

Date \_\_\_\_\_ Time \_\_\_\_\_ Field \_\_\_\_\_ Age Group **U6-U8**

# Players: \_\_\_\_\_ Duration \_\_\_\_\_ Equipment \_\_\_\_\_ Bibs \_\_\_\_\_ Balls \_\_\_\_\_ Water Bottles \_\_\_\_\_ Pumps \_\_\_\_\_

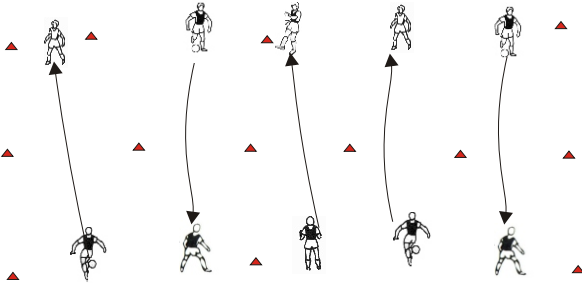
Primary Objective: **Shooting 2** Secondary Objective: **Coordination**

**15** Activity 1

**Clean up your Yard**

Players in teams

Key Factors



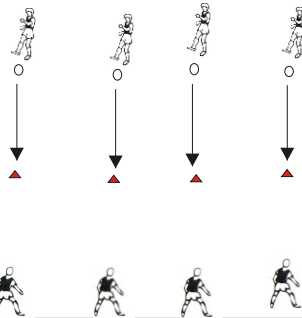
**Set up a grid of 40x30.**  
 Divide the grid in 2 halves. At each end of the grid two teams face each other. Each player has a ball, at the coach's signal all players will kick their ball to the opposition half.  
 They will continue on kicking any ball in their half to the other half of the grid until the coach stops it.  
 The team that at the end has less balls in their own half wins the game

- 1)Part of the foot
- 2)Eyes on the ball
- 3)Follow thru

**15** Activity 2

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 is a cone . Each player will try to the cone with the ball, using the instep part of the foot  
**Competition**  
 How many times can each player hits the conethe cones in "x" time?  
 How about as a team?

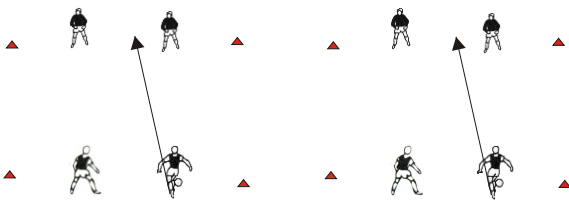
- 1)Part of the foot
- 2)Eyes on the ball
- 3)Follow thru

**15** Activity 3

**Take your best shot**

Set Up

Key Factors



15x15 yards  
 Goal size 7 Yards

Demonstrate the activity first, once or twice  
 There are 2 teams of 2 players  
 One team shoots the other will stay in goal

How many goals they can each team score in 20 shots ?

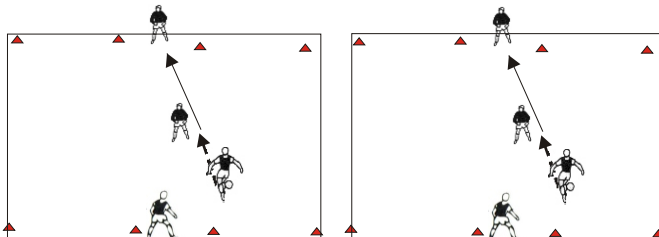
- 1)Part of the foot
- 2)Eyes on the ball
- 3)Follow thru

**15** Activity 4

**1v1+2 keepers**

Set Up

Key Factors



12x15 Grid  
 Goal size 4-5Yards

2 teams of 3 players, which will take turn on attacking and defending. The attacking player starts with a ball and will try to take on the defender for a shot on goal.

Which team scores more goals in 10 attacks?

Rotate players  
**Variations**

If defender wins the ball can score on opposite goal

- 1)Part of the foot
- 2)Keep close to the ball
- 3)Follow thru

**20** Mini or Maxi Game

**3v3+Keepers** on a 25x35 .  
 Coach to encourage taking shots on goal