



Week 5A Shooting

Category: Technical: Shooting

Difficulty: Beginner

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Dribble Skill To Score (10 mins)

First Activity: Dribble Skills and Score

Theme: Shooting

Set Up: 4 cones in a zigzag X2, Goal no goalies.

Time: 8-10 minutes

Players dribble through cones using different parts of the foot. Once past the last cone shoot on goal. Once the player shoots the next player can go.

Coaching Points: Tight touches while going as fast as you can control the ball.



Shooting Relay (10 mins)

First Activity: Shooting Relay

Theme: Shooting

Set Up: Spread out all the balls, goal no goalie, two teams.

Time: 8-10 minutes

First player of each team sprints out and shoots any ball, must then return to team and high five next player and they run out and shoot any ball. Go until all players have taken a shot and all balls are gone. Keep track of the goals to win each round.

Progression: players run to chosen ball and take a touch before shooting.

