



U6U7 Week 8 Shooting

Category: Technical: Shooting
Difficulty: Beginner

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Individual-Adult Member

Batman (10 mins)

Story

Alert in Gotham City, the Joker has placed lots of gas bombs all over the city. You need to go around with your bat weapons to knock them all out

Implementation

Batman must dribble round and try and knock down as many cones as they can.

Coaching Points

Preparation, contact and follow through

Head over the ball

Knee over the ball

Target

Work on moving with ball before hitting



Joker (15 mins)

Story

The Joker has heard of Batman's plan and intends to stop him by fixing all the gas bombs.

Implementation

Players are in 2 teams now with one team as Batman trying to knock the cones over and the other as the Joker trying to put them back up.

Coach counts the number of cones standing up versus down to decide which team wins

Teams then switch roles

Coaching Points

Preparation, contact and follow through

Accuracy of shot into corners

Head over the ball

Knee over the ball

Head up looking for cones



1V1 Goals (15 mins)

Set Up

Field is set up roughly 20Lx15W with a goal at each end. Players are split into two teams and will be lined up behind 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. Once a player has the ball they look to dribble past the other player and score. If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Accelerate towards the target.

First touch away from the defender.

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).

