



U6 VHSC Practice Session 6

Category: Technical: Shooting
Difficulty: Beginner

Am-Club: Vestavia Hills Soccer Club
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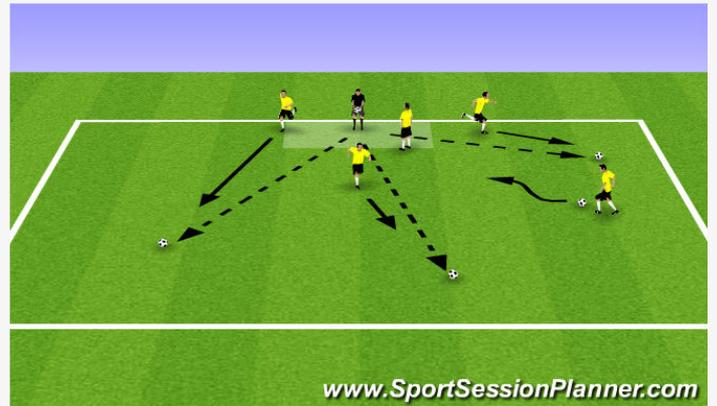
Fetch Doggy 1 (6 mins)

Fetch Doggy 1

- 1 - Players carry ball back with hands
- 2 - Players carry ball back with no hands
- 3 - Elbows
- 4 - Dribble
- 5 - Partners, one pass then back to Coach

Variation: Coach moves around field!

***Must put foot on ball when arriving back with Coach**



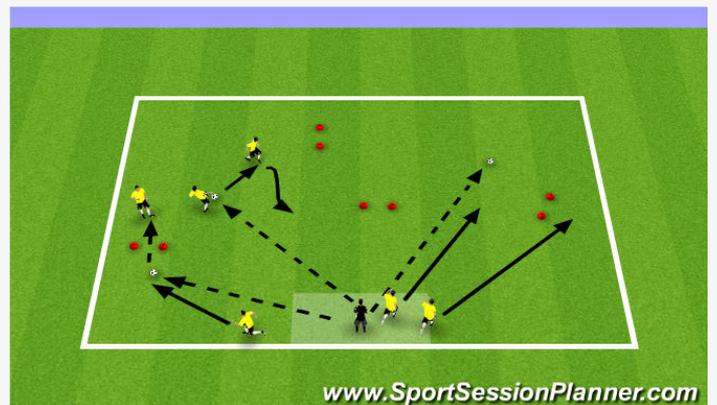
Fetch Doggy 2 (6 mins)

Fetch Doggy 2: Cooperation

- 1 - Partners retrieve ball any way they can
- 2 - Partners must make at least one pass
- 3 - Dribble through gate
- 4 - Dribble through gate + 1 pass
- 5 - Pass through gate (advanced)

Variation: Coach moves around field!

***Must put foot on ball when arriving back with Coach**



Keepers of the Watch (6 mins)

Keepers of the Watch

2 Players are designated '**Keepers of the Watch**'
These defenders guard the **King or Queen (Coach)** from the onslaught of **raiders (attackers)**!

Coach is the Goal Keeper and last line of defense

Coach rolls ball to Attackers

Raiders attack the goal as the Keepers of the Watch defend the keep!

If the Keepers win the ball - they score at by destroying the ships (cones)

Variation: 2v1 or 3v1

***Rotate Keepers of the Watch after 2-3 minutes**



Shooting 001 (6 mins)

Shooting 001

- 1 - Players dribble up or run up to cone
- 2 - Place ball on top of cone
- 3 - Run back to start
- 4 - Sprint to ball + shoot off the cone!

Score - 1 point

Net in Air - 3 points

Who will be the first one to 10?



Shooting 002 (6 mins)

Shooting 002

- 1 - Players dribble up to line
- 2 - Stop ball
- 3 - Run back to start
- 4 - Sprint to ball + shoot!

Score - 1 point

Net in Air - 3 points

Who will be the first one to 10?



Soccer King (20 mins) or Game Time!

Soccer King

Mark out a **15x15**, **15x20** or **20x20** field

The game is 4v3

The '**Soccer King**' plays with the team with the ball

Once a team has scored 3 goals, change the King

Make sure everyone gets to play the King!

Use multiple fields if needed!

