

## U6: Week Seven and Eight

### Striking/scoring



**Warm-up** Set up balls on cones in a large area. Players have a ball each.

#### Striking game

How many balls can you knock down in 30 seconds?

Players should reset the ball after it is knocked down.

#### Coaching Points

- 1) Toes down, heel up, laces strike the ball
- 2) Plant foot placement, alongside the ball "hop" into final step
- 3) Land on the striking foot
- 4) Follow through forwards

### Get out of here "scoring game"

Split players into 2 groups.

Set up a mini field, with 2 central goals.

- 1) Coach plays a ball onto the field, players try to score as quickly as possible in a 1 on 1 game. Progress to 2v2.
- 2) When a goal is scored or the ball goes out of bounds the coach says "get out of here" and throws a new ball on for the next round.

#### Coaching Points

- 1) Decision of **WHY/WHEN** we would pass to our teammate.
- 2) Decision of **WHY/WHEN** we would turn and change direction.



### Conditioned Small Sided Game(s)

Divide players into equal teams.

Play 3v3 or 4v4.

Each field has two central goals.

Teams attack 1 goal and defend 1 goal.

Once a goal is "scored" the opposition starts with the ball.

