



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: Ball Stealer (10 mins)

Number of players required: Full U5 or U6 team

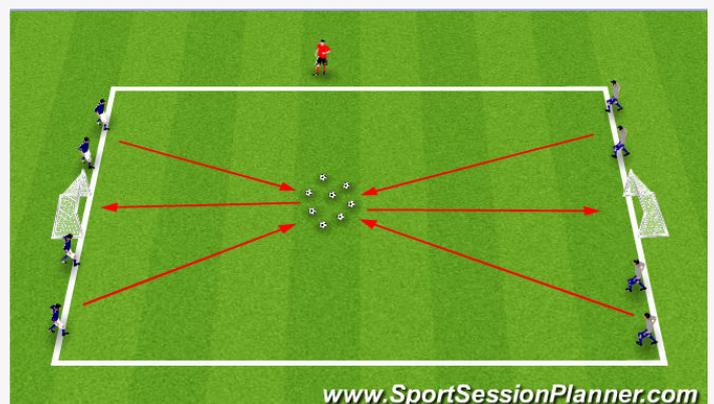
Equipment: many soccer balls and 2 pug goals

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. Each team will stand by their own goal line. The coach will yell "Go"! All players must sprint to the center of the grid, collect a ball with his/her feet and score in the opposite goal. After scoring the goal they will return to the center to get another ball. When all the balls have been collected/scored the most balls wins.

Variations/Progression: Add more balls to the center and enlarge the grid.



Activity: Crocodiles Biters (10 mins)

Number of players required: Full U5 or U6 team

Equipment: many soccer balls and 2 pug goal

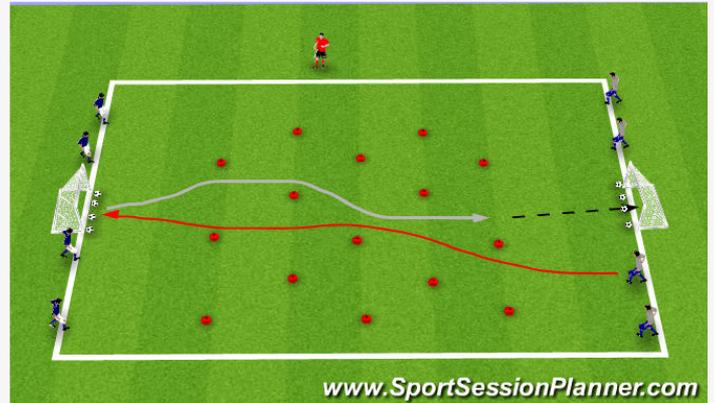
Grid requirement: Create a 20 X 20 yard grid marked with cones.

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

How the game is played: All players must stand by their own goal line – “Starting point”. The coach will yell “Go!” All players must sprint to the other side of the grid, collect a ball with his/her feet and try to score in the pug goal in the opposite side. The players cannot touch the “cones” (The Crocodiles Biters). After scoring the goal they will return to get another ball. The game is over when all balls are collected

Variations/Progression:

- Request the players to do something if they touch the cone.
- Add a time for all players to collect the balls
- The players can steal the ball from the goal.



Activity: Distance Target (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball, few cones and 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. Each team will stand by their own goal line. The coach will yell “Go!” The first player per team must sprint with the ball to opposite goal and try to score by kicking behind the line of the cones set by the coach. After kicking to the goal they will return with the ball back, give “high five” to the next teammate before going to the goal. After the number of goals set by the coach were scored, the team wins.

Variations/Progression: Move the cones further back to give more challenge



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.

