



## 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.

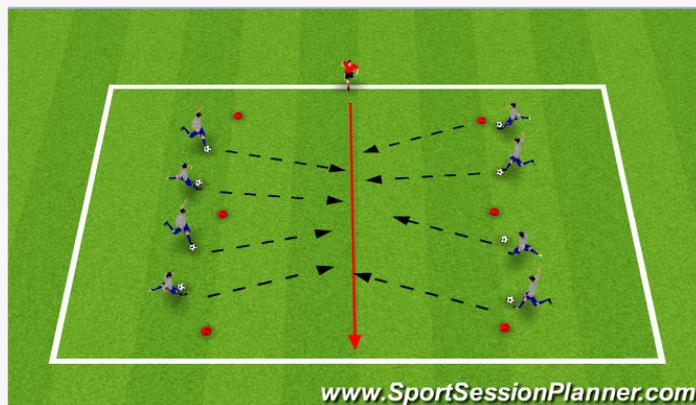
**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**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)

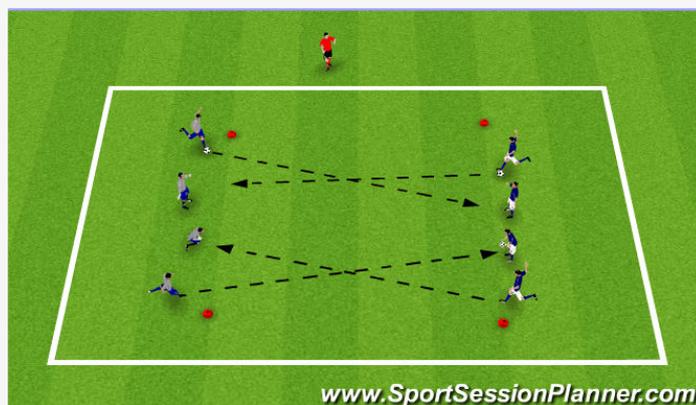
**Number of players required:** Full U5 or U6 team

**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.





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- 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

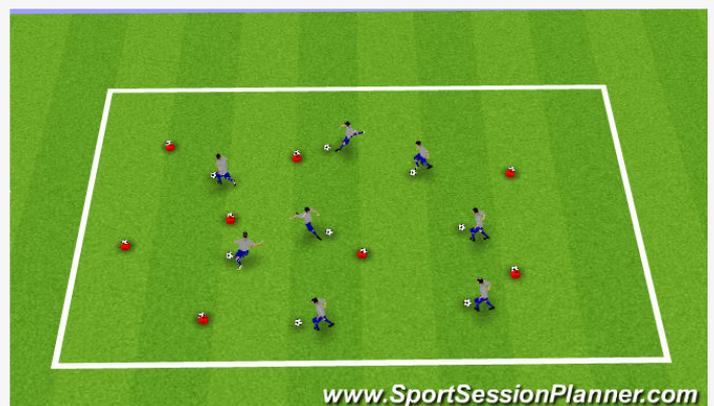
**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**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.

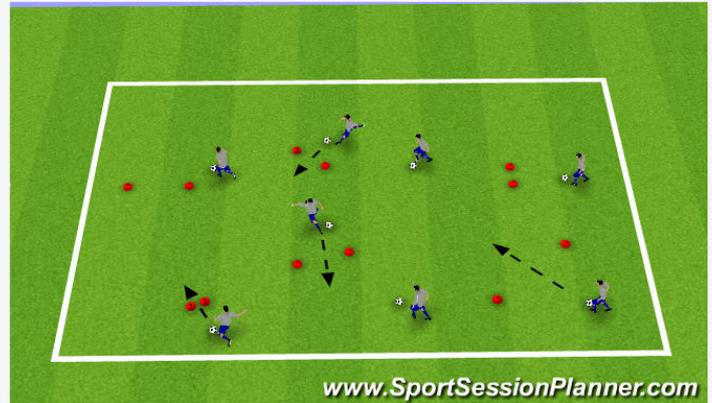
**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**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.





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## 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

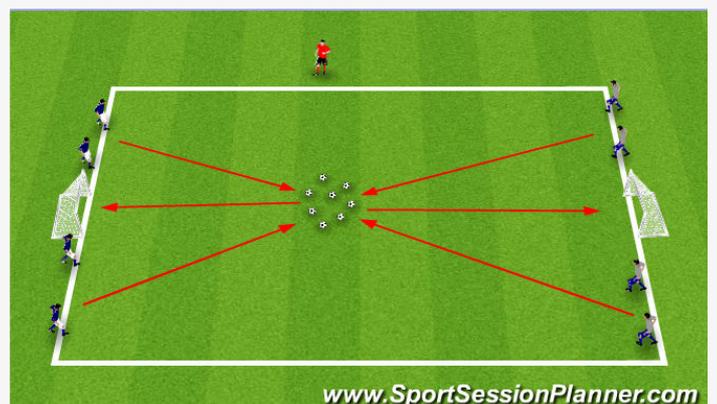
**Equipment:** many soccer balls and 2 pug goals

**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

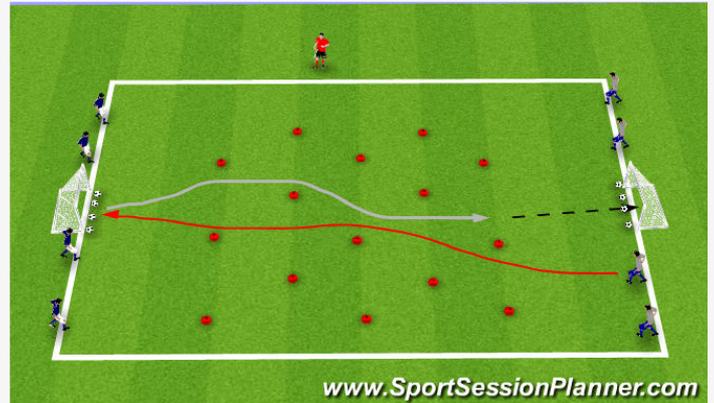
**Grid requirement:** Create a 20 X 20 yard grid marked with cones.

**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.

