



Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

Shooting Technique

Turning Technique:

- Keep the ball inside your personal space
- Use the bottom of the foot, inside, outside of their foot to turn the ball.
- Be able to change direction on both sides (left and right foot)
- Never cross your feet when changing direction
- "Balance is the key"
- Speed - Any changes of directions
- Keep the heads up
- Quick & Simple moves away from pressure (Turning)
- Accelerate after the move away from pressure
- Keep the ball close to the body
- Change directions quickly if the defender catches up without sharing the ball
- Do not move (Turn) the ball towards the same side of the defender if the defender is close to you.



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: Snake race (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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

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 dribble the ball around the cones (the coach will determinate how they should dribble/turn on the cones) towards opposite goal and try to score. After scoring the goal they will return back, give "high five" to the next teammate before going to the goal again. After every player score, the team that finish first wins.

Variations/Progression: Request the players turn with different part of their foot. Also, you can request players to go around the cones as well.



Activity: U Turn (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a ball 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.

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

How the game is played: All players must stand by their own goal line – "Starting point" with their own ball. The coach will yell "Go"! All players must dribble the ball towards the cone ahead of them, turn (different part of their foot - coach will request a different part each time), with ball with his/her feet and try to score in the pug goal located in their starting point. The team that finish first, wins. All players need to switch each play from 1 - 2 - 3 - 4 - 1.

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: Amazon River (10 mins)

Number of players required: Full U5 or U6 team

Equipment: Each player should have a soccer ball and 2 pug goals

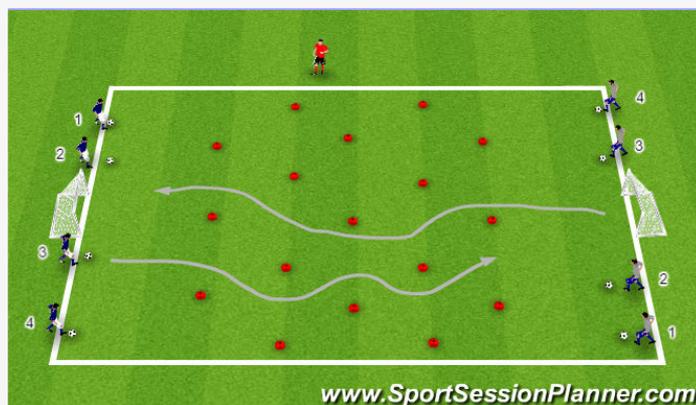
Grid requirement: Create a 20 X 20 yard grid marked with cones.

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

Observation: The coach should request the players to use their bottom of the foot, inside, or outside to turn the ball.

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 dribble the ball to the opposite goal without touching any of the cones. After scoring the goal they will return and try to score in the opposite goal (located in their starting point). The cones are the "animal(s)". The coach will select the animal. If the player touches the cone, he/she must make a sound of an animal that coaches request, go around the cone and continue again. The team that finished first, wins. All players need to switch each play from 1 - 2 - 3 - 4 - 1.

Variations/Progression: Add more cones.



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.

