

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

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

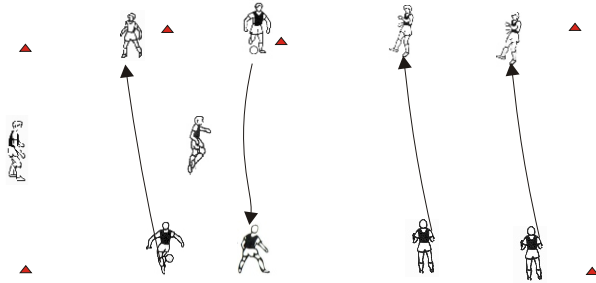
Primary Objective: **Shooting 3**

Secondary Objective: **Coordination**

15 Activity 1

Shooting gallery

Players in teams



Set up a grid of 40x30.
Players are in teams of 2 with a ball per team facing each other 20 Yards apart.
Two players of a team will try to run in the tunnel try to avoid of being hit by the ball. Each team will take turns.
The players that receive less hits win the game

Key Factors

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

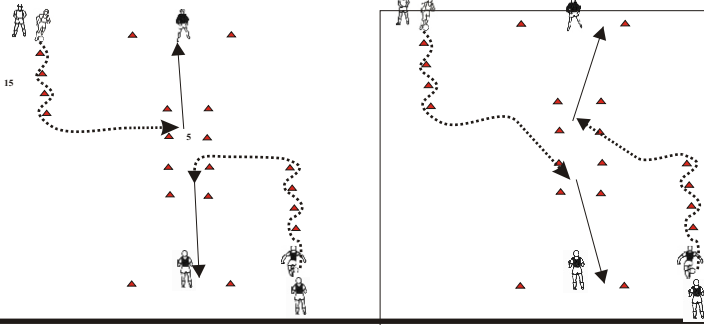
15 Activity 2

A

B

Set Up

Key Factors



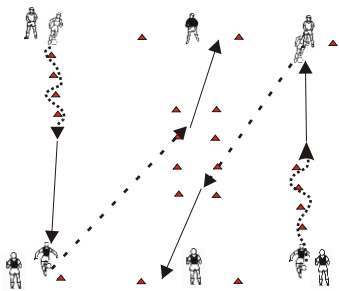
Set up drill as per illustration
A)A player dribbles the ball thru the cones and from the square without stopping takes a shot on goal
B)As before but the shot is taken to the opposite goal

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

15 Activity 3

Set Up

Key Factors



As before but now after dribbling the cones the ball is passes to a player standing opposite to the cones ,which will dribble the ball to the small grid and will take a shot on goal

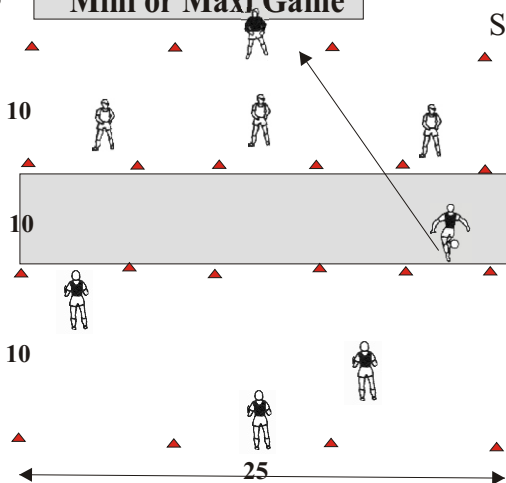
- 1)Part of the foot
- 2)Eyes on the ball
- 3)Follow thru

20 Mini or Maxi Game

3v3+Keepers on a 25x35 .

Shots on goal come only from the grey area

Key Factors



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