



WEEK FIVE: DRIBBLING AND SHOOTING

Category: Technical: Shooting
Difficulty: Beginner

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America
Individual-Adult Member



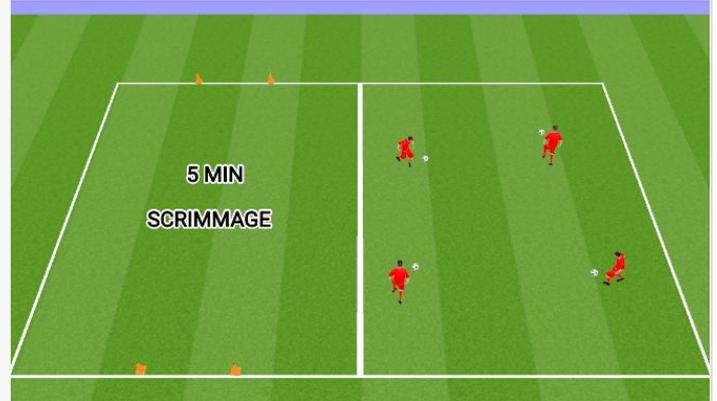
Screen 1

Arrival & Warm-Up (15min total)

Scrimmage (5min) | As players arrive on the field, get them involved in a scrimmage right away, adding players to each team as more arrive.

Fun Warm-Up Game(s) (10min) | See below for a few options. These warm-up games can be used for weekend games as well.

- **Tag** | All players have a ball. Designate one player as the tagger who must tag others. If tagged, a player becomes a tagger. Play until there is only one player left untagged.
- **Follow the Leader** | All players have a ball. Designate one player as the leader. Other players must follow the direction and movements of the leader.
- **Red/Yellow/Green Light** | All players have a ball. Players dribble in the playing area and the coach calls out either red light (stop and foot on the ball), yellow light (slower dribbling), green light (faster dribbling). Players must keep close control to be able to immediately stop the ball when they hear red light.



Screen 2

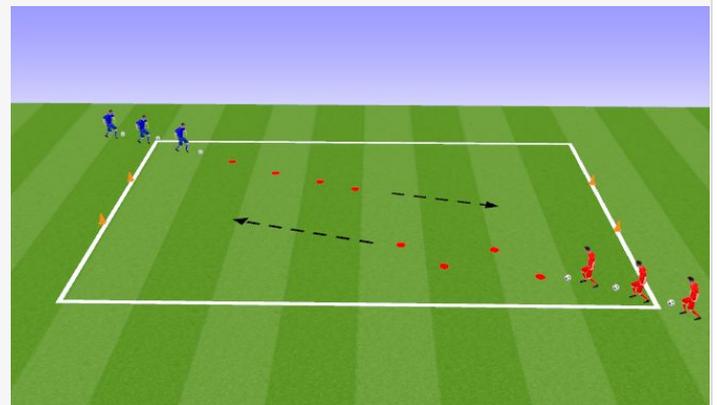
Drill 1: Snake Race to the Goal (12min)

- Players are divided into two teams and lined up in opposite corners of the area as shown in the diagram. When the coach yells Go!, the first player in each line dribbles the ball around staggered cones towards the far goal and try to score with a shot on goal. After scoring the goal, the player joins the opposite lines and performs the sequence in the other direction. Coach can progress by determining how players should dribble/turn through the cones.

Coaching Points:

- non shooting foot which is the planted foot should be right next to the ball, and use that as an arrow to aim at the goal.
- Strike the ball with the shoelaces or velcros by pointing the toes to the ground.
- Head down looking at the ball.

Tip: you can have your players get down on one knee on the field and have them kick the ground gently with their laces or velcros to get the feel of what part of the foot kicks the ball. Switch feet so they try both.



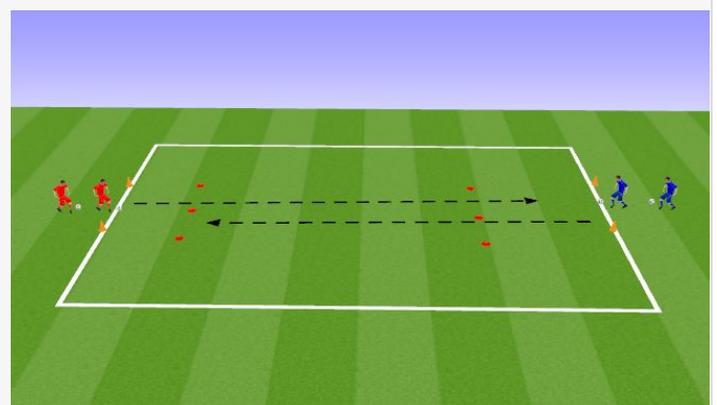
Screen 3

Drill 2: Distance Target (12min)

- Players are divided into two teams and lined up within each goal. When the coach yells Go!, the first player in line dribbles straight to the opposite goal and once they reach the far line of cones (shooting line), they take a shot. After taking a shot, the player joins the opposite lines and performs the sequence in the other direction. Progress by moving the shooting line farther from the goal to increase the challenge.

Coaching points:

- non shooting foot which is the planted foot should be right next to the ball, and use that as an arrow to aim at the goal.
- Strike the ball with the shoelaces or velcros by pointing the toe to the ground.



- Head down looking at the ball when striking the ball.

Tip: you can have your players get down on one knee on the field and have them kick the ground gently with their laces or velcros to get the feel of what part of the foot kicks the ball. Switch feet so they try both.

Screen 4

Scrimmage (15min)

LESS COACHING LET THE PLAYERS PLAY

