

Week 8 Dribble and Shoot

**OBJECTIVE** | Learn how to dribble and shoot

**COACHING POINTS**

1. Little touches, Soft touches
2. Head up to see a friend
3. Big kick to score

**GUIDED QUESTIONS**

1. Should I take little touches or big touches?
2. What might happen if I stare at the ball when dribbling?
3. How hard should I kick the ball to score?

**KEY WORDS**

Keep it close, Fast as you can, Strong kick

**PLAYER ACTIONS**

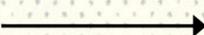
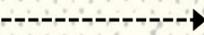
Dribbling, Shooting

**TECHNICAL TOOLS**

**Block 1:** Keep the ball close

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

**SESSION KEY**

Dribble   
 Pass / Shot   
 Movement 



3 v 3

4 v 4

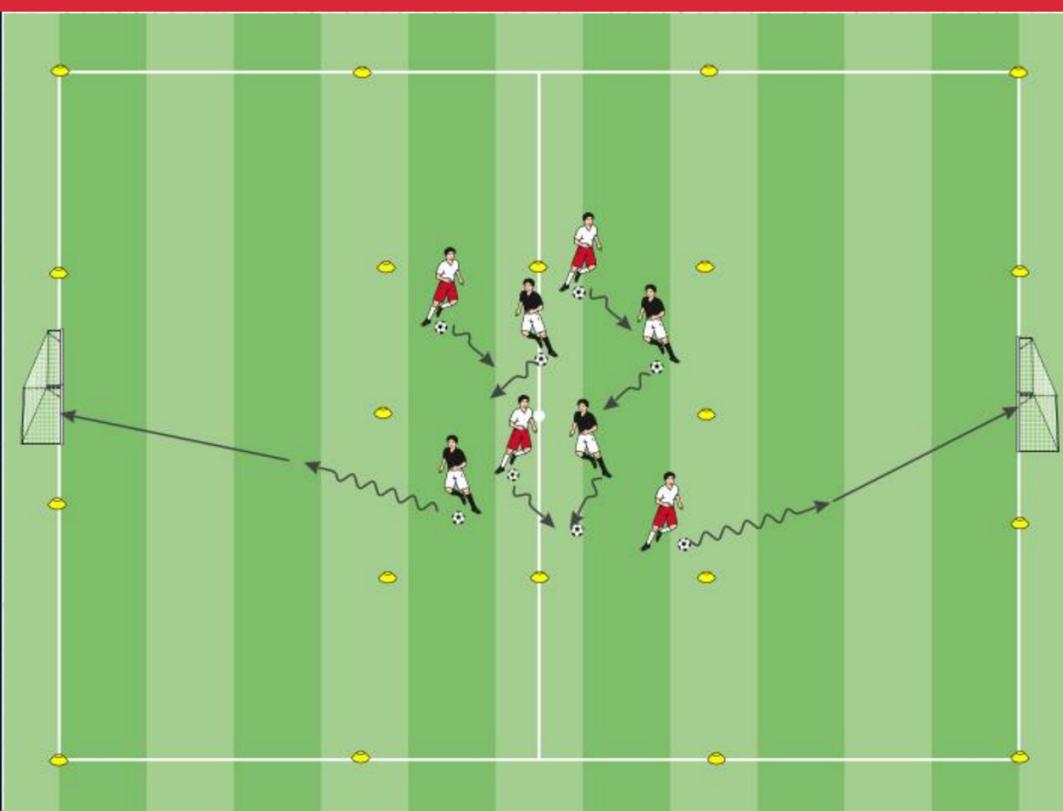
*Play to discover*

Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Dribbling, Shooting  
Block 1

**FUN GAME 1 COACH SAYS**



**AREA**

20 x 15 yards, 10 x 10 grid in center

**DESCRIPTION**

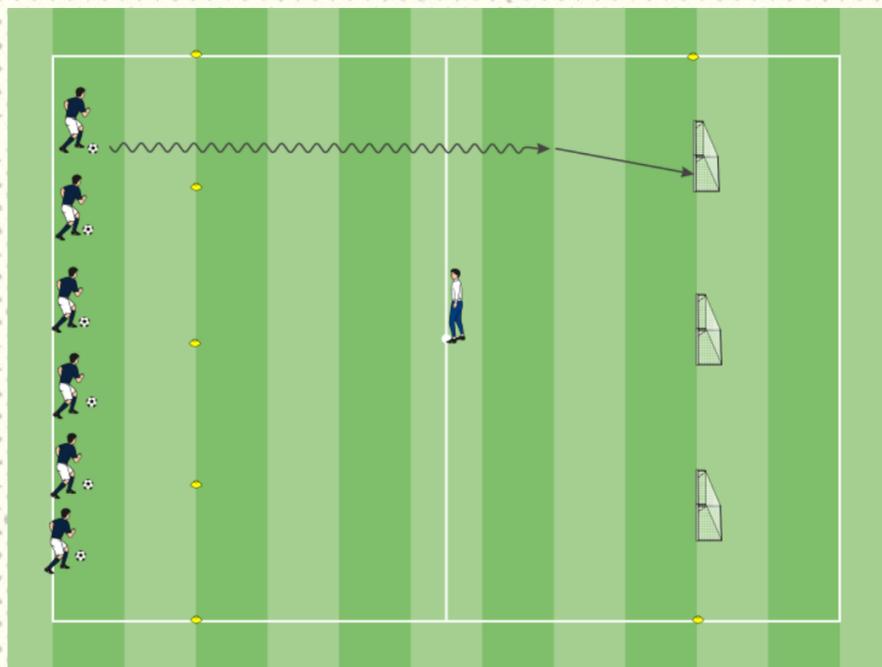
Coach says (Simon says) Dribble. Body parts, coach says put your foot on the ball, put your butt on the ball, put your head on the ball. Encourage players to dribble and stop with a squish before putting body part on ball. Now add Coach Says score a goal! Dribble and shoot on goal as fast as you can.

**MORE CHALLENGING**

Add a defender blocking the goal  
Give a time limit count down to score

# PRE-K DRIBBLE/SHOOT WEEK 8

## FUN GAME 2 COACH SAYS RED LIGHT GREEN LIGHT



### AREA

20 x 15 yards, 3 goals

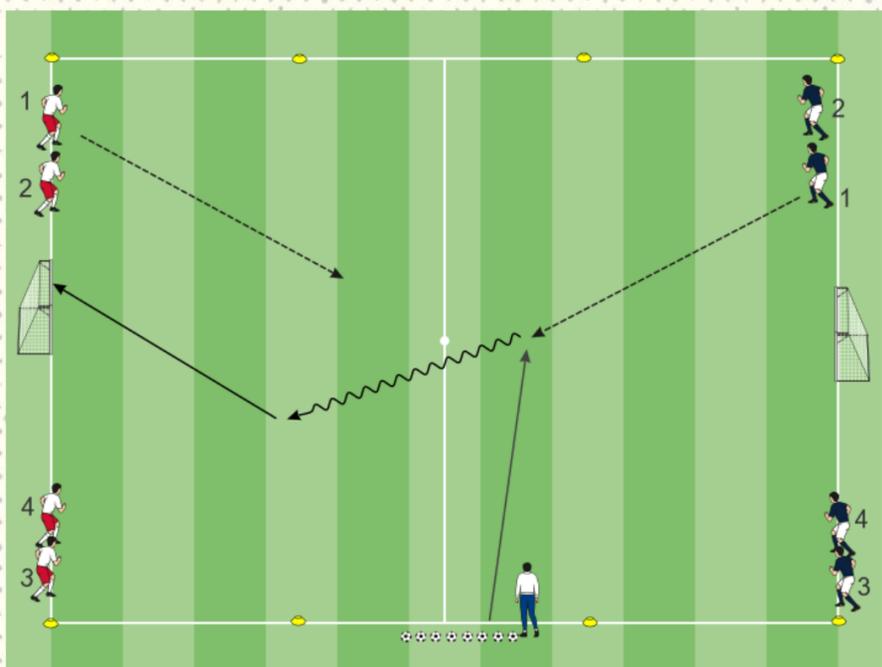
### DESCRIPTION

Coach says "green light" players dribble, Coach says "red light" players stop. Coach says "score a goal" players dribble towards the three goals and shoot. Have fun giving different instructions from previous game (coach says put your butt on the ball) encouraging players to use all surfaces of their foot.

### MORE CHALLENGING

Race to goal with the coach as the defender, how many goals can you score in 2 minutes!

## FUN GAME 3 GHOSTBUSTERS



### AREA

20 x 15 yards, 2 goals

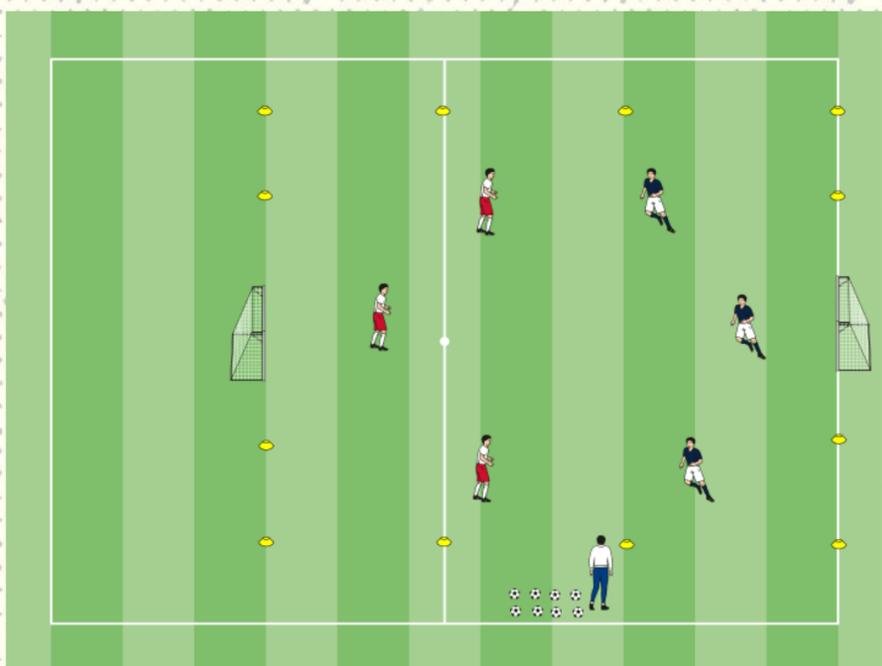
### DESCRIPTION

Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

### MORE CHALLENGING

Call out 2 numbers for 2v2.

## FUN GAME 3 GHOSTBUSTERS



### 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.