



ACTIVITY #1

Set up: Space goals about 30 yards apart. Divide players up into two teams (pennie team and non-pennie team). Have one team on the right side and left side of alternate goals, and have the other team do the same. Balls should be on opposite sides and teams should be shooting at different goals (see above)

Instructions: Both teams go at the same time. Play starts by player with ball passing the ball to their teammate. Teammate takes a touch and then shoots the ball in the net, players then change lines. Player who passed the ball goes to the shooting line and the player who shot the ball goes to the passing line. Player who passed the ball needs to run on the outside of the field to avoid running into the shooters path. Variation-add goalies, player 3-4 minute rounds and have teams keep track of their scores. Also, can play one touch shooting and have the players shoot with their weaker foot (in most cases their left foot).

Coaching Points: 1)Point toes at ground (no toe blows)
2)Good first touch (push ball out in front-not too far and not too close about a yard)
3)Follow through (land on your shooting foot).

ACTIVITY #2

Set up: Set up two goals 30 yards apart.

Instructions: Divide players up into two teams. Every player with a ball. Teams start right side of alternate posts. Game starts by one player on non-pennie team dribbling as close to other teams goal and takes a shot (1). As soon as the player shoots, he has to run back and then be the goalie (2). When the player takes the shot the player on the pennie team can go and try and score a goal on the non-pennie team (3). First team to score 10 goals wins, coach keeps track of score.

Coaching Points: 1)No toes!!! Strike the ball with your shoelaces
2) Shoot the ball away from the goalie



ACTIVITY #3

Set up: 40-60 Minutes. Set up a field 40-50 yards wide by 50-60 yards long (depending on space available, make a rectangle, not a square). Depending on resources use two goal or 4 cones, or 4 flags. Cones need to be 8 yards apart (8 big steps).

Instructions: Divide players into two teams (one pennie team and one non-pennie team). Play with Goalkeepers. Put the team in some sort of formation to avoid bunching around the ball. After every 4-5 minutes switch out goalies. Play throwins and corners. Scatter soccer balls around endline and sidelines for quick restarts. Let them play!!!

Coaching Points: 1)When close to the goal SHOOT!!!
2)Strike the ball with laces, no toes

