

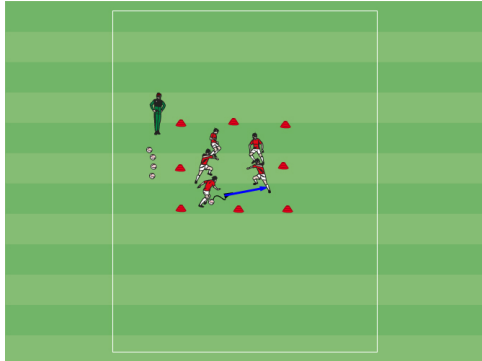
# TRAINING SESSION: WEEK 4 FOR U6-INTRODUCTION TO STRIKING THE BALL



## Objectives

To develop how to strike the ball. To develop how to shoot the ball to score. To develop working with a teammate.

### "Minions"



12 Players



Ball for each player, cones



Intensity: 5



00:08 min

(4 x 00:01 min, 00:01 min rest)

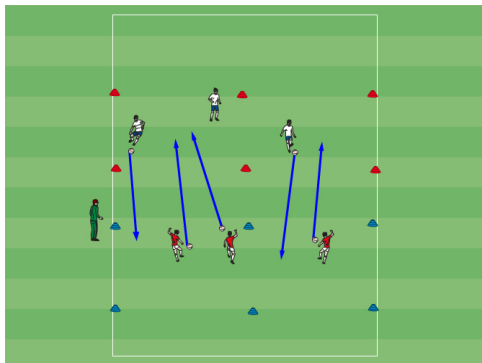
#### Coaching Points

Can they dribble the ball with their head up? What part of the foot can they use to hit someone below the knee. (Inside or laces/instep)

#### Description

Create a small playing area with cones. Space: 5x5-10x10. All players get inside the playing area. Designate one player to start with the ball. The coach can also be the person to start the game. The player with the ball dribbles and then attempts to pass the ball and hit someone else below the knee. Players without a ball can jump, dodge, etc. to avoid being hit. If a player

### Clean the yard



12 Players



Cones, balls



Intensity: 5



00:12 min

(6 x 00:01 min, 00:01 min rest)

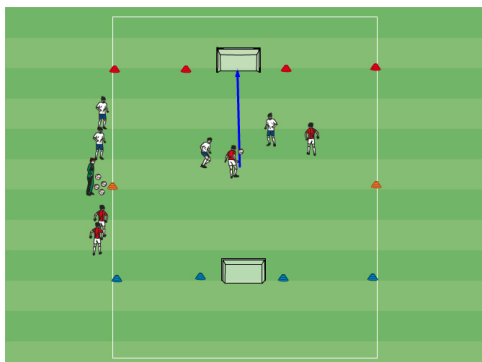
#### Coaching Points

What part of the foot should you use to strike the ball? (laces or instep) Where should your non-kicking feet be? (To strike the ball farther, the non-kicking foot should be slightly away but next to the ball)

#### Description

Create a field and split into half. Put an alley to designate a no entry zone in between the two fields. Half of the players go on one side and are a team, half go to the other. Have an odd number of balls prepared. Example: If you have 6 players, put two balls on one half, and three for

### Get out of here!



12 Players



Cones, balls, small goals



Intensity: 5



00:12 min

(6 x 01:00 min, 01:00 min rest)

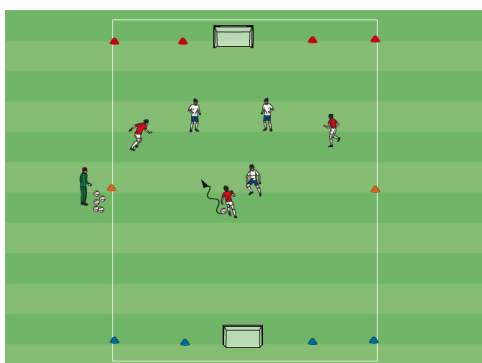
#### Coaching Points

Working on striking the ball to shoot. "What part of the foot can you use to strike the ball"? Work on the idea of shooting first but if not then get the ball to a teammate.

#### Description

Create a small-sided field with small goals on each end. Dimensions: Approximately 20 yards long by 10 yards wide if playing 2v2. Divide into two teams. Play 2v2 on the field. When the ball goes out of bounds or there is a goal, the coach says "Get out of here" and a new pair from each team runs on.

### Small-Sided Game to two goals (3v3-4v4)



8 Players



Small goals, cones, balls



Intensity: 7



00:16 min

(4 x 03:00 min, 01:00 min rest)

#### Coaching Points

Principles of attack Principles of defense Techniques of dribbling, passing, shooting. Techniques of pressure (closing down), cover (body position), tackling

#### Description

Play two teams. Each team attacks one goal and defends another. Numbers may vary. Both teams play to score. Normal laws of the game. No restrictions. Let them play and enjoy.