



## U6U7 Week 7 Shooting

**Category:** Technical: Shooting  
**Difficulty:** Beginner

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Individual-Adult Member

### TMNT (10 mins)

#### **Story**

The Teenage Mutant Ninja Turtles are making pizza, they are having a competition to see who can get the pizza in the oven from the furthest away.

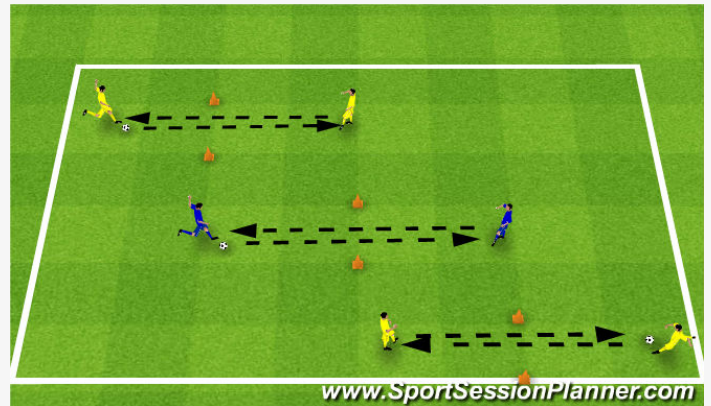
#### **Implementation**

Turtles try to kick the ball (Pizza) through the goals (Oven)  
Players start a few steps back from the goal and every time they get the ball through the goal, they take a step back and shoot from further away

Progress the session by adding goalkeepers.

#### **Coaching Points**

Step into your shot.  
Non kicking foot level with the ball.  
Use laces or the side of your foot.  
Bend the knee of your kicking leg.  
Kick through the ball



### TMNT Pizza Party (15 mins)

#### **Story**

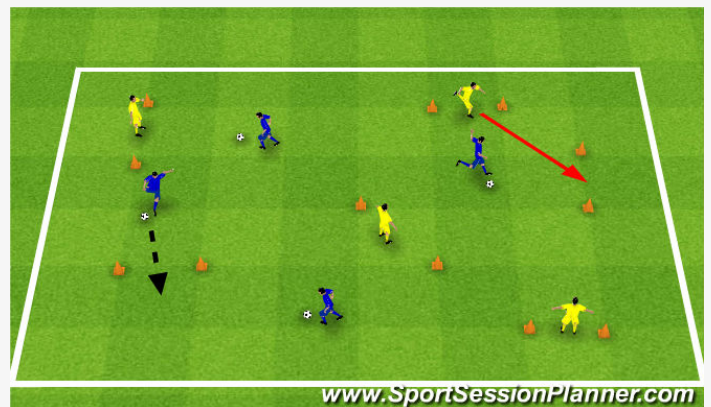
The Turtles are trying to make hundreds of lovely pizzas, Master Splinter says they don't need to eat anymore pizza. The Turtles decide they can make more pizzas if they all try to put pizzas in as many ovens as possible.

#### **Implementation**

Players are split into 2 teams  
Several Goals are laid out on the field (Make sure there are more goals than goalkeepers)  
One team is the "Turtles" with the ball have to run around and put a pizza in every oven (shoot through goals)  
The other team "Master Splinter" is moving around from oven to oven trying to block them (Can't steal the ball only save the shots)

#### **Coaching Points**

Head up and look for the open goal  
Drive towards space and open goal  
Have ball out from under your feet  
Step into your shot.  
Non kicking foot level with the ball.  
Use laces or the side of your foot.  
Bend the knee of your kicking leg.  
Kick through the ball  
Aim for corners



### 1V1 Corner Goals (15 mins)

#### **Set Up**

Field is set up roughly 20Lx15W with a goal in each corner.  
Players are split into two teams and will be lined up between their goals. (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. Players can score in any of the 4 goals. Once a player has the ball they look to turn away from the other player and score.

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

#### **Implementation**

Accelerate towards the target.  
Close touches when under pressure, bigger touches when attacking space.  
Shoot or pass the ball into the goal (Don't dribble into the goal).



