

U4/U5/U6

Week 8 Training Curriculum

Topic: **Shooting**



<p>10min Warm-Up:</p> <p>Wobbly Giant</p> <p>Parent Involvement</p>	<p>Objective:</p> <p>Using half the field, all players dribble their ball and attempt to kick their ball at the coaches/parents (wobbly giants).</p> <p>If a wobbly giant is hit for the 1st time, he/she must put an arm behind their back; 2nd time he/she must put both arms behind their back; 3rd time he/she must hop on one foot; 4th time he/she must fall to the ground and crawl; and 5th time he/she was collapse to the ground. Players cannot hit the same wobbly giant 2x in a row. If all coaches are hit, then restart the game.</p> <p><u>Variation:</u> 1) After player hits a wobbly giant, they must get their ball and perform a move (i.e., drag back, toe-taps,etc.) or quickly dribble around an outside cone. 2) Player use both feet when shooting.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should be in control of ball and very close to their feet <i>at all times</i>. • Don't stress proper shooting yet during this drill. Allow players to enjoy shooting the ball.
<p>10-15min Individual-Based Activity:</p> <p>Partner Shooting - Gates</p>	<p>Objective:</p> <p>Divide players into 1v1 groups with a 6yd gate in between. Players take turns shooting a ball through the gate.</p> <p>Start with players relatively close to the gates for the first 10 shots. Then progress to moving further away at 3 different locations.</p> <div style="text-align: center;"> </div> <p>Proper Shooting Techniques:</p> <ol style="list-style-type: none"> 1) Strike the ball with inner laces – NOT toes. 2) Good body balance and remain upright after ball contact. 3) Position non-kicking foot next to or slightly ahead of the ball. 4) Follow through with their shot by taking a few steps forward. 5) Take no more than 3-4 steps back prior to shooting. 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should following proper shooting techniques. • <i>Encourage/Challenge</i> players not to overpower the ball – proper technique is more important than distance. • <i>Encourage/Challenge</i> players to properly receive the ball on the other end.
<p>20-25min Small-Sided Game:</p> <p>3v3 or 4v4 with no goal keepers</p>	<p>Objective:</p> <p>Set up 2 teams to scrimmage. Coach should be in control of the ball.</p> <p>Encourage dribbling, turning away from opposing players and shooting – not passing!</p> <p>Ball Control/Receiving Variation: When returning balls into play, gently <i>bounce</i> the ball to the most open player and challenge them to quickly control the ball before dribbling.</p> <p><i>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</i></p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality. • Keep play continuous. Do not allow players to get distracted with “who kicked it out?” or “who scored?” • <i>Encourage/Challenge</i> players to dribble and not pass or simply kick the ball away. • <i>Encourage/Challenge</i> players to shoot the ball when near the goal.
<p>5-10mins</p> <p>Dribbling/Shooting on Goal</p>	<p>Objective:</p> <p>All players are free dribbling near the middle of the field away from the goal. When coach calls their name, they quickly dribble towards goal then shoot. Repeat for all players.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should following proper dribbling and shooting techniques.