



U6 & U7 Community Soccer School: Week 8

Category: Technical: Shooting
Difficulty: Advanced

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

U6 & U7 CSS Week 8: Warm Up

The Dogs have to catch the Cat's tails and the Cats have to catch the Dog's tails

Organisation:

Players are split into two teams, either a Cat or a Dog

First the Dogs start with a pinnie as a tail and the cats try to catch them

The Dogs then give the Cats their tails and roles are reversed

Coaching Points:

Moving, ducking and dodging the chasers

Change of speed, running slow then speeding up

Turning and twisting



U6 & U7 CSS Week 8: Fun Game

Zack and Cody are staying in the hotel and have decided to play a prank of the hotel guests by throwing their luggage out of the window! But Mr. Moseby is on to them and is running around with his staff trying to stop them

Organisation:

Players try to kick the ball (luggage) through the triangle goals (window)

Mad Mr. Moseby and his staff (Parents) try to block the balls from going through

Allow players to switch at intervals with parents to achieve success in both roles

Coaching Points:

Preparation, contact and follow through

Accuracy of shot into corners

Head over the ball

Knee over the ball



U6 & U7 CSS Week 8: Fun Game

Zack and Cody have found that they have been locked in the hotel basement as punishment for their prank. In order to get out they must bust open all the doors. But Mr. Moseby and his Assistant are trying to close them

Organisation:

Players have a ball each and there are random goals set up across the field

Players look to open the doors (goals) by shooting their ball through the goal and moving on to another door

Mr. Moseby and his assistant try to stop the ball going through

Coaching Points:

Head up and look for the open goal

Drive towards space and open goal

Have ball out from under your feet

Preparation, contact and follow through

Aim for corners to beat GK



Organisation:

Area - 65ft x 55ft

3 v 3 no GK

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

No positions

Matches should be competitive but played in a fun/fair environment
, if one team is winning considerably mix the teams around

Possible Constraints:

Every player must touch the ball before scoring

Players must perform a "skill" before shooting

Players can only shoot with their weaker foot

