

Week 6: Scoring Goals!

Cutters Community Soccer

Coaching Points:

Stay on your toes- shoulders forward Hit ball with laces- NO toe balls
 Point foot on standing leg where you would like the ball to go Land past the ball for power

6 - 6:10 p.m.

1. Warm Up: Crazy Coach's Legs

Demonstrate proper shooting technique during the warm-up activity and emphasize the coaching points.

- Players dribble around your half of the field.
- When coach yells "shot" the players try to shoot the ball at the coach, aiming below the knees ☺

- Work on shooting accuracy and technique.
- Use coaching points of the day
- Really emphasize **no toe balls**
- Play several rounds.

6:15-6:25 p.m.

2. Rapid Fire Shooting

- Each player has a ball and picks a place to stand about 15 yards from the goal.
- Coach rolls the ball through the player's legs in the direction of the goal.
- Player chases after the ball and, before it stops moving, shoots on the goal.
- The player then retrieves his/her ball and finds a new place to stand on the field.
- Coach should move quickly from one player to the next, but make sure players do not shoot into one another.



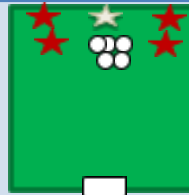
White dot = soccer ball
 Red stars = "fielding team"
 White stars = "batting team"

- Coaching point: make sure players use their laces to shoot (no toe balls).
- **Variation:** Coach tosses the ball over player's head/shoulders toward the goal. Player shoots the ball before it stops bouncing.
- **Additional Variations:** Players do a somersault before shooting or they lay on their stomachs first or their backs can be to goal.
- Safety: Make sure players do not hit one another when shooting.

6:25-6:35 p.m.

3. 1 vs. 1 to goal

- Players get in two lines near midfield. Coach has all the balls.
- First players from each line turn their backs to goal.
- Coach tosses a ball over their heads toward the goal.
- Players turn quickly and compete to take a shot on the goal.
- Shooting player retrieves the ball. Both players return to their lines.

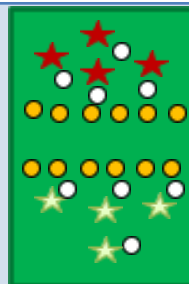


- Emphasize proper shooting technique.

6:35-6:45 p.m.

4. Tidy Up Your Room

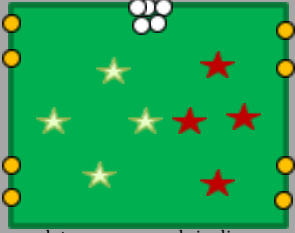
- Divide group into two teams.
- Divide field in half with cones marking a "safe, no trespass zone."
- Use all available soccer balls, each team starts with half of them.
- Each team stays in their half ("room") of the field.
- Objective is to keep your "room" (half) clean by shooting all balls into the other team's room.
- Play for 2 minutes. Team with fewest balls in their room wins.



Orange dots = cones
 White dots = soccer balls

- Play will be fast and a little hectic.
- Encourage players to keep moving.
- Players **MUST NOT ENTER** the No Trespass Zone! (avoid injuries)
- Players should shoot with their laces using proper technique. (No toe balls ☺)
- Do not let players get too close to the middle where they would get hit with a ball.

6:45-7 p.m.

<p>5. Four Goal Scrimmage</p>	<p>Divide group into even teams (no subs) and play on the width of each field.</p> <p>Use four goals (two on each end) instead of two. Players shoot on two goals and defend the other two.</p> <p>Play against same color team or play against your "practice partner" team.</p>	 <p>Orange dots are cone goals in diagram. White dots are balls.</p>	<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • When a ball goes out of bounds, coaches should send the next ball in from the sideline to keep the game moving quickly.
<p>Players' Homework: Wall Ball: Practice shooting a ball against an outside wall or with a friend, sibling or teammate.</p>			