

Week 6: Shooting Technique & Goal Scoring

Cutters Community Soccer U-6

Coaching Points

- Shoot with the laces (no toe balls 😊)
- Keep ankle locked and toe down
- Point standing foot in direction of the target (goal)

11:15 - 11:20 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.

Activity 1: Take a Picture

- Players dribble around the field.
- When trainer says “Take a Picture” the players should pose in a shooting stance. (see coaching points above)
- Trainers and coaches will evaluate the players’ techniques and make adjustments.

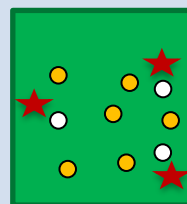
The trainers will run the initial practice activities by combining the teams for practices.

Parent coaches should mingle, participate, keep kids on task, help those who need it and/or demonstrate when necessary.

11:20 – 11:25 a.m.

Activity 2A: Knock em’ Over

- Cones are scattered around the field.
- Players dribble around the field.
- When coach gives a signal, the players use shooting technique (laces) to kick their balls into (knock over) as many cones as possible.
- Coaches can reset some cones to keep the activity going. (But eventually, let all cones fall – to prepare for Activity 2B.)
- If a cone is knocked over, the next player can hit it again while it is down or move on to another cone.



Orange dots = cones
White dots = soccer balls

- Players practice dribbling and shooting technique.
- Keep head up – don’t run into other players 😊
- Use laces, no toe balls.

11:25 – 11:30 a.m

Activity 2B: Pick em’ Up

- After all cones are knocked down from the previous activity, start Pick em’ Up.
- Players dribble in the same area
- Challenge players to move with speed, maintaining balance while setting the cones in an upright position.
- When all cones are reset, play round two of Activity 2A: Knock em’ Over.

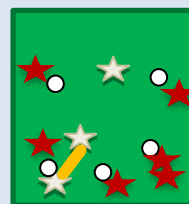
(Same diagram as above activity.)

- Players practice dribbling with speed and coordination.
- Keep head up – don’t run into other players 😊

11:30 – 11:35 a.m.

Activity 3: Moveable Goal

- All players dribble on the field
- Parent coaches are in pairs holding a pool noodle, they walk/jog around the field as a moving goal
- Players, each with a ball, try to dribble and score on the moving goal
- One point is awarded for each goal scored.
- Try to beat personal best each round 😊



Orange lines = pool noodles
White dots = soccer balls

- Practice dribbling, changing direction, keeping head up, looking for “open” goal, scoring goals, etc.

11:35 -11:40 a.m. – take a short water break before starting the game

Game

Play your scheduled game.

DO NOT place all players on the field at once, please use subs.

Play to regular goals. Use substitutes.

When the ball goes out of bounds, ask players to practice proper passing technique when performing the kick-in, goal kick or corner kick.

Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.

Players’ Homework: Ask players to practice shooting this week with their parents, a sibling or a friend.