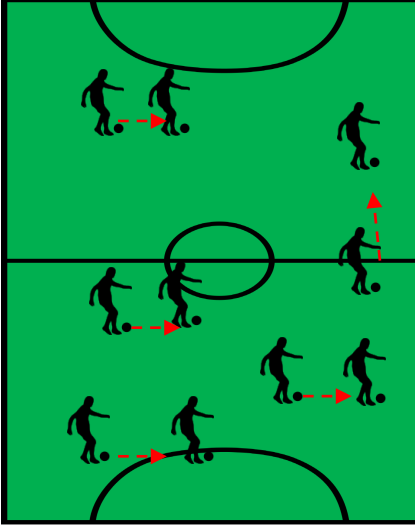
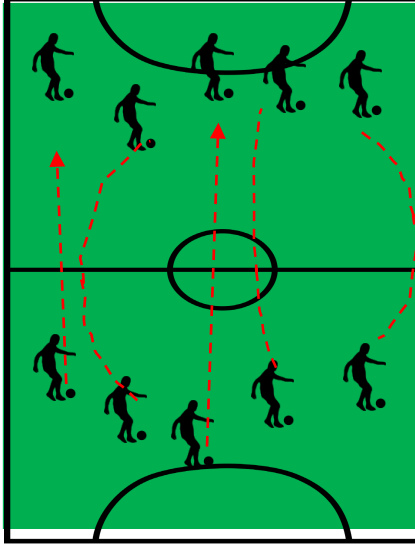


# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U6 Practice Plan

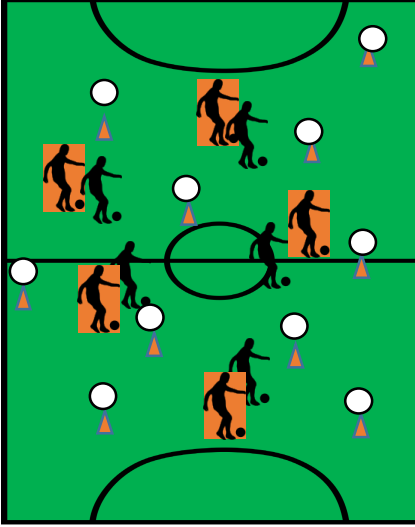
Week 8

<p><b><u>THEME</u></b> shooting</p> <p>Warm up</p> <p><b><u>Purpose</u></b> Improve shooting</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 soccer ball per player</p> <p>1 min drills</p>	<p><b><u>EXECUTION</u></b> Players dribble around and attempt to strike a teammates soccer ball by passing their ball into it.</p> <p>Each successful strike counts as one point. Player with the most points after a minute wins.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-ensure players execute soft touch passes.</li> <li>-use of the instep</li> <li>-keep their heads up.</li> <li>-focus on accuracy of the pass.</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b> shooting</p> <p>Individual skill activity</p> <p><b><u>Purpose</u></b> Improve shooting</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 20yard grid</p> <p>1 ball per player</p> <p>2 teams</p>	<p><b><u>EXECUTION</u></b> Players are divided into two teams on opposite halves of the grid. On the command “GO” the players will attempt to strike/shoot the ball to the other teams half. The coach will yell stop or blow a whistle after 1 min. The team with the least amount of balls gain a point.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-strike through the ball with your laces.</li> <li>-follow through your shot</li> <li>-land on your kicking foot.</li> <li>-turn your hips and shoulders towards your target.</li> </ul>	<p>Diagram</p> 

# OLYMPIC ATLANTA SOCCER ASSOCIATION

## U6 Practice Plan

Week 8

<p><b><u>THEME</u></b> shooting</p> <p>Integrated group activity</p> <p><b><u>Purpose</u></b></p> <p>Improve shooting under pressure</p>	<p><b><u>PLAY DESIGNATION</u></b> 30 x 30yard grid</p> <p>1 ball in play</p> <p>various disc markers.</p> <p>1 ball for each disc marker</p> <p>2 teams</p>	<p><b><u>EXECUTION</u></b></p> <p>Coach will place soccer balls on top of randomly placed disc markers. Players will be divided into two teams (attackers/defenders). 1 ball is given to the attacking team. On the command “go” the attackers will attempt to knock down as many balls from the discs as possible by executing a pass. The defender will attempt to prevent this by blocking the pass.</p> <p>Advance: Players must pass the ball to a teammate before attempting to knock down a ball.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-Communication</li> <li>-Defenders do not win the ball, only block the ball.</li> <li>-ATTACKERS PASS THE BALL TO EACH OTHER</li> <li>-movement w/o the ball</li> <li>-passing accuracy</li> </ul>	<p>Diagram</p> 
<p><b><u>THEME</u></b> shooting</p> <p>3 v 3 knock out</p> <p>Small sided game</p> <p><b><u>Purpose</u></b></p> <p>Improve shooting</p>	<p><b><u>PLAY DESIGNATION</u></b> 20 x 30yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 3 ball</p>	<p><b><u>EXECUTION</u></b></p> <p>If a team gets scored on they must exit the field expeditiously.</p>	<p><b><u>COACHING</u></b></p> <ul style="list-style-type: none"> <li>-Control of the ball</li> <li>-field vision</li> <li>-heads up</li> <li>-burst of speed</li> </ul>	<p>Diagram</p> 