

◆ U6 Activities for Week 11 ◆

Coaches,

This practice is geared for **Basic Shooting Techniques and Creating Passing Opportunities.**

Please see diagram on the last page,.... the **Instep Pass or Shot.**

Staff session – 15 min

Can you do what I do (with a partner so they can pass and show the instep shoot) – 9 min

Exercise 4 (Shooting) – 9 min

Treasure Hunt – 8 min

Scrimmage 3v3 – 19 min (Make 1-2 passes before shooting on goal and all team players must be 10 feet apart when on offense).

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Can You Do What I Do

Age Appropriate: 4-6
Function: Coordination

Equipment:

- Entire team
- One ball per player

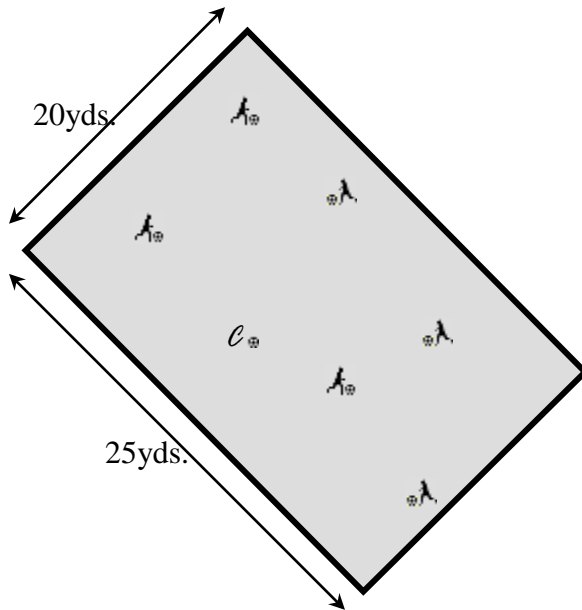
Objective: To see if the player can do what coach does.

Description:

- This works on the player's motor skills. Have the players spread out, but make sure you can see them all. Always use the phrase "Can you..."
- *Examples:* Can you throw the ball in the air and catch it? Can you throw the ball in the air and clap once or twice before catching it? Can you move the ball around your waist? Can you make a figure eight pattern on the ground with the ball (between legs)? Can you dribble? Can you stop...
- Be creative in what you are doing.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Do more soccer related skills. *For example:* passing, shooting, turning, moves...
3. Have each player come up with something



Key Points for game success!

- Coach is performing in the activity.
- Coach is creative with commands.
- Coach uses an enthusiastic tone.

Coaching Points:

- Using hand/eye coordination
- Movement with the ball
- All players engaged in the activity

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Exercise 4

Function: Shooting

Equipment:

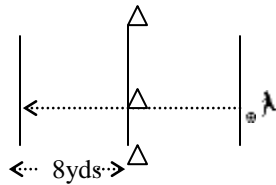
- Entire team
- One ball per player
- Adults
- 10 cones
- Fence

Description:

1. All players need a ball. Have the players spread out between the cones. The players will be 8 yards away from random cones spread out in a row. Players are to shoot and see if they can hit the cone. Afterwards they go to the other side and shoot again in the other direction trying to hit the same cone.
2. Coaches can see who can make the most shots within a 1 min time frame. Keep score.

Focus On:

- Putting power behind the ball
- See who can get the ball closer to the cone from 10 yards out. Coach vs. Players
- Use instep when shooting



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Treasure Hunt

Age Appropriate: 4-18
Function: Dribbling & Passing

Equipment:

- Entire team
- One ball per player
- 7 cones

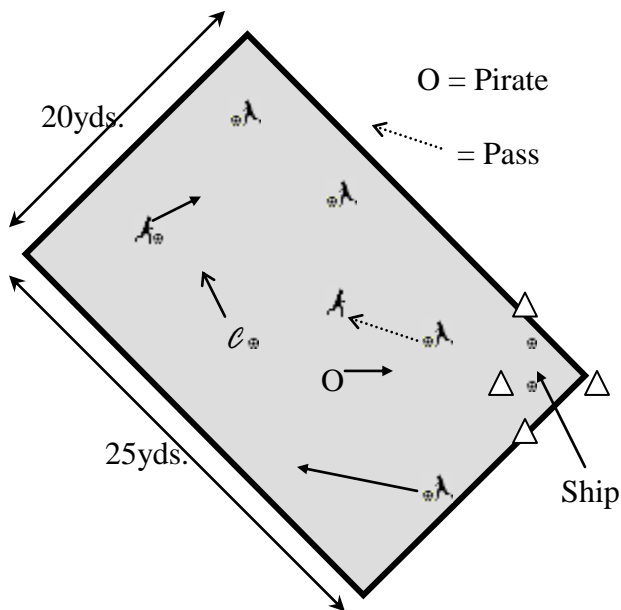
Objective: Work as a team to maintain possession of the balls.

Description:

- All players but one are dribbling their balls in a designated area. One “Pirate” without a ball is trying to collect as many balls as possible and take them back to the ship. When a player has lost his ball he may help out his team by supporting and being open to be passed too (2v1, 3v1 combination). When all the balls are on the ship the game is over.
- Last person with possession of a ball becomes the next Pirate.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have 2 Pirates
3. After every 30 seconds, a ball is played back in from the ship
4. Split up the group into two teams; half collecting the other half passing for possession. The team with best time wins



Key Points for game success!

- Keep instructing players on what they should be doing.
- Help guide Pirate(s) on where they should go.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

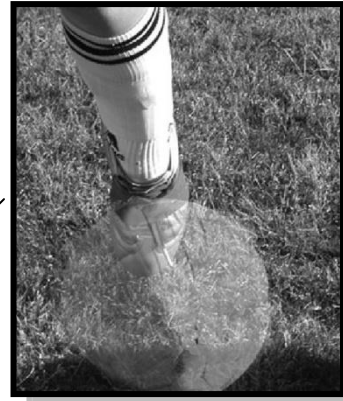
Coaching Points:

- Willingness to pass
- Technique of passing
- Dribbling to open space

◆ U6 Activities for Week 11 ◆
Passing/Shooting

Instep Pass:

An instep pass is when the ball is passed with the instep of the foot. This type of pass drives the ball to a specific area. This is also known as a power shot. This pass is utilized when a player wants to shoot the ball like a bullet at the goal. The only difference between the instep and power shot is the amount of power you put behind the ball.



Fundamentals:

Instep Pass:

- Approach the ball from a small angle. The body will be just to the side of the ball.
- Your plant foot will be to the side of the ball and the toe will just cross the ball's plane.
- The striking foot will swing just slightly out with the toes pointing straight down as the laces make contact with the center of the ball.
- Follow through, going straight through the ball.

5 Basic Fundamental Steps

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

Helpful Hints:

- Generally the further the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

Always Tips:

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.