



## U6/U7 Week 4 Ball Striking

**Category:** Technical: Bilateral ball striking  
**Difficulty:** Beginner

Craig Higginbotham, Barrington, United States of America  
Individual-Adult Member

### Sticky Glue (10 mins)

#### **Story**

Players are made of glue and the need to try and get rid of the ticking stink bomb which when kicked at them sticks! If the stink bomb stops moving for 5 seconds it also explodes

#### **Implementation**

Players are with partner & stand facing each other.  
One ball of stink between two, players gently pass the ball to their partner who must stop it & then pass back.  
Progress practice, player without the ball moves into a new bit of space to receive the pass.

#### **Coaching Points**

Encourage players to move to meet the ball.  
Lock the ankle of kicking foot  
Bend knee of kicking leg  
Step into the pass  
Non Kicking foot next to the ball



### Cops and Robbers (15 mins)

#### **Story**

Cops have to chase after the robbers and tag them with the ball.

#### **Implementation**

Players are either cops or robbers  
Cops have the ball and must dribble around after the robbers and try to pass the ball to hit their feet  
If tagged they get to switch roles

#### **Coaching Points**

Use the inside of the feet to pass  
Lock the ankle of kicking foot  
Bend knee of kicking leg  
Step into the pass  
Non Kicking foot next to the ball  
Pass in front of the target player



### Cone Goals

#### **Set Up**

Field is set up roughly 20Lx15W with balls balanced along cones at either end.

Players are split into two teams and will be lined up on either side of the coach. (Lines of no more than 3)

The Coach has all of the soccer balls.

#### **Implementation**

When the Coach serves a ball into the playing area the first two players in line race onto the field to get to the ball.

Once a player has the ball they look to strike the balls balanced on the cones by passing the ball at them.

If the player doesn't have the ball they are to try and steal it, and score themselves.

#### **Coaching Points**

Look up at your target before shooting,  
Drive past the defender for an easier shot.

