

Little Shoot



Date: 30/Aug/2017

Measurement: 20 x 20 Yards

Time: N/A:N/A

Players: 8

Duration: N/A

Level: U5 - 18+

Objective: To become more excited and confident about shooting. From sitting ball, dribbling and a moving ball. (Also crossing thoughts too)

Description: A1 & A2 are the same activity. The players have two shots. First, the player starts with control of the ball. They may have a ball sitting and they run up to kick it, or they may start with the ball between the cones and dribble to shoot. After they shot the ball they will run around the gate and coach can roll a ball slowly in front of them to shoot a moving ball. B3 can be split into different parts too. Player will dribble the ball down the wing (10 yards or so) and try and "shoot" the ball through the sticks/flags/cones. A player can wait to shoot the moving ball.

Coaching Points: *Be patient and dribble at your own speed. Kick the ball with a locked ankle. Run toward the ball and follow through when kicking. Try to use the top of the foot and make the knot where you tie your shoe to kick the ball.

Progression: *May add a passive defender to challenge each of the dribbling players. *Instead of kicking the ball in front of the goal (which is practice for shooting or crossing)