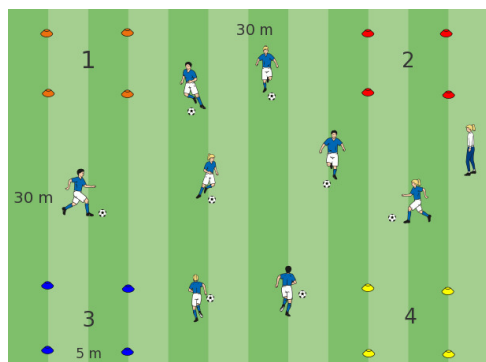


TRAINING SESSION: U6 SPRING DISCOVER LEARN AND PLAY WEEK 7 SHOOTING TO SCORE

Objectives

To develop ball striking skills. To develop shooting technique and accuracy. To develop individual attacking. To introduce goalkeeping shot stopping.

4 Corners Dribbling Game



 **8 Players**

 **Cones, Balls**

 **Intensity: 4**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

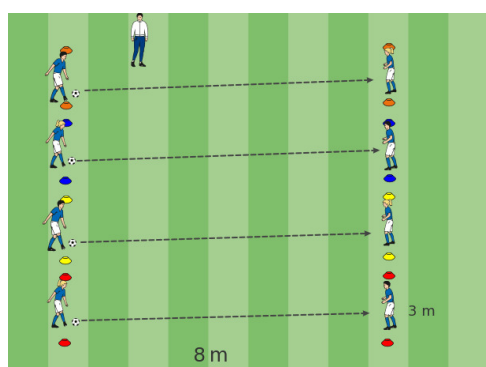
Coaching Points

Head up to see the field/Use both feet to dribble/Use different surfaces of your foot to dribble/Accelerate towards grid.

Description

30x30m square with 4 5x5 meter boxes. Color coordinate or number the boxes. Players dribble in middle of the grid. When the coach calls out a color/number the players dribble to the specific corner box. 1st player to stop their ball in the correct corner wins. Progression players perform a skill when they reach the corner box (toe taps, inside touches, make a circle)

Shooting Pairs



 **8 Players**

 **Cones, Balls**

 **Intensity: 4**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

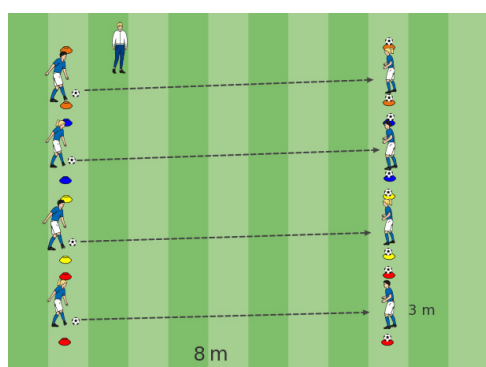
Coaching Points

Plant foot next to ball/Angle of approach/Body over ball/Strike with laces or instep/Follow through towards target

Description

Players are in pairs and stand opposite of each other in goals. They are 8m away from each other in a 3m wide goal. Players look to strike the ball past their partner. Each time a player scores they earn 1 point. After 5 shots the players rotate positions. Progression have players practice shooting with both feet.


Shooting Pairs Cone Targets



 **8 Players**

 **Cones, Balls**

 **Intensity: 4**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

Coaching Points

Plant foot next to ball/Angle of approach/Body over ball/Strike ball with laces or instep/Follow through towards target

Description

Players are in pairs and stand opposite of each other in the goals 8m away. Goal is 3m wide. Players look to strike the ball past their partner. Each time a player scores they get 2 points. If the players strike the ball sitting on the cone they score 3 points. After 5 shots players rotate positions. Have players practice shooting with both feet.

Small Sided 1v1 games to goal



 **12 Players**

 **Cones, Goals, Pinnies**

 **Intensity: 6**

 **10:00 min**
(x 00:00 min, 00:00 min rest)

Coaching Points

Shoot to score/Shooting technique/Shoot with both feet

Description

Players placed into groups of 3. They play 1v1 to goal. GK rolls ball out the two players play 1v1. After a goal is scored the player who scored becomes the GK.