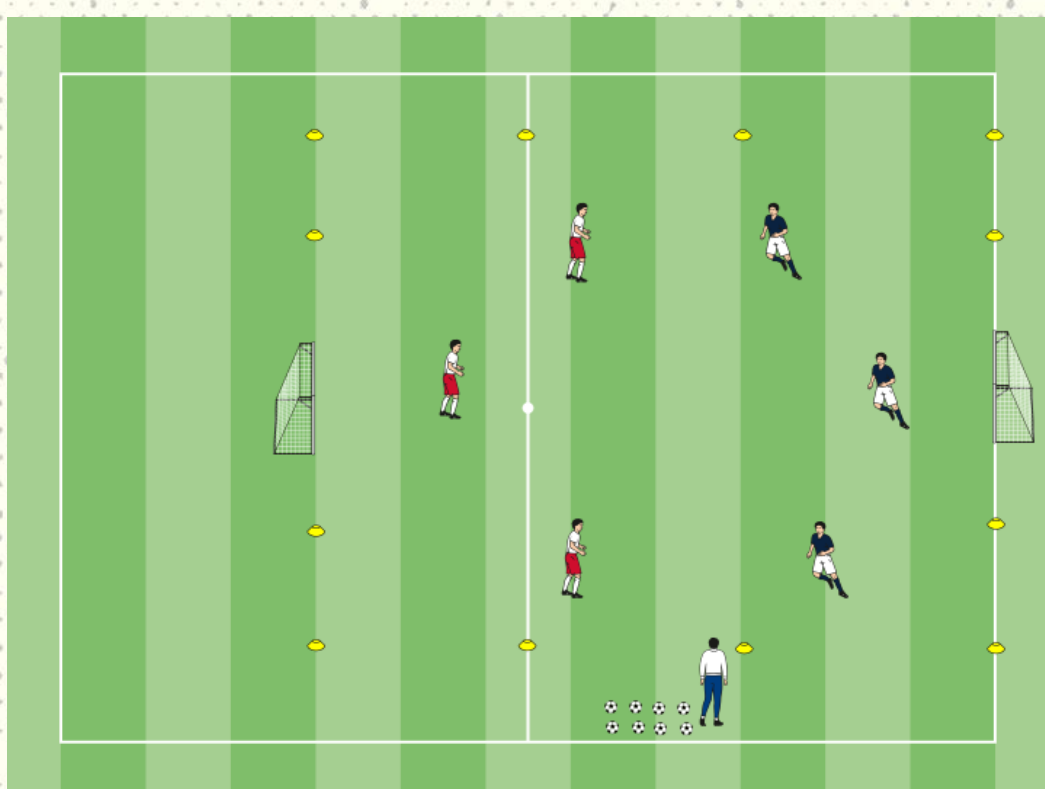
#### DESCRIPTION

Coach splits group into two teams. Play in smaller area so players are closer to the goals. When coach calls your name, dribble and shoot into goal. Remember to pick your head up, keep ball close and look at goal before shooting. Encourage a race to speed things up!

#### MORE CHALLENGING

Play 1 ball to create a 1v1 and then 2v2

### 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.