

9-23-05 U6 Practice

## I. WARM UP (QUICKLY)

- DRIBBLING IN GRID
- USUAL COACHING POINTS

## II SHOOTING

- INTRODUCE "LACES"

- IN SMALL GROUPS, COACH DROPS BALL TO PLAYERS FOOT FOR THEM TO KICK BACK INTO COACHES HAND. - PLAYERS ARE SITTING ON THEIR BOTTOM LOOKING FOR PLAYERS TO GET ACCUSTOMED TO STRIKING BALL WITH THEIR INSTEP. EMPHASIZE COACHING POINTS ... NO LOOSE ANKLES

- DRILL - SHOOTING

- COACH TO ROLL BALL OUT FOR PLAYER TO SHOOT ON GOAL.

## III NUMBERS GAME

- 2 TEAMS
- COACH CALLS # (S) PLAYERS COMPETE FOR BALL & SHOOT ON GOAL
- ENCOURAGE PLAYERS TO SHOOT EARLY & FROM FAR OUT.

★ ITS BETTER TO SHOOT & MISS THAN NOT SHOOT AT ALL ★