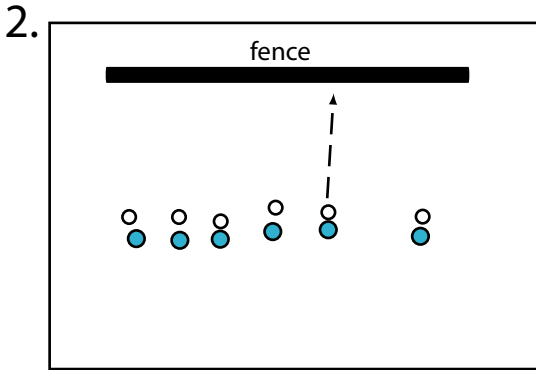


Practice #6 (Shooting)

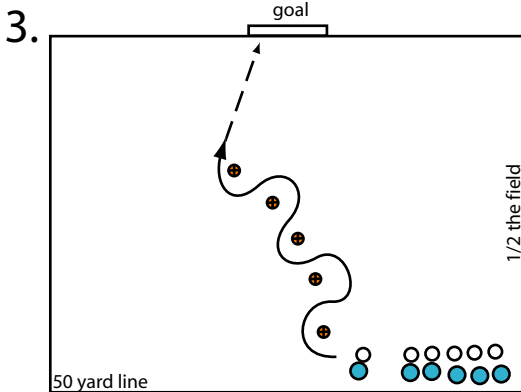
1. Fast Foot Skills (10 minutes)



Shooting (5 min.)

Procedure - Line the kids up about five yards away from a fence. Demonstrate the instep drive.

Key coaching points - U-6 is a little young for this particular kicking technique, but some kids may get the hang of it. Hit on the inside shoe laces with the plant foot beside the ball. The ankle should be locked and the knee should be above the ball. (see video)

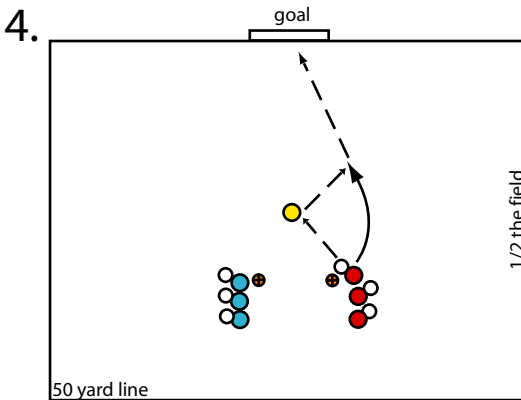


Slalom Shoot (5 min.)

Procedure - Line up as many cones as you like between the 50-yard line and the goal. Leave about ten yards between the last cone and the goal. The idea is to dribble through the slalom and then shoot.

Key coaching points - Keep eyes and head up.

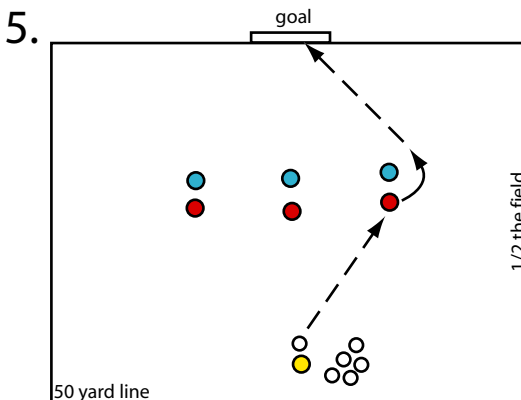
Variations - Left foot only, outside of feet only, shoot with a particular foot, you can change the positioning of the cones. Add a goalie.



Left & Right Shooting (5 min.)

Procedure - Form two lines of players, each with a ball, about fifteen yards in front of and facing the goal. The coach stands about ten yards from the goal facing the two lines of players. In turn, the first player in line passes his ball to the coach. As the player passes the ball to the coach, the player runs off to the side of the coach to receive the return pass and then shoots at the goal. The line to the left of the goal (facing the goal) should shoot with their left foot and the line on the right should shoot with their right foot.

Key coaching points - Make sure that the pass to the coach is a good one and make sure the kids are shooting with the appropriate foot. Encourage shooting at the back post. **Variations** - 1. add a goalie



Turn & Shoot (10 min)

Procedure - Have the kids line up as in the illustration about ten yards from the goal. The three nearest children to the coach are the offensive players. The three farthest away are the defenders. One by one, pass a ball to the offensive player. That player attempts to trap the ball, turn and shoot on goal. The defender tries to prevent the shot.

Key coaching points - Emphasize the need to come to the pass and the need to shoot quickly. This is also a good drill to teach defending and marking.

Variations - Change the distance between offense and defense. Change the position of the players versus the goal.

6. 3 v 3 Scrimmage (10 minutes)