

St. Mary's SOCCER

U06/07 Academy Session 8

Main Topic: Intro to Shooting. In this session we will work with the players to introduce them to striking the ball with the laces. We want the players to start to learn how to shoot the ball with their laces because it is the basis of their power shot when they get older. Be sure to have them practice shooting with their laces using both their right and left feet.

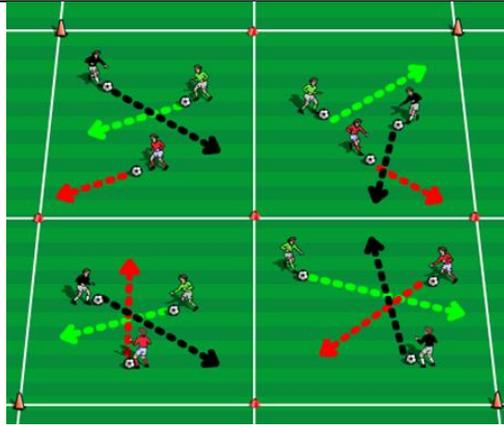
Striking the Ball with the laces

1. Toe down
2. Locked ankle
3. Placement foot pointed to target and parallel to ball
4. Weight over the ball to keep it low to the ground
5. Eyes on ball at instant of contact
6. Follow through to target

| Activity Name/Description | Diagram/Instructions | Coaching Points/Questions |
|---|---|---|
| <p>1st Activity – Warm up game Set up two cone goals (gates) at each end of the grid. Players must dribble through the gate goal to score. Prior to when practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 4v4. After all your players arrive or 5 minutes after the start time, you can move on to the other activities.</p> | <p style="text-align: center;">Diagram/Instructions 20 X 20 yard grid</p>  <p style="text-align: center;">Start 1 v 1 and add players as they arrive.</p> | <p>Limit the coaching, This should be only a warmup activity as you wait for your players to arrive and to get them focused on soccer. Coach should carry a couple soccer balls and if a ball goes out of bounds the coach can call out “new ball” and provide one to play. This will save time instead of waiting for your players to chase down a ball that went out of bounds.</p> |

2nd Activity – Paint the Field

In this activity, the training grid will be divided into 4 sections with an equal number of players in each section. Explain that the ball is a paintbrush and players need to paint their section by dribbling their paintbrush around the grid. Have them paint using the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).



Have the players utilize the 4 different surfaces of the foot.

Make sure to have them practice using their right and left feet.

Additionally, have the players practice the Lean and Push and the Step Over Move that were introduced in previous weeks.

3rd Activity – Large group activity

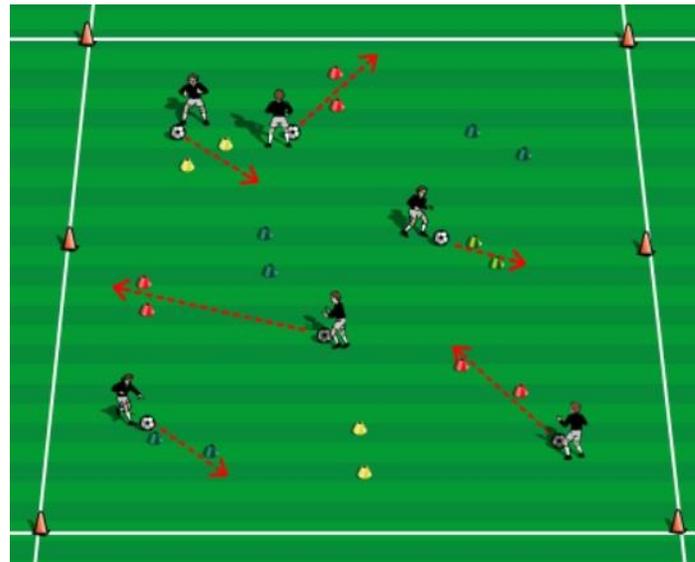
The site/field coordinator will gather all players around one of the team grids to introduce the topic for this week.

4th Activity – Gate Shooting

The purpose of this activity is to allow the players to move to a target and shoot the ball through the gate using their laces.

Two cones are placed approximately 2-3 feet apart as gates all over the playing area (try to have more gates than players).

Be sure to have them shoot the ball with their right and left foot.



For this activity, instead of dribbling through the gate, the players must shoot the ball with their laces through the gate and then run around the gate to retrieve it.

Ideally we want the ball to stay low to the ground. This is done by having the toe pointed down and the ankle locked.

Additionally, the players having the ball beneath their hips instead of reaching out in front of them will give the ball a low trajectory.

5th Activity – Hit the Cone

In this activity, flip small cones upside down and tell the players they must hit the cone with the ball and try to flip it right side up. Object is to get the players shooting at a target.



Players dribble through the grid and will try to hit a cone by shooting their ball at it.

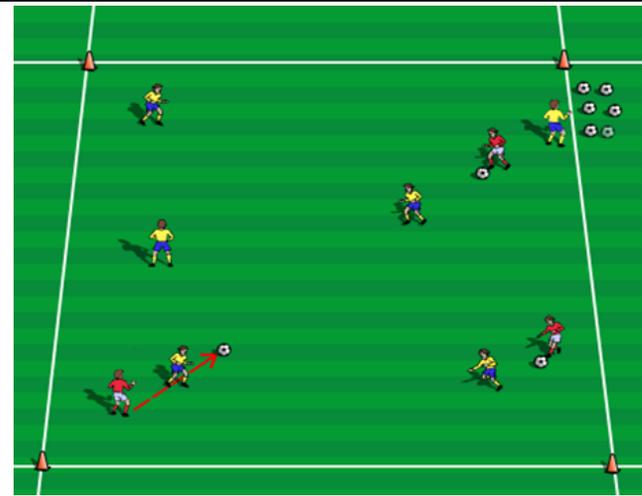
Encourage them to try to use their laces.

6th Activity - PACMAN

Start out with each coach having a ball and the remaining balls are just outside the grid.

Coaches (Ghosts) dribble close to players without a ball (Pac-Men) and try to tag them with the ball **below the knee** using the laces to shoot the ball. Taggers can only use one ball.

If a Pac-Man gets tagged with a ball they go get their ball and become a Ghost.



Players work on shooting with the laces, position of the head and placement of the non-kicking foot, accuracy and keeping the ball low.

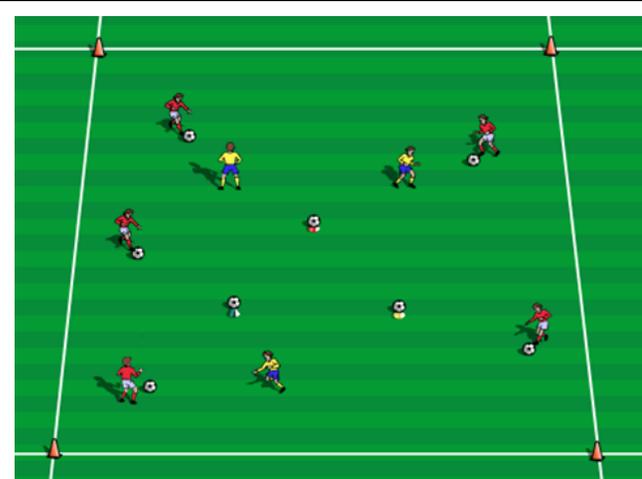
The last two or three players who were Pac-Men get to start out as the Ghosts in the next game.

7th Activity – Bandit Game with Shooting

Set up two or three balls on top of a cone inside the grid. The players whose ball is on the cones will start out as the bandits.

When the coach say, “Watch Out for Bandits”, the bandits try to **steal** the other player’s soccer ball.

Once they steal a soccer ball, they are no longer a bandit and the player that lost the ball is now a bandit.



If a soccer ball is kicked out of the grid, it can be brought back in once the player has completed 5 toe touches.

After 30-40 seconds, the coach will yell “It’s a shootout” and every player with a ball tries to shoot the balls placed on top of the cones.

The players who shoot the balls off the cones get to start out as the bandits in the next game.

8th Activity – Shooting Race

For this activity the coach will have 4 small squares made up of 4 cones.

Each square will be approximately 5 yards apart as depicted.

In the center of the larger square the coach will place a ball on a cone.

To start the game a player with a ball will be in each of the small squares.



Once the coach yells “go” the players will race around dribbling their ball through each of the smaller squares.

Once they have returned to their original square they will try to knock the ball off the center cone by shooting at it using their laces.

The player who knocks the ball off the cone is the winner.

Cool Down – Juggling

The purpose of this activity is to develop Hand-Eye and Foot-Eye Coordination. Players drop the ball and juggle once and then catch it. If a player cannot use their foot then have them juggle the ball once using their thigh.

Players pick up their ball and gently drop it to juggle it once using their foot or thigh. We don't want them to toss the ball in the air but to just drop it gently, juggle once and then catch the ball. Repeat alternating feet/thigh.