

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

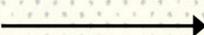
TECHNICAL TOOLS

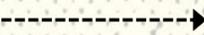
Block 1: Keep the ball close

Block 1: Kick the ball at the goal

SESSION KEY

Dribble 

Pass / Shot 

Movement 



3 v 3

4 v 4

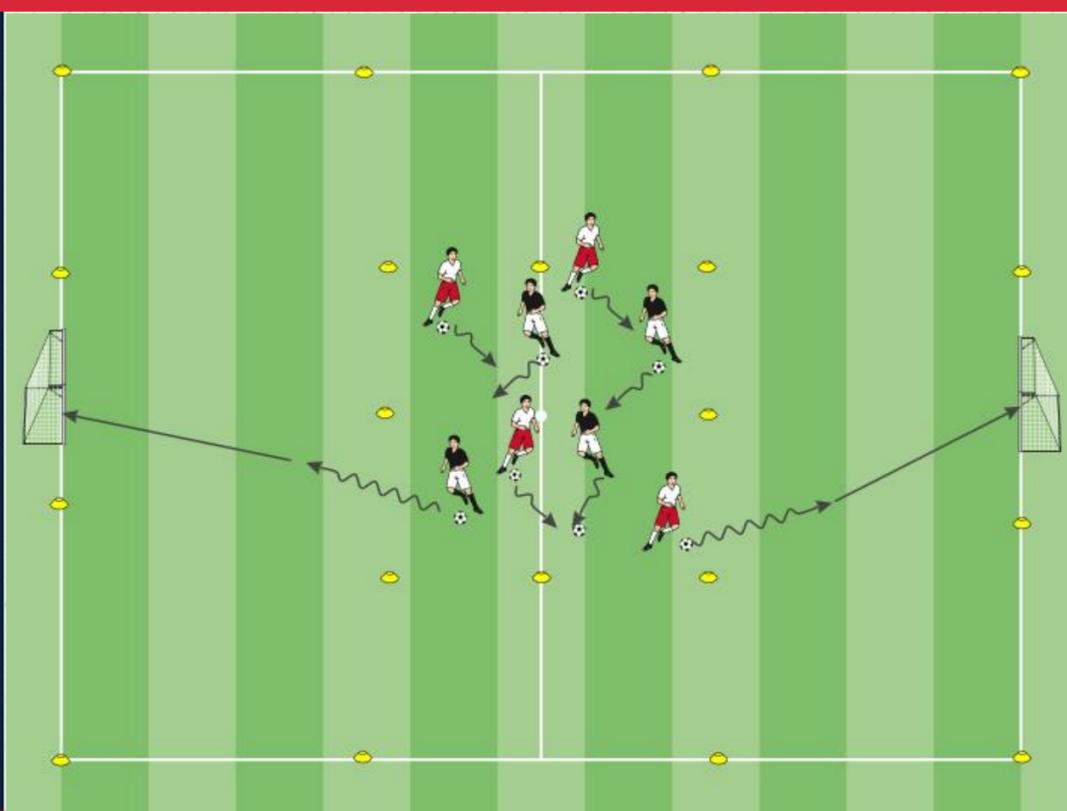
Play to discover

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

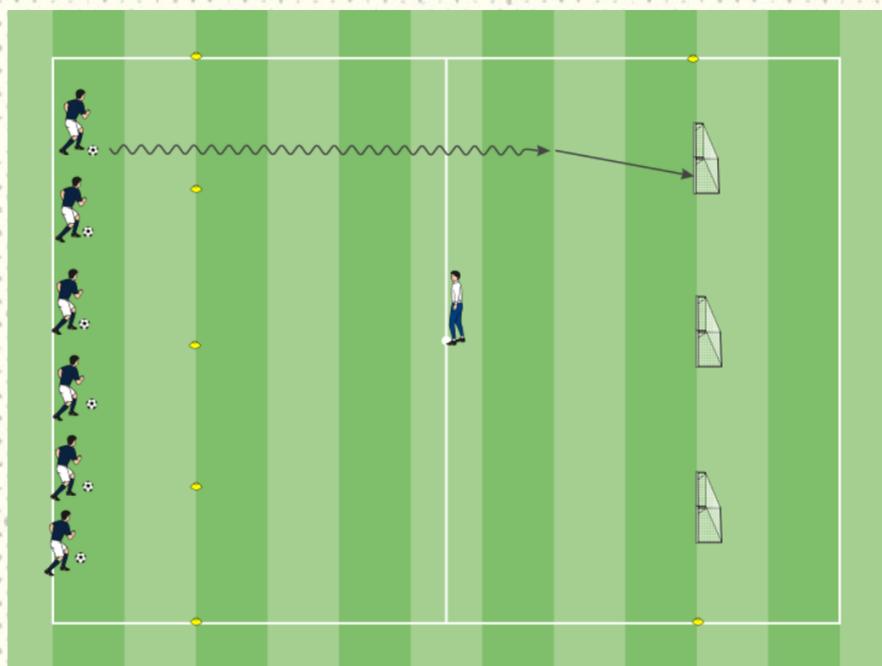
Coach says (Simon says) Dribble. Body parts, coach says put your foot on the ball, put your butt on the ball, put your head on the ball. Encourage players to dribble and stop with a squish before putting body part on ball. Now add Coach Says score a goal! Dribble and shoot on goal as fast as you can.

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

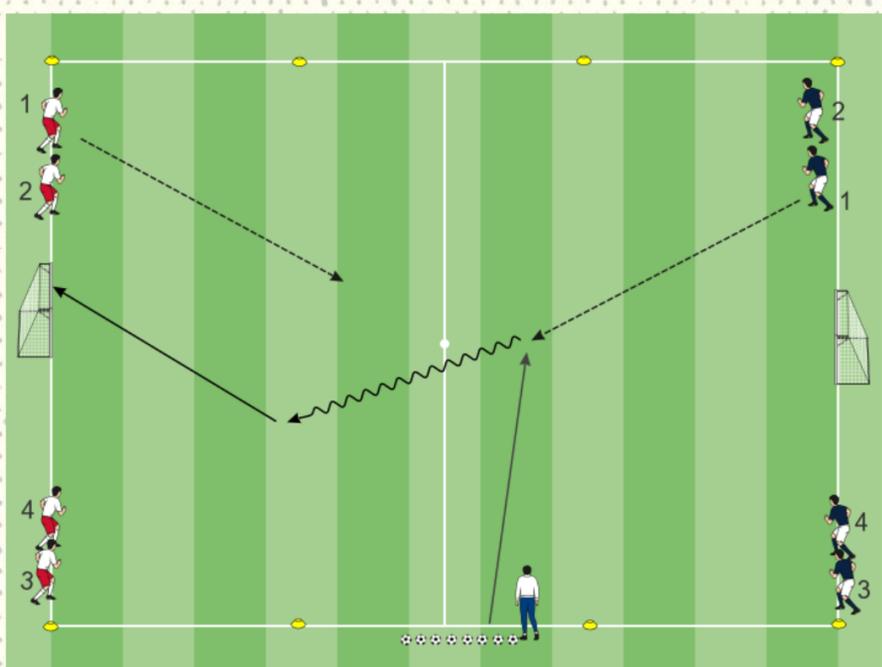
DESCRIPTION

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

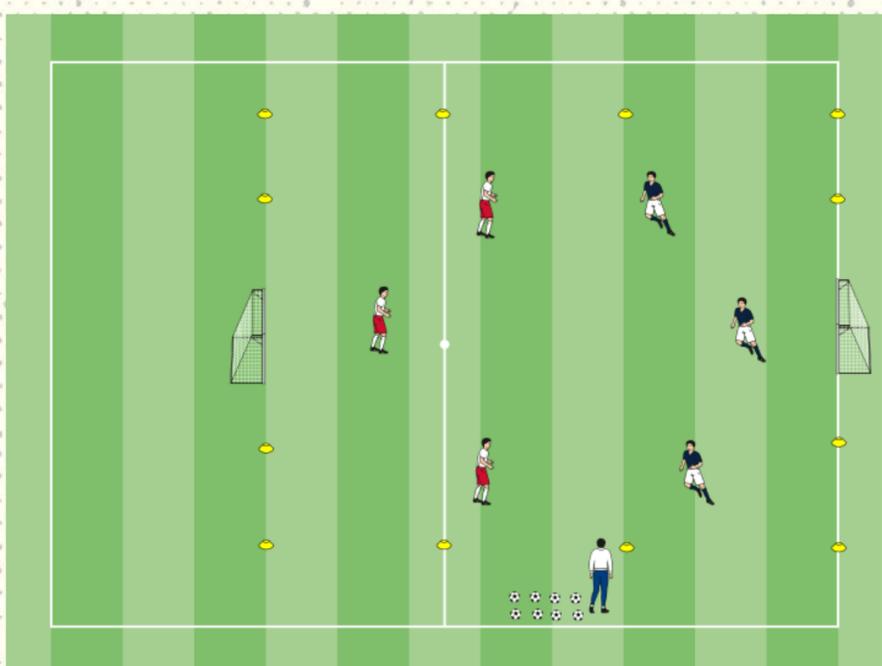
DESCRIPTION

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.