

Week 5: Shooting Technique & Goal Scoring

Friday, May 27

Cutters Community Soccer U-6 Coed

Coordinator: Michele Kelmer

E-mail: michelekelmer@gmail.com

Coaching Points

- Shoot with the laces (no toe balls ☺)
- Keep ankle locked and toe down
- Point standing foot in direction of the target (goal)

9:30 - 9:37 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Warm Up: Drive My Car

- Players stand on a line around the outside edge of the field with their balls.
- Players will follow trainers' directions:
 - Red light: Brakes
Respond to visual and audio cues
 - Green light: Go
Keep ball under control, look out for traffic (other players)
 - U-turn: Changing Direction
Best used when ball is about to go out of bounds.

The trainers will run the initial practice activities by combining the teams for practices.

Parent coaches should mingle, participate, keep kids on task, help those who need it and/or demonstrate when necessary.

9:37 – 9:42 a.m.

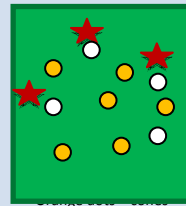
Activity 1: Take a Picture

- Players dribble around the field.
- When trainer says "Take a Picture" the players should pose in a shooting stance.
- Trainers and coaches will evaluate the players' techniques and make adjustments.

9:42 – 9:50 a.m.

Activity 2A: Knock em' Over

- Cones are scattered around the field.
- Players dribble around the field.
- When coach gives a signal, the players use shooting technique (laces) to kick their balls into (knock over) as many cones as possible.
- Coaches can reset some cones to keep the activity going. (But eventually, let all cones fall – to prepare for Activity 2B.)
- If a cone is knocked over, the next player can hit it again while it is down or move on to another cone.



White dots = soccer balls

- Players practice dribbling and shooting technique.
- Keep head up – don't run into other players ☺
- Use laces, no toe balls.

Activity 2B: Pick em' Up

- After all cones are knocked down from the previous activity, start Pick em' Up.
- Players dribble in the same area
- Challenge players to move with speed, maintaining balance while setting the cones in an upright position.
- When all cones are reset, play round two of Activity 2A: Knock em' Over.

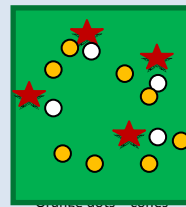
(Same diagram as above activity.)

- Players practice dribbling with speed and coordination.
- Keep head up – don't run into other players ☺

9:50 – 9:57 a.m.

Activity 3: Gates

- Pairs of cones, 3 yards apart, are randomly placed around the field (like goals or "gates")
- Players dribble their balls around the field shoot on the goal/gate then retrieve the ball.
- Players try to score as many goals on different gates in one minute.
- Repeat, trying to beat personal best.



Orange dots = cones
White dots = soccer balls

- Practice dribbling and proper shooting technique.

10 -10:30 a.m. – take a short water break before starting the game

Game

Play your scheduled game.

DO NOT place all players on the field at once, please use subs.

Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.

This week, use kick-ins for balls going over sidelines. Ask players to practice proper passing technique when performing the kick-in.

You have the option for goal kicks and corner kicks. You can let the players handle these restarts OR have coach throw in ball for balls that go over the end line (instead of goal kicks or corner kicks) to keep the game moving.

If a player is not getting the ball, use this opportunity to let him/her take the kick or throw the ball to that player.

Use this time to ask trainers questions about game rules, tactics or management, if needed.

Players' Homework: Ask players to practice shooting this week with their parents, a sibling or a friend.