

# BWSA Under 6 Program Week 7: Shooting





# Instructions

# Field Set Up:

- 1. In one goal, place a line of traffic cones inside the goal mouth.
- 2. In both corners place a flat cone and place a soccer ball on top of each.
- 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).
- 4. Place 3 4 traffic cones about 7 8 yards away from the goal. (These are team's Shooting Markers).

# **Player Preparation:**

- 1. Split players into 3 4 teams (as evenly as possible).
- 2. Line players up in their teams, behind their allocated traffic cone (away from goal, like in diagram).
- 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.
- 4. Soccer Balls= 10 points, Blue Flat Cones= 5 points, Yellow Flat Cones= 2 points, Red Cone= 1 point.

### **Station Rules**

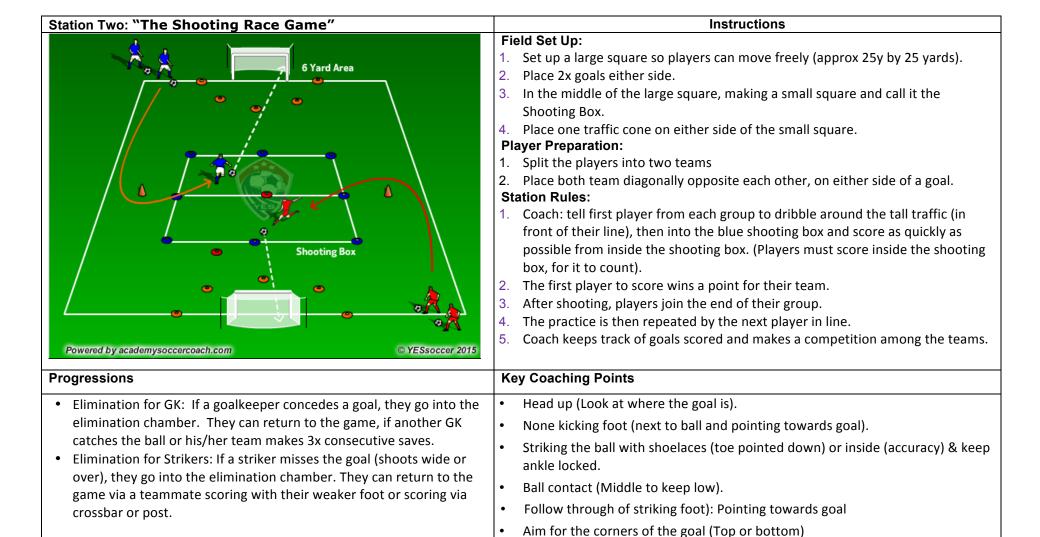
- 1. The 1st players (from each team) aim to knock over soccer ball or traffic with a flat cone on it. (From their 'Shooting Markers').
- 2. After all the 1st players have shot, they must collect any the soccer ball or flat cone they have knocked over (If a traffic cone is knocked over, they must put it back up) and bring it back to their team.
- 3. The next player in line goes.
- 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).

# Cones and Soccer balls further apart. Shooting Marker further away the goal. Weaker foot shooting only. Add passive blocker. Head up (Look at where the goal is). None kicking foot (next to ball and pointing towards goal). Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keep ankle locked. Ball contact (Middle to keep low). Follow through of striking foot): Pointing towards goal Aim for the corners of the goal (Top or bottom)



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# Field Set Up:

1. Set up a large enough area for two teams play a small sided game.

# **Player Preparation:**

- 1. Split players into two teams.
- 2. Name teams either 'Home' Or 'Away'.
- 3. Each team has either 3, 4 or 5 players on the pitch at any time.

### Station Rules:

- 1. Teams player a normal small-sided game, by aiming to score in the opposite team's goal. No Goalkeepers.
- 2. Each team has a minimum of 3 players or maximum of 5 players on the pitch at any given time.
- 3. Coaches rotate every 2-3 minutes.
- 4. On the rotation whistle (or signal):
  - · The 'Home' side become the new 'Away' Side.
  - The 'Away' Side move onto Station One.
  - The new 'Home' Side, is the team rotating from 'Station Two'.

### **Progressions**

- 1. Bigger or Small goals.
- 2. Add more small goals.
- 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.
- 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.

# **Key Coaching Points**

- Head up (Look at where the goal is).
- None kicking foot (next to ball and pointing towards goal).
- Striking the ball with shoelaces (toe pointed down) or inside (accuracy) & keep ankle locked.
- Ball contact (Middle to keep low).
- Follow through of striking foot): Pointing towards goal
- Aim for the corners of the goal (Top or bottom)