



U6 & U7 Community Soccer School: Week 3

Category: Technical: Shooting

Difficulty: Advanced

Thomas Connor , Warwick , United States of America
Individual-Adult Member

U6 & U7 CSS Week 3: Warm Up

Alert in Gotham City, the Joker has planted lots of gas bombs all over the city. You need to go round with your bat weapon and knock them all down

Organisation:

Batman must dribble round and knock down as many gas bombs as they can

Coaching Points:

Preparation, contact and follow through when striking the ball

Head over ball

Knee over ball

Target

Work on moving with the ball before striking



U6 & U7 CSS Week 3: Fun Game

The Joker has heard of Batman's plan as is trying to fix as many of the gas bombs as he can

Organisation:

Parents play the role of The Joker by placing the cones the correct way up if they have been kicked over by Batman

If there is more cones kicked over at the end Batman wins

Teams then switch roles

Coaching Points:

Preparation, contact and follow through when striking the ball

Accuracy of shot into cones

Head over the ball

Knee over the ball

Keep head up looking for cones



U6 & U7 CSS Week 3: Fun Game

Anakin Skywalker, it is your job to protect the Galaxy from the Clone Rebel spaceships. You must shoot through the middle of them to disable them. But the Clone Fighters have their own army trying to deflect the shots

Organisation:

Players are split into two teams; Skywalkers and Clone Droids

The Skywalkers attempt to disable the rebel spaceships by shooting a ball through the middle of the spaceships

The Clone Droid team try to get between the cones to stop the shot from going through (GKs)

But they must keep moving around

Coaching Points:

Head up and look for the open goal

Drive towards space and open goal

Have ball from under your feet - preparation, contact and follow through



Organisation:

Area - 55ft x 65ft

3 v 3 no GK

No referee, Coach drops in new ball every time it goes out

No positions

The matches should be competitive but played in a fun/fair environment, if a team is winning considerable mix the teams around

Possible Constraints:

Every player must touch the ball before scoring

Players must perform a "skill" before shooting

Players can only score with their weaker foot

