



Introduction to Shooting and Goalkeeping

Appropriate for players ages 6-8.

Session Aims: To introduce the correct technique of shooting the ball with the inside and laces of both feet towards a target, and recognizing when to shoot. To demonstrate correct ball handling technique as a goalkeeper.

Warm Up: Hidden Treasure

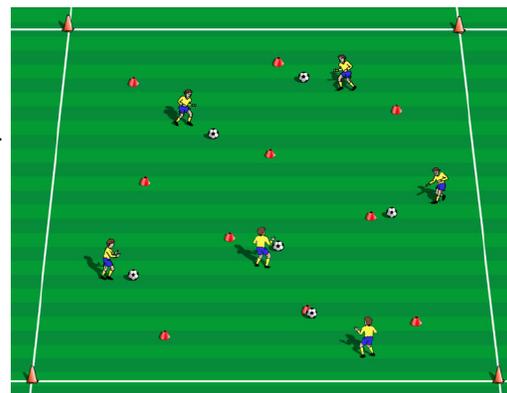
Set up an area approx. 20x20 yards and spread cones about the square with pinnies hidden underneath, representing the hidden treasure. Players should dribble around the area and attempt to shoot the cones over with their ball trying to reveal the hidden treasure. Encourage players to use all parts of the feet and experiment.

Coaching Points:

- 1) Use different parts of the foot to strike the ball.
- 2) Non-shooting foot should be placed to the side of the ball, pointing at the target.
- 3) Make sure players follow through with their kick.

Variation:

- 1) Add more cones.
- 2) Increase the distance of the shot.



Fundamental/Individual: Shooting in Pairs

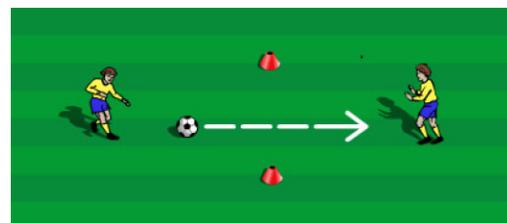
Set up pairs of cones about 5 yards apart. In pairs, players take turns striking the ball back and forth through the cones. Start out using 1 touch to settle, 2nd to shoot. Progress to 1st time shot if possible.

Coaching Points:

- 1) Use both left and right foot.
- 2) Use inside of foot for accuracy and laces for power.
- 3) Proper weight of shot.

Variation:

- 1) Decrease size of goal.
- 2) Increase distance of shot.



Game Related/Group (Incrementally adding pressure): Shooting with a Goalkeeper

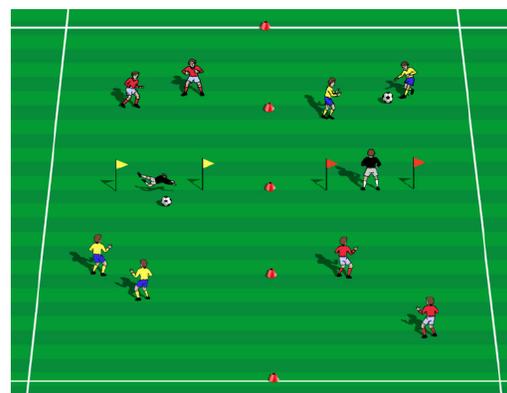
Set up your area the same as the diagram with 2 players either side of a goal, shooting against a goalkeeper. Players on the opposite side of the goal wait for the other team to shoot and act as goalkeepers as well. If the ball comes to them, they can roll the ball to their teammate who can take a touch and then shoot, or shoot immediately. If the goalkeeper makes a save, they then roll the ball to the other team.

Coaching Points:

- 1) Keep head and shoulders over the ball.
- 2) After a shot, the shooting knee should rise to the chest to add power.
- 3) Player decides whether to use power or accuracy.

Variation:

- 1) Decrease the size of the goal.
- 2) Play 1v1 on each side of the goal
- 3) Play 2v2 with one or two goals.



Game Condition (Small-sided/Conditioned)

Play 2v2 towards goal. Players must shoot within 10 seconds after getting the ball.

Coaching Points:

- 1) As above.

Variation:

- 1) Make goals bigger or smaller.
- 2) Use cones to make small targets in the corners of the goal.
- 3) Play 2v1 to encourage success.

Game (All conditions removed)

Allow players to play, but encouragement is very important, complimented with praise of positive behavior.

