



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: Knock It Off (10 mins)

Number of players required: Full U5 or U6 team

Equipment: extra soccer balls, and 4 cones to mark grid, few extra cones

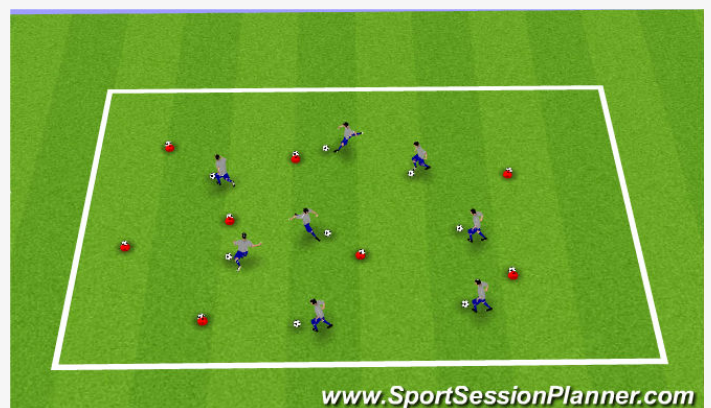
Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: Place the cones around the grid with the extra soccer balls on top of the cones.

How the game is played: Using a ball, the players will try to knock the ball off of the cone. The coach(es) will walk around and put the balls back on top of the cones if the player kicks with his/her own ball knocking the ball to the ground. If the player kicks the ball out of the grid, he/she must do something that the coach request. Example: imitate a "dog bark".

Observation: If a coach does not have extra balls to put on top of the cones, he/she can use only cones. So the players just need to kick the ball on the cones.

Variations: Can only use the inside of the foot or shoelaces to kick the ball.



Activity: Goal sizes (10 mins)

Number of players required: Full U5 or U6 team

Equipment: extra cones to create the goals, and few cones to mark grid.

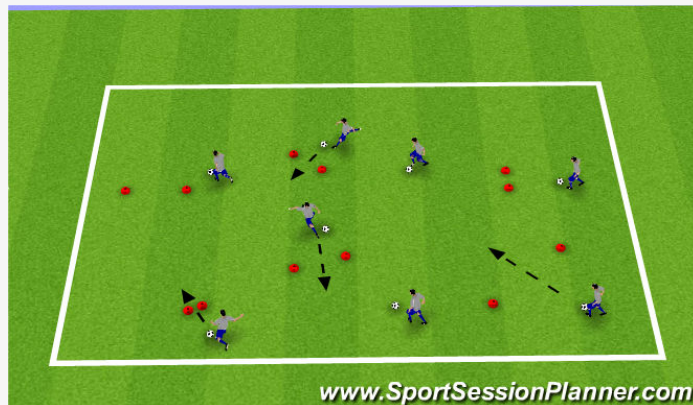
Grid requirement: Create a 20 X 20 yard grid marked with cones.

Organization: Place the cones (goals) around the grid. The goals should have different sizes.

How the game is played: The players will try to kick the ball between the cones. If they score the goal, the player must celebrate first before trying to score another goal. However, If the player kicks the ball out of the grid, he/she must do something that the coach request. Example: imitate a "dog bark".

Variations:

- Can only use the inside of the foot or shoelaces to kick the ball.
- The player that score in all goals first, wins.



Activity: Coach Target (10 mins)

Number of players required: Full U5 or U6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player

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

Organization: All players are required to play within the grid and each player must have a soccer ball.

How the game is played: At the start of the game, players will try to kick their ball at the coach. If the ball touches the coach, the coach must do something that the player request (Example: "dog bark"). If the ball goes out of the grid without touching the coach, the coach will request the player to do something (Example: 3 jumps).

Variations: Allow players to only use left foot or right foot. The Coach needs to vary the speed at which they tag. Make sure that all players have the opportunity to hit you at least once with the ball.



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.

