

Week 3 – Practice goals and drills

- Field set up before arrival – Set up cones in front of goals for shooting drills.
- Have kids play as they arrive. Pick some shooting drills, switch to skills, then do the dribbling game.
- Work on other game skills – goalie, goal-kicks, corner kicks, throw-ins, etc.
- Work on the skills and play a game at the end, asking questions to see if they are shooting with their laces, where they are hitting the ball, etc.

Shooting

1. Stationary shooting
 - Set up two cones appropriate distance from the goal. Two lines of kids, take turns shooting on goal.
2. Shot on Goal after dribbling
 - One goal, two lines of kids, one shooting righty and one lefty. 2 cones set up where the kids will shoot from (one on the right side of the goal, one on the left). 2 cones where the kids will start dribbling from (kids line up back here). Dribble, shoot, get the ball, line back up. Switch lines so everyone shoots righty & lefty.
3. Diagonal Dribbling
 - Same field set up as shot on goal. Kids just start on right cone, dribble over to the left cone or vice versa.
4. Shot on Goal, Dribble, & Turn
 - Two lines of kids. Kids will line up on the corners of the six-yard box and dribble to the cones in the front of the goal, then turn to look at the goal and shoot.

Good things to think about for shooting (pick a couple of these pointers to focus on the first time around).

- Glance up and select your target
- Point your toe and lock your ankle.
- Shoot with your laces.
- Strike the ball in the center-bottom half of the ball.
- Position your plant foot beside the ball.
- Plant foot should be pointing towards your target.
- Plant foot should strike the ground first before your kicking foot.

Dribbling Drill

1. Set up cones/flags randomly. Each kid dribbles around until whistle. Then, they find an open flag.
 - How do you find? *Keep your head up*
 - What part of your foot are you dribbling with? *Laces, inside of your foot, not toes*
 - How do you stop the ball? *Put your foot on top*