



Week 3: U6-8- FUNdamentals - Shooting

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

General Movement (Warmup) (10 mins)

Half the players have a ball at their feet. The other players use their balls to put on top of cones. The players dribble the balls and try and shoot the balls off the cones. The other players try and put them back. At the end whoever has more balls on or off cones win. After 1-minute switch groups.

1 ball per player. Cones for area (20 by 20 area)

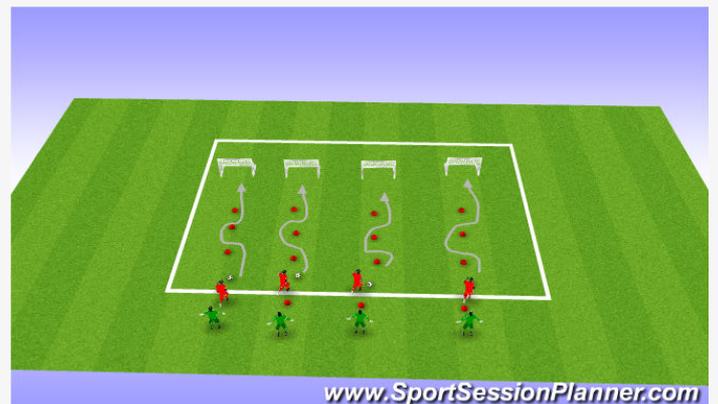


Gross Motor Skills and Coordination (10 mins)

Set up one pugg net per 3 players. Players line up jump or zig-zag over cones then shoot at the pug net. Once done they retrieve the ball and set it up for the next player

Progression: switch feet

Soccer Balls, cones, pugg nets

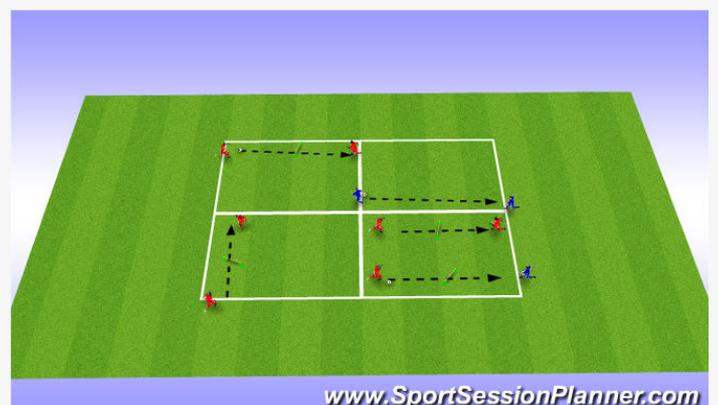


Movement and Coordination / Soccer technique "LOVE" the ball (10 mins)

Two players are 10 yards apart between two gates. They focus on striking the ball between the gate and work on accuracy.

Progression: switch feet

Pug Nets, Soccer Balls, Orange Pylon, area 20 yards by 20



Small Sided Game (15 mins)

3v3/4v4/5v5

No goalies enforce the key point of passing/ dribbling with both feet

SSG

Free Play and FUN!

