



Power shooting

Category: Technical: Shooting
Difficulty: Moderate

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Individual-Adult Member

Description

U6 Shooting

Warm Up - Rocket Ship

Organization

20x20 square

Each player will have a ball at their feet

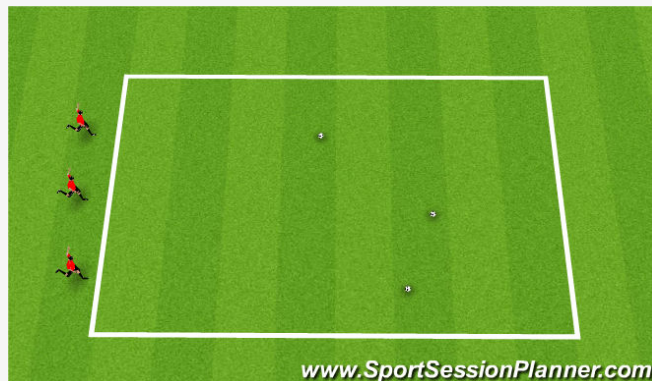
When coach Says FIRE!! players will try and shoot the ball to the other end of the square

Coaching Points

1. Are players using their laces? toe down ankle locked?
2. Non- kicking foot in the correct position? next to the ball toe pointed where we want the ball to go?
3. Generating enough power - follow through
4. Players looking at ball when making contact?

Progressions

1. left foot and right foot attempts
2. move players further back
3. timed - players only have 3 seconds to strike the ball



Technical - Dribble and Fire

Organization

20x20 square with 3 cones with a ball on top of each cone.

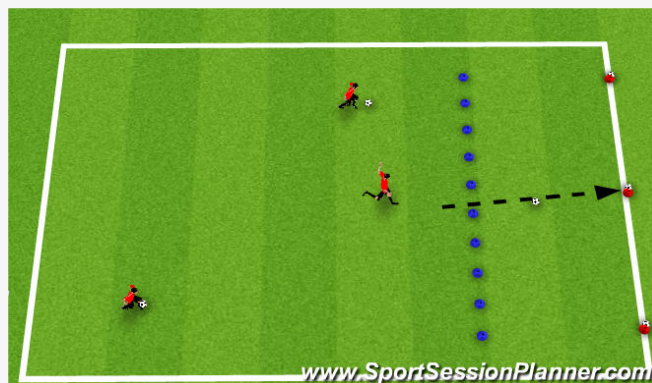
Players must dribble up to the cone and shoot the ball off the top.

Coaching Points

1. Are players using their laces? ankle locked, toe down
2. Non - Kicking foot in correct position?
3. Generating enough power? - Follow through
4. Players looking at the ball when making contact?

Progressions

1. add a line where players must shoot before reaching
2. right foot only/left foot only
3. race/timed



SSG

Organization

20 x 20 with a goal on each line.

Players can score in any goal

Coaching Points

1. Players looking to shoot with their laces?
2. head up looking for the open goal?



Question 1 - What part of our foot do we want to use when we shoot at goal?

Answer 1 - Laces - Toe pointed down and our ankle locked

Question 2 - Where should our non-kicking foot be?

Answer 2 - Next to the ball - with our toes pointed in the direction we want the ball to go in.

