



SOCCER GAMES (AGES 6-11)

ACTIVITY REFERENCE GUIDE

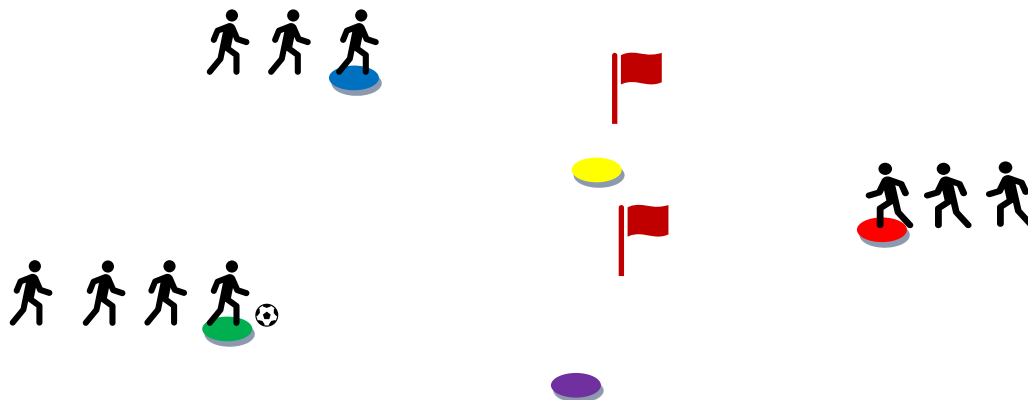


Shooting Drills

Purpose: Shooting

Equipment: Large Goal Flags, Soccer Ball, Colored Spots

Set Up: Use Colored Spots to create 3 lines: 1. Right/Left Shoulder (Shooting Line). 2 Opposite Right/Left Elbow (Passing Line). 3. Behind the Goal (Rebounding Line)



Execution:

- Split players up into 3-groups and have each group stand in a different line.
 - Green Spot = Shooting Line
 - Blue Spot = Passing Line
 - Red Spot = Rebounding Line
- Give the ball to the first person in the shooting line.
- The shooter passes the ball to the first person in the passing line
- The passer then passes the ball back to the shooter
- The Shooter then shoots the ball into the goal (through the flags)
- The Rebounding line gets the ball (make/miss) and dribbles it back to the shooting line. They pass the ball to the first person in the shooting line
- Everyone rotates – Shooter goes to the back of the passing line, Passer goes to the back of the rebounding line, Rebounding goes to the back of the shooting line
- Have all the players go through once and then have the rebounders become goalies. The goalie now tries to block the ball from going through the goal. (Yellow Spot)
- Have all the players go through once and then have the passing line move down to the baseline by the corner flag, same side as the shooter. (Purple Spot)

Comments:

- For the younger kids, get rid of the passing line
- Focus on correct footwork and form. Laces for Shooting. Inside part of your foot for passing.
- The passer should be putting the ball in a spot where the shooter can kick on the run. Lead the passer.