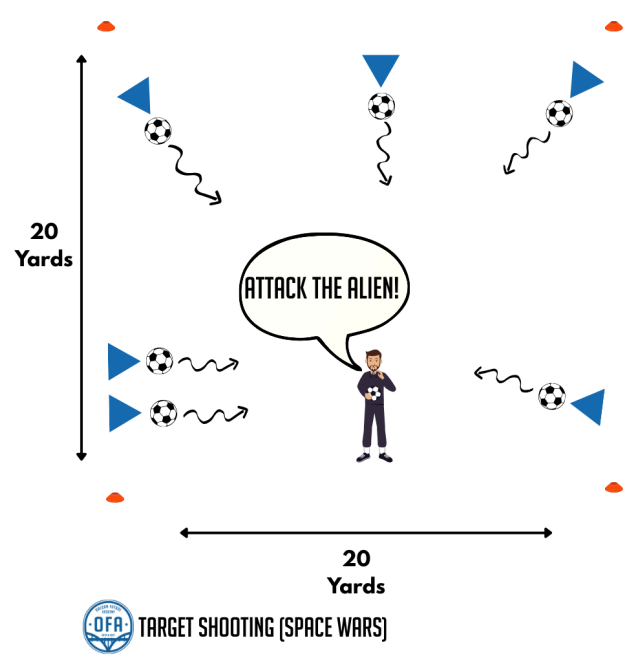


Week 4 - Shooting Technique

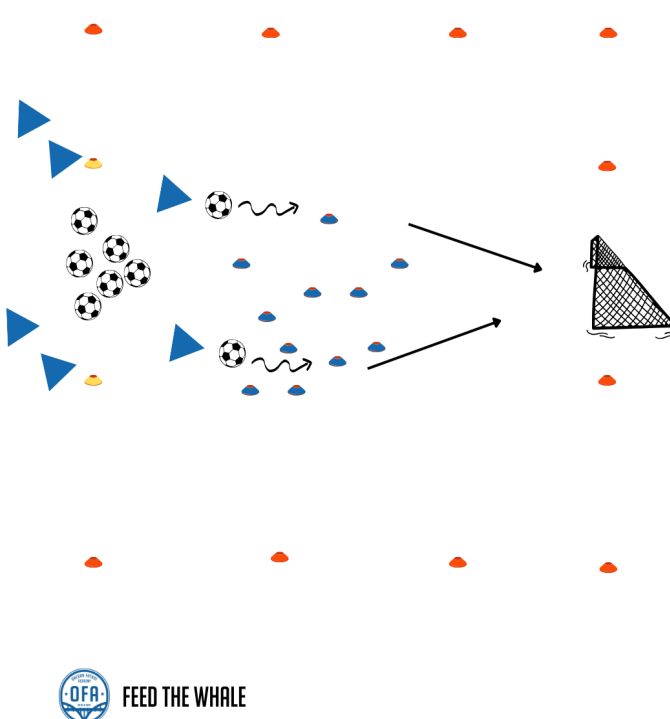
WARM-UP ACTIVITY: Target Shooting (Space Wars)

	Activity Objective	Develop shooting accuracy, power, and confidence in a fun game where players try to “hit the alien” (the coach or moving target).
	# of players/Opponent	8/1
	Size/Shape of Field	20x20
	Ways of Scoring	Players score a point each time they hit the coach/alien below the knees with the ball. Bonus points for quick shots after a controlled dribble.
	Active/Recovery Duration	60-90 seconds / 90 second
	Repetition/Sets	3-5 repetitions / 1-2 sets
	Total Activity Duration	10-15 minutes
	Rules	-All players start with a ball inside the grid. -On command, players dribble and shoot at the “alien” (coach). -Players retrieve their ball and continue shooting until time is up. -Highest score after each round wins “Space Battle.”
	Constraints/Restrictions	Add an “alien invasion” where the coach tries to take the balls from the players
	Rotations (Substitutions)	All players dribble and shoot at the same time within the grid. The coach (alien) moves around to create new angles. Players reset quickly after each shot to keep the game flowing.

Coaching Interactions

WHAT (Coaching Points) Keep head up while dribbling to see target. Strike with laces or inside of foot for accuracy. Encourage quick transition: dribble → set up → shoot.	WHEN (You will enter the activity)	HOW (You will deliver the information) Emphasize fun, imagination, and creativity
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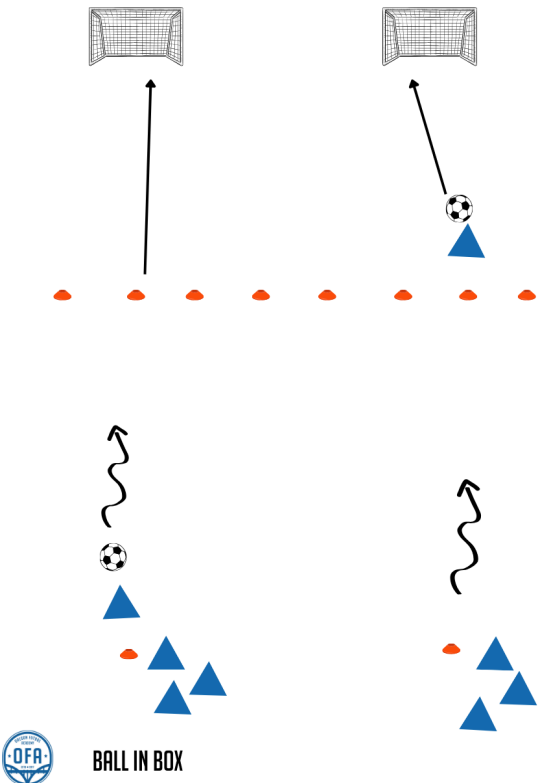
ACTIVITY 1: Feed The Whale

	Activity Objective	Help players develop dribbling and finishing skills by navigating through obstacles and shooting into the “whale’s mouth” (goal).
	# of players/Opponent	-
	Size/Shape of Field	20x20
	Ways of Scoring	Players score by successfully dribbling through the cones and finishing into the goal. Bonus points for accuracy (hitting specific targets inside the goal).
	Active/Recovery Duration	15-20 seconds/ 45-60 seconds
	Repetition/Sets	3-5 repetitions / 2-3 sets
	Total Activity Duration	10-15 minutes
	Rules	-Players start at the line with a ball each. -Dribble through the “waves” of cones without losing control. -Finish with a shot into the “whale’s mouth” (goal). -Retrieve the ball quickly and return to the back of the line. -Keep score individually or as a team challenge (how many balls can we feed the whale in 2 minutes?).
	Rotations (Substitutions)	Players line up with balls on one side. Each player dribbles through the cone “waves” and shoots. After shooting, retrieve ball and return to the back of the line.

Coaching Interactions

WHAT (Coaching Points) Keep ball close when dribbling through cones. Head up to see the path and goal. Use the laces or inside of the foot for a strong, accurate shot.	WHEN (You will enter the activity)	HOW (You will deliver the information)
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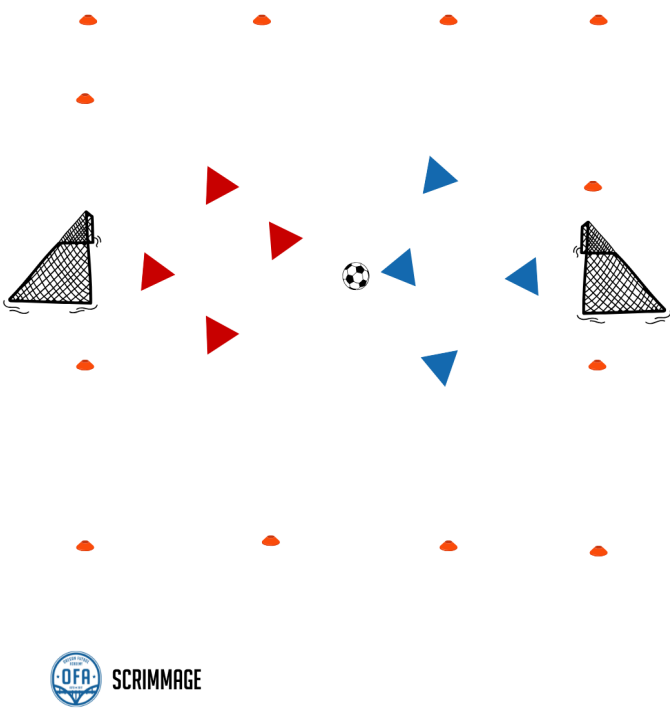
ACTIVITY 2: Ball in the Box

 BALL IN BOX	Activity Objective	Develop dribbling under control and finishing by moving the ball into the scoring zone ("box") before shooting on goal.
	# of players/Opponent	-
	Size/Shape of Field	
	Ways of Scoring	Players score by dribbling into the cone "box" and then finishing into the goal. Bonus points for using weaker foot or accurate placement shots.
	Active/Recovery Duration	15-25 seconds / 45-60 seconds
	Repetition/Sets	3-5 repetitions / 2-3 sets
	Total Activity Duration	10-15 minutes
	Rules	-Players start at the line with a ball each. -Must dribble into the cone "box" before shooting. -If a shot is taken outside the box, it doesn't count. -Retrieve the ball and reset for the next turn. -Can be scored individually (each player tracks goals) or as a team challenge (total goals in 2 minutes).
	Rotations (Substitutions)	Players line up with a ball each. One at a time, they dribble into the box and shoot. After finishing, retrieve the ball and return to the back of the line.

Coaching Interactions

WHAT (Coaching Points) Dribble with small touches to stay in control. Accelerate into the box before shooting. Strike with laces or inside of foot for accuracy. Keep head up to see goal before finishing.	WHEN (You will enter the activity)	HOW (You will deliver the information)
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ACTIVITY 3: Scrimmage

	Activity Objective	Give players the opportunity to apply skills learned in practice in a realistic game environment, encouraging decision-making, teamwork, and fun.
	# of players/Opponent	4 v 4
	Size/Shape of Field	15 x25 yards
	Ways of Scoring	Teams score by putting the ball in the opponent's goal. Bonus coaching focus: reward teams for stringing passes together, dribbling past defenders, or spreading out.
	Active/Recovery Duration	10 minutes/5 minutes
	Repetition/Sets	
	Total Activity Duration	20 minutes Two 10 minute halves -5 minute half time
	Rules	-Normal small-sided game rules: dribble, pass, shoot, and score. -Kick-ins or dribble-ins instead of throw-ins to keep flow simple. -No goalkeepers at U7/8 -Have fun and emphasize fair play, effort, and teamwork.
	Rotations (Substitutions)	Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed. Support teammates (move into open space). Defend by staying between the ball and the goal.
Coaching Interactions		
WHAT (Coaching Points) Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed.	WHEN (You will enter the activity)	HOW (You will deliver the information)