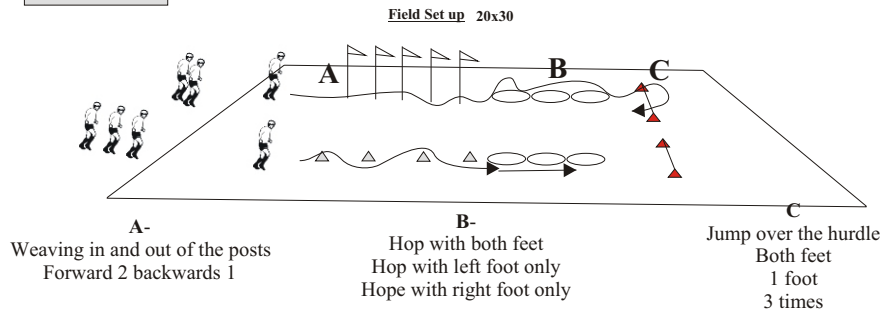


Date _____ Time _____ Field _____ Age Group **U6-U8**

Players: _____ Duration _____ Equipment _____ Bibs _____ Balls _____ Water Bottles _____ Pumps _____

Primary Objective: **Shooting 1** Secondary Objective: **Coordination**

15 Activity 2



Set Up

2 lines of player ,each taking turns 2 at a time

Coach

Explain to them the drill
Show them what to do

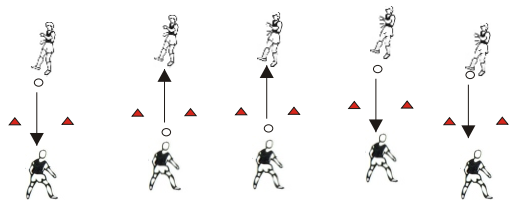
Make a game out of that

15 Activity 2

Passing thru the cones

In Pairs

Key Factors



Each player with a partner facing each other 15 yards apart ,with a ball between the players. In the middle there are 2 cones 1m apart.

Each player will try to pass the ball thru the cones, using the instep part of the foot

Competition

How many times can each player pass the ball thru the cones in "x" time?
How about as a team?

1)Part of the foot

2)Eyes on the ball

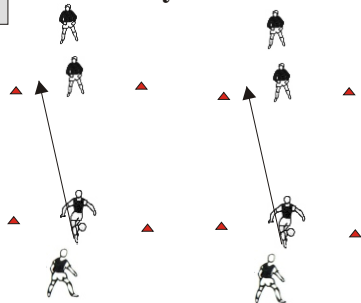
3)Follow thru

15 Activity 3

Take your best shot

Set Up

Key Factors



Set up an area of 15x15 yards

Demonstrate the activity first, once or twice

There are 2 teams of 2 players

2 players take turns on shooting on goal, while the other 2 stay behind the goals to retrieve balls.

After 10 shot they will switch roles.

How many goals they can each team score?

1)Part of the foot

2)Eyes on the ball

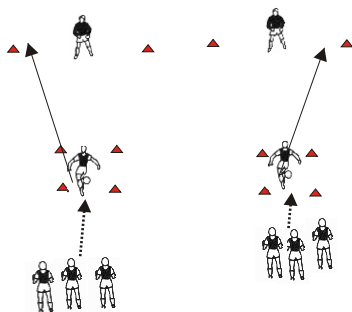
3)Follow thru

15 Activity 4

1vKeeper

Set Up

Key Factors



One goal 4-5 yard wide

1 small grid 5x5 10-15 yards away from the goal

Each player has a ball and are in group 10 yards away from the small grid.

The first player will dribble inside the small grid and form there will take a shot on goal.

Rotation

Shooter becomes the keeper

Keeper collects the ball and dabbles it behind the line.

1)Part of the foot

2)Keep close to the ball

3)Follow thru

20 Mini or Maxi Game

3v3 no keeper on a 25x35 .
Coach to encourage taking shots on goal