



U5-U6 Shooting

Category: Technical: Shooting
Difficulty: Beginner

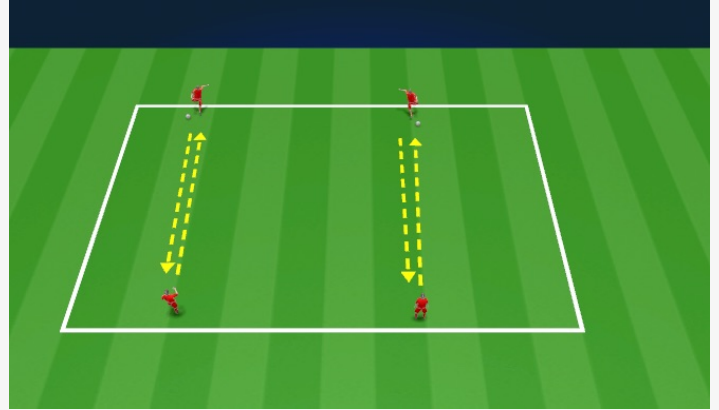
Gonzalo Sanchez

Description

Partner Shooting (5 mins)

Partner Shooting Practice- U5 practice with parent, U6 can practice with another player
Practice proper laces shooting form/technique

- Plant foot/non-kicking foot next to the ball, slightly bent, & toe pointed in the direction you want the ball to go
- Kicking/shooting foot should have ankle locked, toe pointed down so your laces (mid top of the foot) strikes the center of the ball.
- Upper body and knee of kicking foot over the ball to ensure ball stays low.
- Follow through and land on kicking foot.



Moving Goal (10 mins)

Coaches/parents grab a pool noodle and hold it to create a movable goal. Players all need a ball at their feet and practice trying to score on a moving goal. Parents of U5 players should try to help their child score or try to make it harder for them to score if they are scoring a lot. Play multiple rounds and see if the kids can beat their previous score.



Godzilla (10 mins)

Create a 20x20 yard space. The coach or parent is Godzilla. Players dribble around trying to shoot at Godzilla below the knees to stop them from destroying the city. U5 each parent can be a Godzilla and kids can chase their parent. Can also be played with only one Godzilla (the coach) and parents help their child try to take them down.



Mosquitos (10 mins)

Setup a small space about 20x20 depending on number of players. Split up the players into two teams: mosquitos with a ball and campers without a ball. Mosquitos who bite a camper switch roles with the camper. Mosquitos should try to get as close as possible to camper before shooting below the knees.

U5s can go against their parent here as well and if they are up for it can go against other parents as well.

U6 can go against each other.

Remind players to not shoot from a distance as we want to be as accurate as possible during this game.

