




BWSA Under 6 Program  
Week 7: Shooting




Station One: "Money Ball Shooting Game"	Instructions
	<p><b>Field Set Up:</b></p> <ol style="list-style-type: none"> <li>1. In one goal, place a line of traffic cones inside the goal mouth.</li> <li>2. In both corners place a flat cone and place a soccer ball on top of each.</li> <li>3. On top of the traffic cones place different colored flat cones in the following sequence.... 2x Blue Cones= Furthest outer traffic cones, 2x Yellow Cones=Next furthest outer traffic cones, 1x Red Cone: Middle Traffic Cone. (See diagram).</li> <li>4. Place 3 - 4 traffic cones about 7 - 8 yards away from the goal. (These are team's Shooting Markers).</li> </ol> <p><b>Player Preparation:</b></p> <ol style="list-style-type: none"> <li>1. Split players into 3 - 4 teams (as evenly as possible).</li> <li>2. Line players up in their teams, behind their allocated traffic cone (away from goal, like in diagram).</li> <li>3. Coach instruct players that the soccer balls on top of the cone and the different colored flat cone (on top of the traffic cones) are worth certain amount of points for their team If they can knock them over.</li> <li>4. Soccer Balls= 10 points, Blue Flat Cones= 5 points, Yellow Flat Cones= 2 points, Red Cone= 1 point.</li> </ol> <p><b>Station Rules</b></p> <ol style="list-style-type: none"> <li>1. The 1st players (from each team) aim to knock over soccer ball or traffic with a flat cone on it. (From their 'Shooting Markers').</li> <li>2. After all the 1st players have shot, they must collect any the soccer ball or flat cone they have knocked over (If a traffic cone is knocked over, they must put it back up) and bring it back to their team.</li> <li>3. The next player in line goes.</li> <li>4. After all the flat cones are gone, the game stops and the team with the most points wins (or after a certain time period, the coach can stop the game).</li> </ol>
Progressions	Key Coaching Points
<ul style="list-style-type: none"> <li>• Cones and Soccer balls further apart.</li> <li>• Shooting Marker further away the goal.</li> <li>• Weaker foot shooting only.</li> <li>• Add passive blocker.</li> </ul>	<ul style="list-style-type: none"> <li>• Head up (Look at where the goal is).</li> <li>• None kicking foot (next to ball and pointing towards goal).</li> <li>• Striking the ball with shoelaces (toe pointed down) or inside (accuracy) &amp; keep ankle locked.</li> <li>• Ball contact (Middle to keep low).</li> <li>• Follow through of striking foot): Pointing towards goal</li> <li>• Aim for the corners of the goal (Top or bottom)</li> </ul>



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Station Two: "The Shooting Race Game"	Instructions
 <p>Powered by academysoccercoach.com</p> <p>© YESsoccer 2015</p>	<p><b>Field Set Up:</b></p> <ol style="list-style-type: none"><li>1. Set up a large square so players can move freely (approx 25y by 25 yards).</li><li>2. Place 2x goals either side.</li><li>3. In the middle of the large square, making a small square and call it the Shooting Box.</li><li>4. Place one traffic cone on either side of the small square.</li></ol> <p><b>Player Preparation:</b></p> <ol style="list-style-type: none"><li>1. Split the players into two teams</li><li>2. Place both team diagonally opposite each other, on either side of a goal.</li></ol> <p><b>Station Rules:</b></p> <ol style="list-style-type: none"><li>1. Coach: tell first player from each group to dribble around the tall traffic (in front of their line), then into the blue shooting box and score as quickly as possible from inside the shooting box. (Players must score inside the shooting box, for it to count).</li><li>2. The first player to score wins a point for their team.</li><li>3. After shooting, players join the end of their group.</li><li>4. The practice is then repeated by the next player in line.</li><li>5. Coach keeps track of goals scored and makes a competition among the teams.</li></ol>
Progressions	Key Coaching Points
<ul style="list-style-type: none"><li>• Elimination for GK: If a goalkeeper concedes a goal, they go into the elimination chamber. They can return to the game, if another GK catches the ball or his/her team makes 3x consecutive saves.</li><li>• Elimination for Strikers: If a striker misses the goal (shoots wide or over), they go into the elimination chamber. They can return to the game via a teammate scoring with their weaker foot or scoring via crossbar or post.</li></ul>	<ul style="list-style-type: none"><li>• Head up (Look at where the goal is).</li><li>• None kicking foot (next to ball and pointing towards goal).</li><li>• Striking the ball with shoelaces (toe pointed down) or inside (accuracy) &amp; keep ankle locked.</li><li>• Ball contact (Middle to keep low).</li><li>• Follow through of striking foot): Pointing towards goal</li><li>• Aim for the corners of the goal (Top or bottom)</li></ul>



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Station Three: "Small Sided Game"	Instructions
	<p><b>Field Set Up:</b></p> <ol style="list-style-type: none"> <li>1. Set up a large enough area for two teams play a small sided game.</li> </ol> <p><b>Player Preparation:</b></p> <ol style="list-style-type: none"> <li>1. Split players into two teams.</li> <li>2. Name teams either 'Home' Or 'Away'.</li> <li>3. Each team has either 3, 4 or 5 players on the pitch at any time.</li> </ol> <p><b>Station Rules:</b></p> <ol style="list-style-type: none"> <li>1. Teams player a normal small-sided game, by aiming to score in the opposite team's goal. No Goalkeepers.</li> <li>2. Each team has a minimum of 3 players or maximum of 5 players on the pitch at any given time.</li> <li>3. Coaches rotate every 2-3 minutes.</li> <li>4. On the rotation whistle (or signal): <ul style="list-style-type: none"> <li>• The 'Home' side become the new 'Away' Side.</li> <li>• The 'Away' Side move onto Station One.</li> <li>• The new 'Home' Side, is the team rotating from 'Station Two'.</li> </ul> </li> </ol>
Progressions	Key Coaching Points
<ol style="list-style-type: none"> <li>1. Bigger or Small goals.</li> <li>2. Add more small goals.</li> <li>3. 'End Line' Game: Remove the goals to leave a small pitch without goals. Players score by dribbling the ball beyond the opposite team's End Line.</li> <li>4. 'Accuracy Game': Remove goals and replace with 6 soccer balls on top of a cone (3 on each side). A goal is scored by accurately knocking one of the opposite teams soccer balls.</li> </ol>	<ul style="list-style-type: none"> <li>• Head up (Look at where the goal is).</li> <li>• None kicking foot (next to ball and pointing towards goal).</li> <li>• Striking the ball with shoelaces (toe pointed down) or inside (accuracy) &amp; keep ankle locked.</li> <li>• Ball contact (Middle to keep low).</li> <li>• Follow through of striking foot): Pointing towards goal</li> <li>• Aim for the corners of the goal (Top or bottom)</li> </ul>