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ACTIVITY PLAN



Age Group: U6

Week 8

Shooting.

Warm up

Objective:

To Improve

Shooting.

Organization:

20 yard x 20 yard area

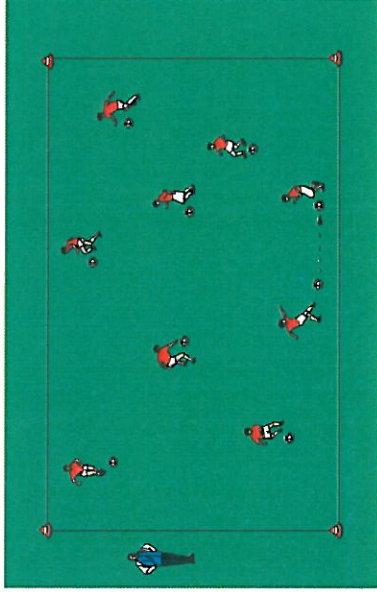
Procedure:

Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.

Who can get 5 points?
1 minute rounds – include stretching movements.

Key Coaching Points:

- Accuracy of pass
- Weight of pass
- Timing of pass
- Disguise your pass
- Inside of foot
- Use the inside part of the foot
- Push through the ball
- Outside of foot (Good for disguise)



Week 8

Individual

Activity

Objective:

To Improve

Individual

Shooting Skills.

Organization:

20 yard x 30 yard area.

Split into 2 teams.

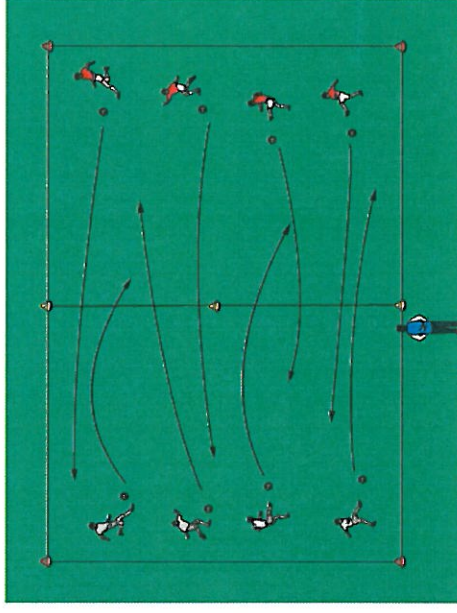
Each team has the same amount of balls to start with.

Procedure:

The coach shouts go & each team try's to kick as many balls into their opponents half as they can. After 1 minute the coach counts how many balls are in each half. The team with the least balls wins. The ball must land in the other end to count.

Key Coaching Points:

- Positioning of the non-kicking foot
- Part of the kicking foot
- Angle of Approach
- Body & Head over the ball
- Toe pointed down (instep) & Follow through



ACTIVITY PLAN

Week 8

Small Group
Activity

Objective:

To improve

Individual Skills

Under Pressure.

Organization:

30 x 30 yard area.

Players are put into
pairs.

Moving goals are

made up of two player
holding a training bib.

Procedure:

1 pair have 1 minute to

score as many goals as

possible by shooting the ball

through any of the moving

goals. The rest of the

players act as the moving

goals. The moving goals

must always be walking

around.

Key Coaching Points:

Positioning of the non-
kicking foot

- Part of the kicking foot

- Angle of Approach

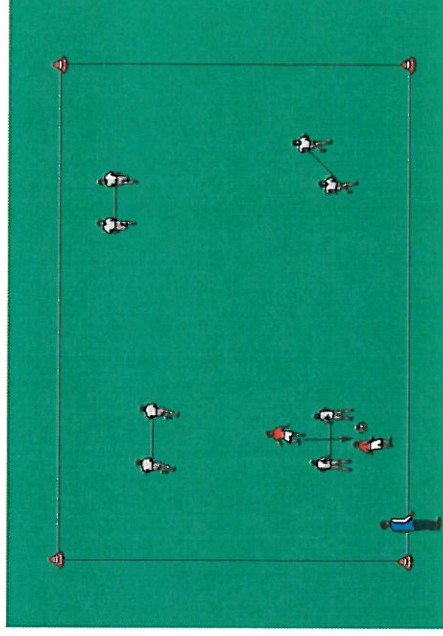
- Body & Head over the

ball

- Toe pointed down

(instep) & Follow

through



Week 8

3 v 3

Small Sided

Game

Objective:

To improve

Individual &

Small Group

Game

Understanding.

Organization:

20 x 30 yard area

Play a 3 v 3 match

6ft x 6ft Goals

Size 3 ball

Procedure:

Free Play!

Key Coaching Points:

Summation of all
challenges for the
players.

Stay out of their way
and let them play.

