

## WEEK 4: SHOOTING

- **Key teaching points:** Introduce shooting techniques
  - **Let players know what they will be learning + what's expected of them today!**

### Warm Up: Coaches Choice (5-7 minutes)

- Choose any warm up activity from the resources – ex. Red light, green light or freeze tag
- If you'd like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up

### Activity #1: Basics of Shooting (10-15 minutes)



- **Purpose:** To develop the basic skills involved in shooting
- **Setup:** Start with no goalkeeper and have the players shoot the ball back and forth through cones set up to act as a goal between them. The next step is to put a goalkeeper in between the cones to play goalkeeper in both directions. See diagram below. Rotate positions every two minutes. This drill allows the players to take many shots in a short amount of time and for the coach to correct mistakes. Make it a contest after a while to add excitement.

- **Emphasize on:**

1. Keep the ball low and to the corners
2. Shoot for the far post
3. Lock ankles, no floppy ankles!
4. No toe kicks
5. CONTROL!!!
6. Encourage the players to dribble one time then shoot to practice hitting a moving ball

**Activity #2: Shooting under pressure (15 min)**



- **Purpose:** To develop shooting under pressure.
- **Setup:** See diagram (above). Use 5-6 balls.
- **How to Play:** Make a very small field with large goals and no goalkeepers. Divide team into three groups. The group that scores gets to stay on the field. The team that gets scored on is replaced by the team waiting on the side. If no one scores in two minutes switch teams.
- **Emphasis:**
  1. Shoot quickly
  2. Shoot low and hard to corners
  3. Encourage other techniques learned → dribbling, passing & trapping

**WATER BREAK!**

**Scrimmage: 10-15 minutes**

- Emphasize on passing techniques throughout a live game
  - \*Good time to teach the rules of the game\*
  - Organize teams similar to how their games are (**3v3**, 5v5)
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- **Team chant, shout outs: under 2 minutes**