

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


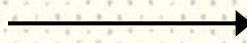
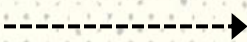
PLAYER ACTIONS

Shooting

TECHNICAL TOOLS

Block 1: Kick the ball to the goal

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



3 v 3

4 v 4

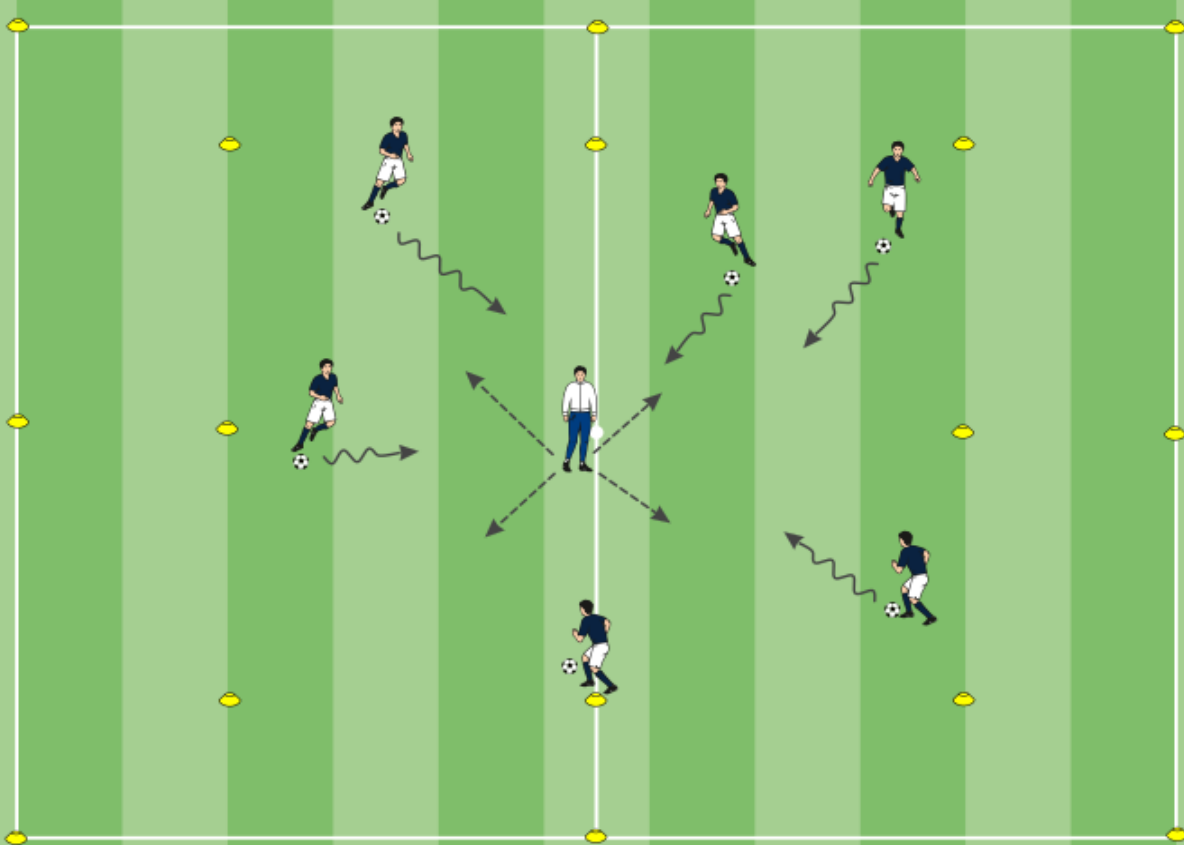
Play to discover

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

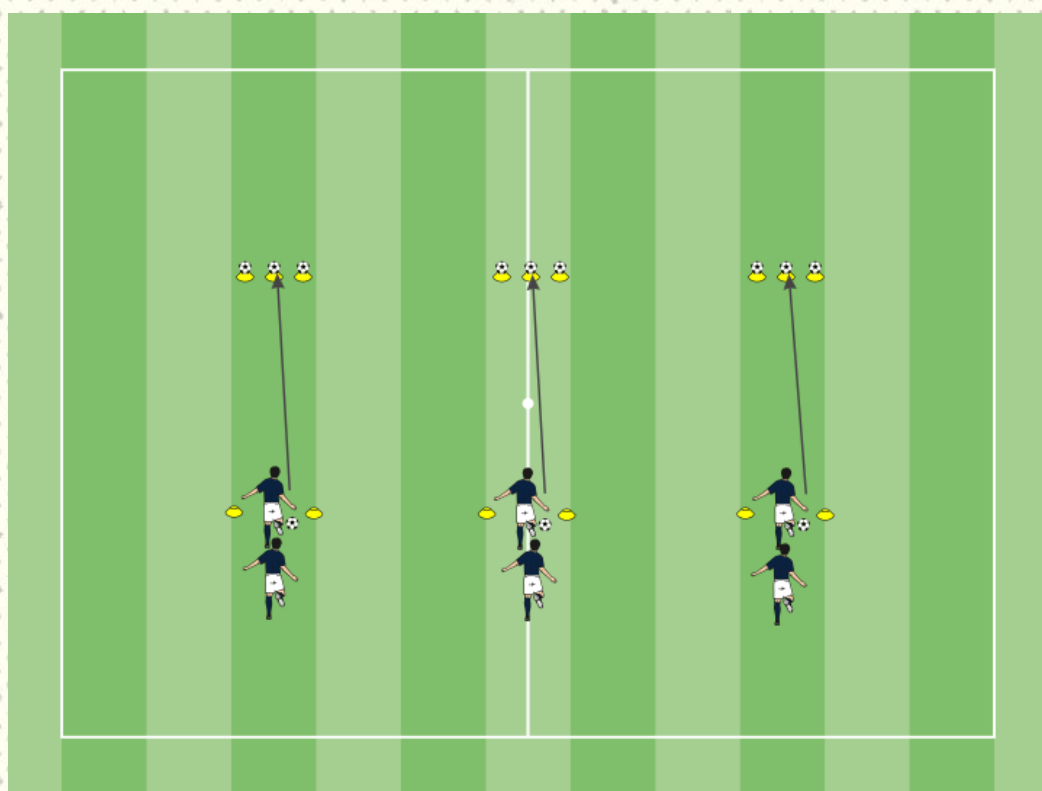
PRE-K

SHOOTING

WEEK 4

FUN GAME 2

SOCCER BOWLING



AREA

Cones placed 5-10 yards away from players

DESCRIPTION

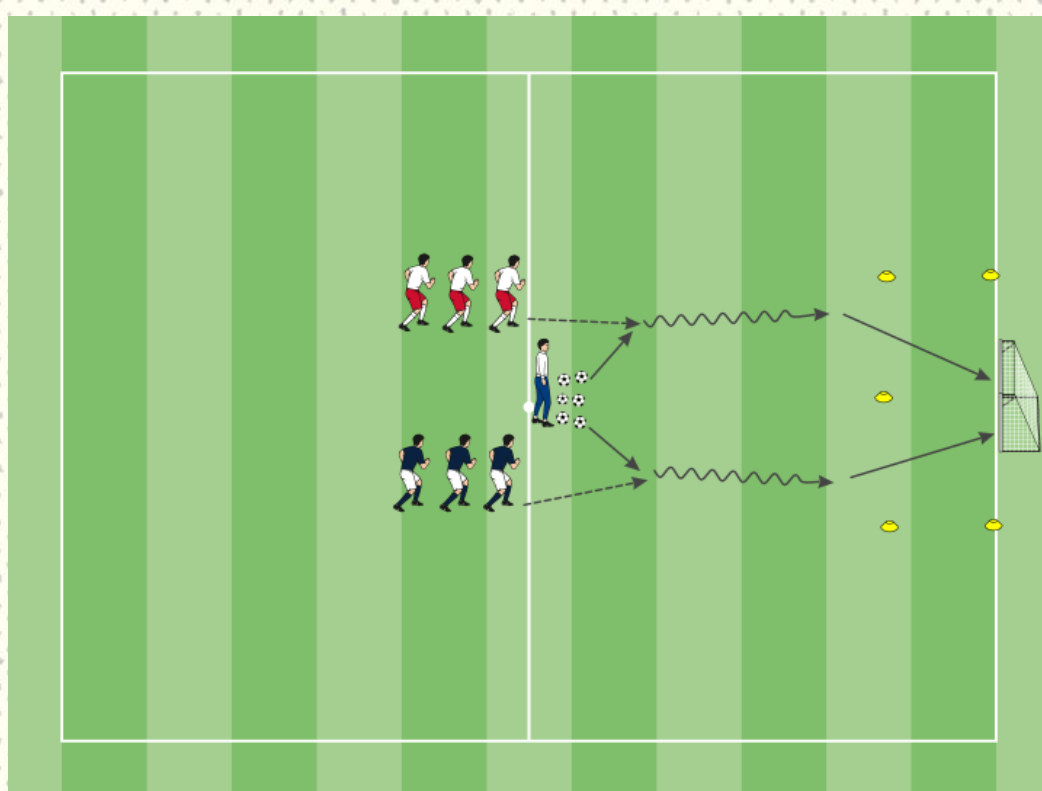
Each player gets one shot at the 3 balls, after your shot, dribble the ball back (no hands!) for the next person on your team. Keep the teams to 2-3 players so there is not a long wait. Once you knock all 3 balls off the cones, put them back on so you can score more points. After 3 minutes the team who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

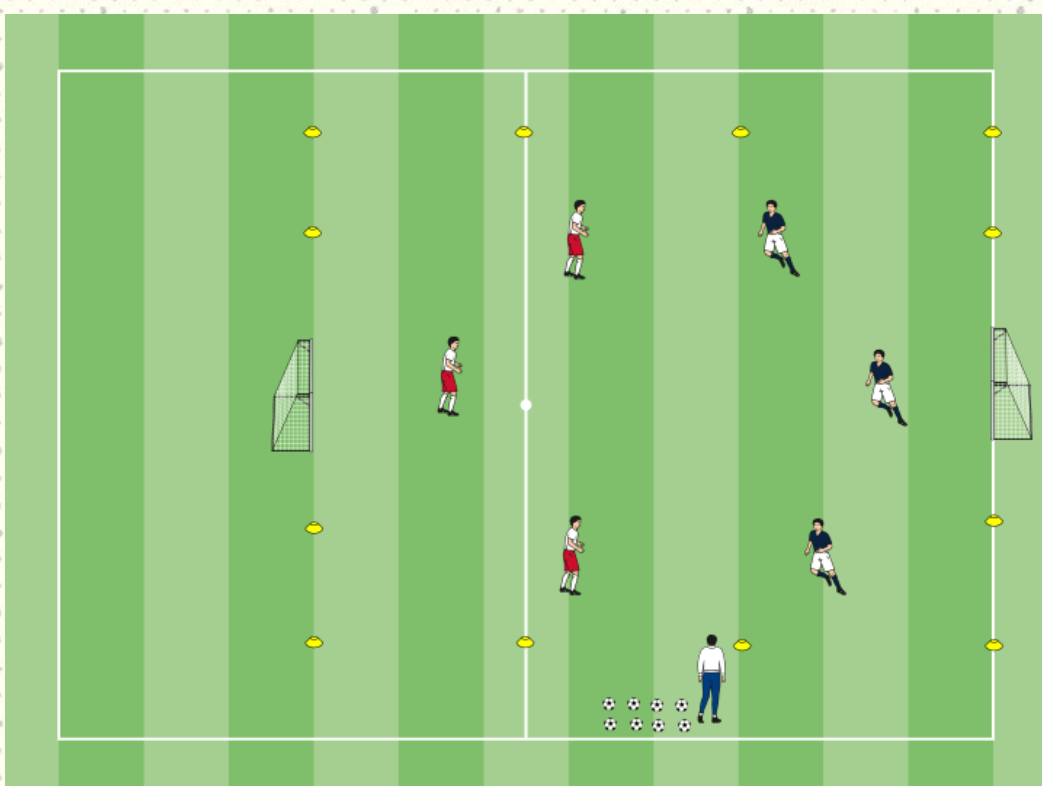
DESCRIPTION

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 2nd 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.