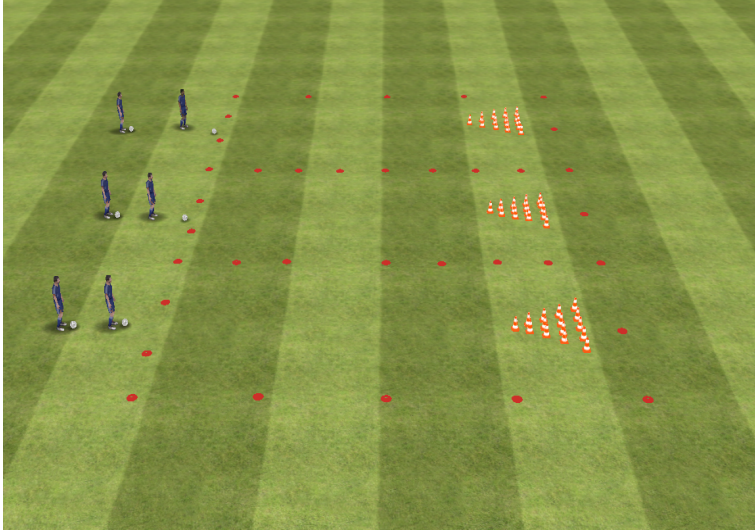


# Soccer Bowling

**Age: U5/U6**

**Level: Warm Up with Ball**

**Objective: Basic shooting technique**



Scan the code to see the practice:



## Organization:

Set out a 30x30 playing area. Create teams of 2-4 players.

Place 6 cones together 5-15 yards away from the players depending on their ability. Increase the distance as players progress. Each team tries to knock all their cones over by players taking turns to pass a ball at the cones. After each pass the player must retrieve the ball and dribble it back to their line for the next player to take their turn. The first team to knock all the cones down are the winners.

## Coaching Points:

1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.

2: Accuracy and technique over power, aim for the corners of the goals - Time the shot

3: Develop the accuracy using both feet before improving the power of the strike

4: Practice practice practice



# Pirate Pete and his Pesky Parrot

**Age: U5/U6**

**Level: Technique with Passive Pressure**

**Objective: 1v1 attacking to shoot.**



Scan the code to see the practice:



## Organization:

Set out a 20 x 20 area with one goal. Position 2 teams in opposite corners on the goal-line. Place a gate 3 yards wide at the opposite end of the grid. On command of the coach one player from each corner has to run around the cones and through the bottom gate. The coach passes a ball into an area where the players then compete to win the ball and try to score in the goal.

## Coaching Points:

- 1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 3: Accuracy before power: Build up power of strikes.
- 4: Positive: Run at the defender at pace and use a move to create a shooting opportunity.
- 5: Anticipate: Look for rebounds off the GK.

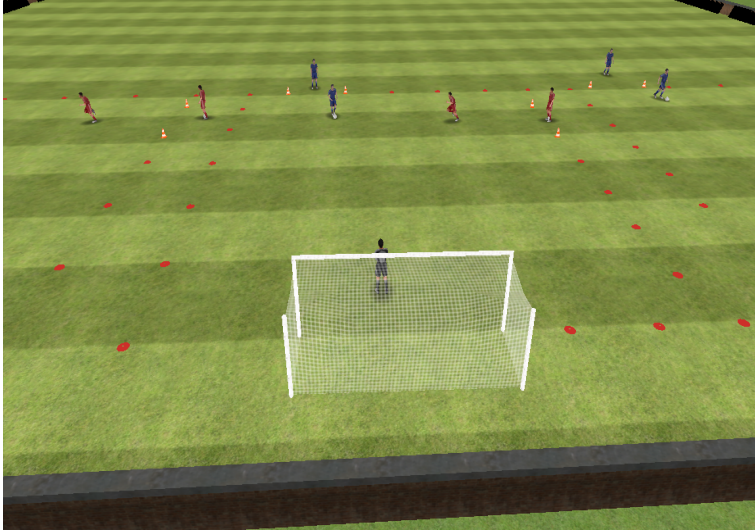


# Shooting with Defending

**Age: U5/U6**

**Level: Technique with Full Pressure**

**Objective: Shooting under pressure**



Scan the code to see the practice:



## Organization:

Set out a 40x40 playing area with a goal. A defender plays a pass across into an attacker. On the attacker's first touch the defender is active and tries to deny the attacker from scoring. The attacker should look to shoot as early as possible. Make sure players rotate roles. To bring a competitive edge, keep a tally of who scores the most goals.

## Coaching Points:

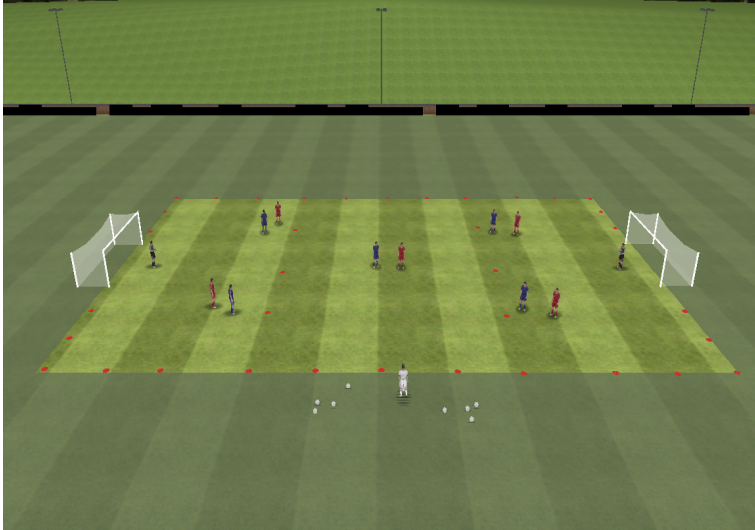
- 1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 3: Accuracy before power: Build up power of strikes.
- 4: Anticipate: Look for rebounds off the GK.
- 5: Create space: Width and depth to attack. This creates more space and passing / shooting options.

# Creating Scoring Chances

**Age: U5/U6**

**Level: Small Sided Game**

**Objective: Creating and taking scoring chances**



Scan the code to see the practice:



## Organization:

Set out a 60 x 40 area divided into thirds. Play 6 vs. 6 with goalkeepers. When the ball is played in the attacking and middle third, the defensive players are not allowed to tackle, they can only intercept passes. In the last defensive third defenders are free to tackle.

## Coaching Points:

- 1: Accuracy before power: Build up power of strikes
- 2: Create space: Width and depth, interchanging position, combination play ideas.
- 3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 5: Positive: Run at the defenders diagonally to open up space.
- 6: Anticipate: Look for rebounds off the keeper.