



## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

## Shooting Technique

### Shooting Technique:

- Look up at the goal before shooting.
- Approach the ball at an angle.
- Plant your non-kick foot next to the ball, pointing your toes toward the goal.
- Bend your non-kick knee and push your arm out for balance.
- Keep your shoulders square and over the ball.
- Take your kicking foot far back and swing it quickly toward the ball.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces.
- Hit the middle of the ball to shoot it straight.
- After making contact with the ball, follow through in kicking motion all the way up.
- Land on the same foot that you used to kick the ball.



## Activity: Scrimmage (10 mins)

**Number of players required:** Full U5 or U6 Team

**Equipment:** many soccer balls 2 pug goals

**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** Two teams will be formed like regular scrimmage. Each team will stand on the own field. The coach will send from 1 to many balls on the field. The players/team must collect a ball with his/her feet and score in the opposite goal. After scoring the goal they can return to the get more ball(s), steal the ball from the opponent, and/or get the ball on their own goal and score in the opposite goal.

**Variations/Progression:**

Decrease the number of balls on the field and enlarge the grid.



## Activity: 'Battleship Destroyers' (10 mins)

**Number of players required:** Full U5 or U6 team

**Equipment:** 1 soccer ball per player

**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** Two teams will be formed. You will explain that the players are 'fighter pilots' and the soccer balls are their missiles. The idea of the game is to knock over the cones in the middle (enemy planes) by kicking the soccer ball at them. Start off by playing the game with no adaptations ensuring the players are kicking the ball correctly at the cones. After all the players have taken a kick at the cones you will tell them to collect them again. Give a team 1 point for each cone they knocked over.

**Variations/Progression:** Increase the distance from the cone (line of shooting) to the cones in the middle.



## Activity: Coach Target (10 mins)

**Number of players required:** Full U5 or U6 team

**Equipment:** Each player should have a ball, few cones to set the line.

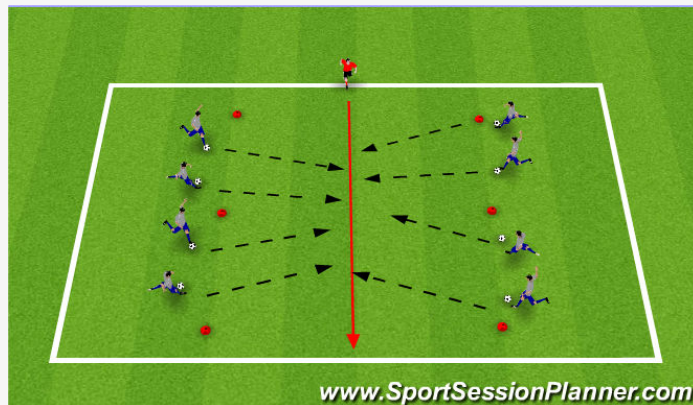
**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** The players will stand by their own line of cones (red cones). When the coach start running inside the grid, the players will try to kick the ball at the coach.

**Variations/Progression:**

- Increase the distance from the cone (line of shooting).
- Switch the coach with the players



## Activity: Goal Challenge (10 mins)

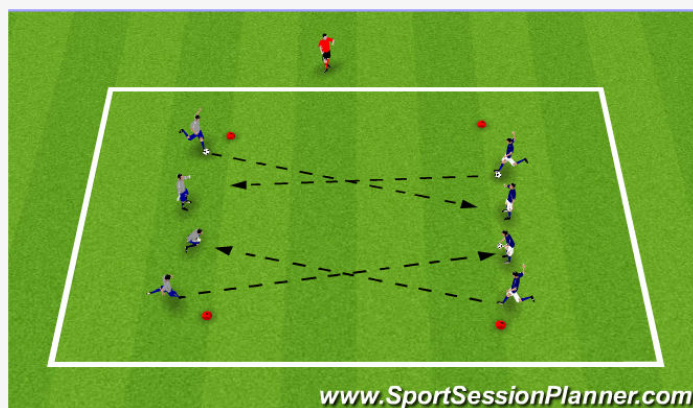
**Number of players required:** Full U5 or U6 team

**Equipment:** Each player should have a ball, few cones to create the goals.

**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**How the game is played:** Players will try to score in each goal (the cones are set as goals). The players must shoot the ball behind the line of their own goal (cones). The players can block the opponent's shot. The team that has the most goals wins.

**Variations/Progression:** Increase the distance from both goals.



## Activity: Scrimmage (20 mins)

**Number of players required:** Full U5 or U6 Team

**Equipment:** many soccer balls 2 pug goals

**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** Two teams will be formed like regular scrimmage.

**Variations/Progression:**

- The coach can send more than 1 ball on the field.
- Decrease or enlarge the grid.

