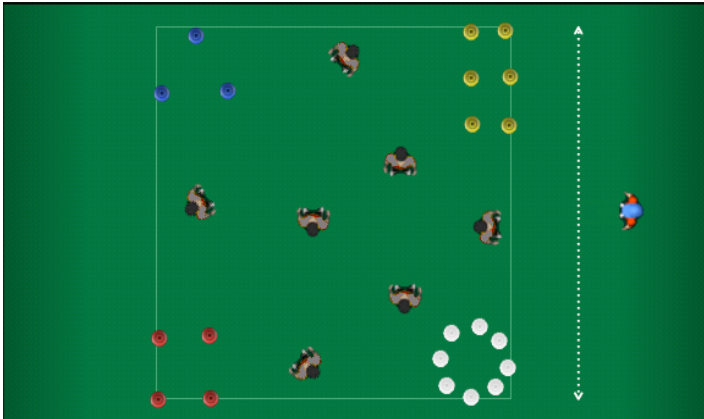


Session Plan U6 – U8 – Shooting



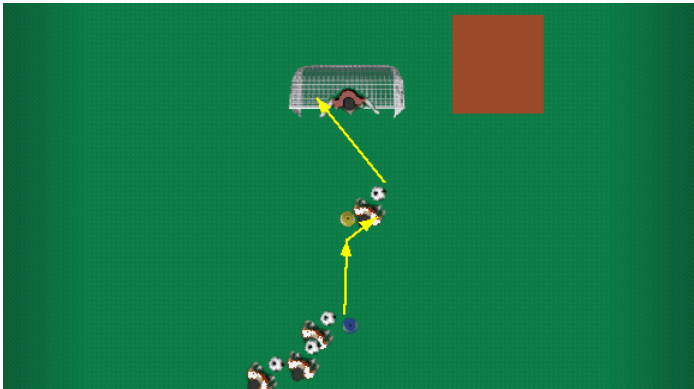
Set up four different shapes in each corner of the grid - If you don't have enough discs place a different colored disc in each corner.

Players jog around inside the grid. The coach shouts out a shape or a color and the players run to that shape or color.

Coach can call out different instructions such as –

- Skip
- Hop
- Jump
- High Knees
- Kick Backs
- Side Step

Add a ball



Players dribble to the disc and before they shoot at goal perform a set up touch and then shoot. If they score they retrieve their ball and return to the first disc, if they miss they go to jail. If a player scores the people that are in jail are set free. Goalkeeper aims to put all players in jail.

This game can be developed according to players ability – Introduce players to shoot with –

- Left foot, right foot
- Develop game by introducing a first time shot - A player stands on the second disc and the player with the ball plays a 'give and go'



Arrange the players in to two teams. Coach is the pitcher for both teams.

Coach passes the ball to first batter who kicks ball in to the field and then runs around bases.

This game can be developed according to players ability – Introduce players to shoot with –

- Left foot
- Right foot

You can progress this games by - Having the fielders use their feet only.

Black = Organization

Red = Progression

