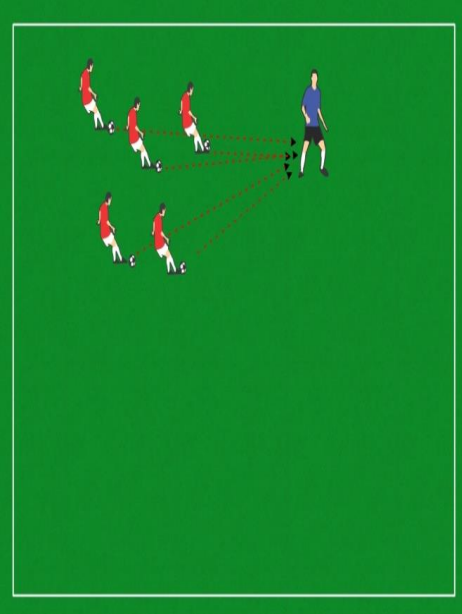


SYC Lil' Boots
Session 6

Striking The Ball

15 Minute – Hit The Coach



Instruction:

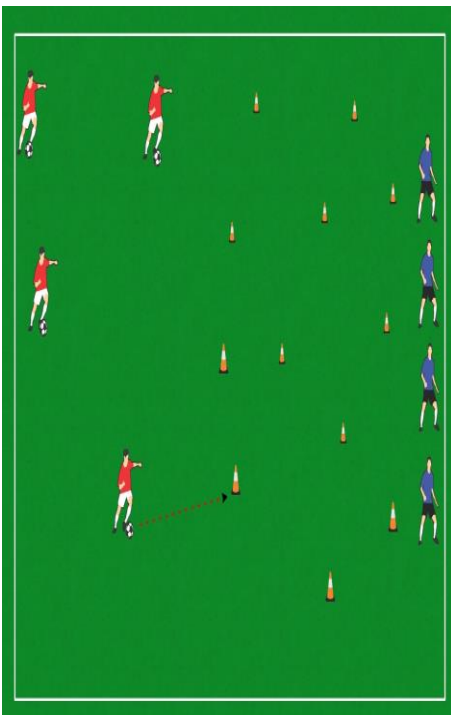
Setup a 20x20 area. Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell “ouch” each time they are hit to make the game more exciting.

Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)

Coaching Points:

- Place non kicking foot next to the ball and point your toes towards the goal
- Bend your non kicking knee
- Keep kicking knee over the ball
- Lean over the ball
- Point your toes down
- Use your top of the foot (laces) to strike the ball
- Hop with your non kicking foot

15 Minutes - Builders & Destroyers Shooting



Setup:

Divide players into 2 groups

Instruction:

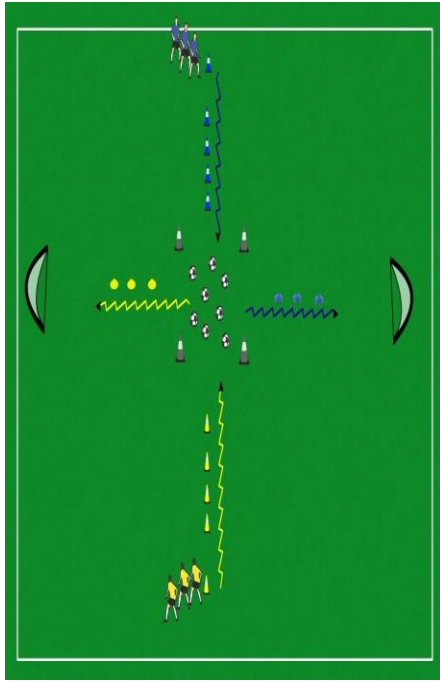
Scatter tall cones all over the field. Divide players into 2 groups. One group without the balls (blue) are the builders. The second group with the ball (red) are the destroyers. Object is for the destroyers to dribble around and try and knock over the cones with a shot from their ball. The builders are to pick the cones back up with their feet. If the destroyers can knock over all of the cones before the builders can build them, they win! Switch Roles – Play each round for a minute.

Coaching Points:

- Place non kicking foot next to the ball and point your toes towards the goal
- Bend your non kicking knee
- Keep kicking knee over the ball
- Lean over the ball
- Point your toes down
- Use your top of the foot (laces) to strike the ball
- Hop with your non kicking foot

SYC Lil' Boots Session 6

15 Minutes – The Big Pile Relay

**Instruction:**

Pile up all the balls in the middle square (black). Split the players up into two teams (yellow & blue). One coaches command one players at a time runs through the cones (zig zag) to grab a ball in the middle. Player takes a ball and dribbles a zig zag through their small cones and scores in their goal. After they score, they run back and tag the next player that will go next. Play until everyone in each line has gone. First team sitting back in their starting position wins.

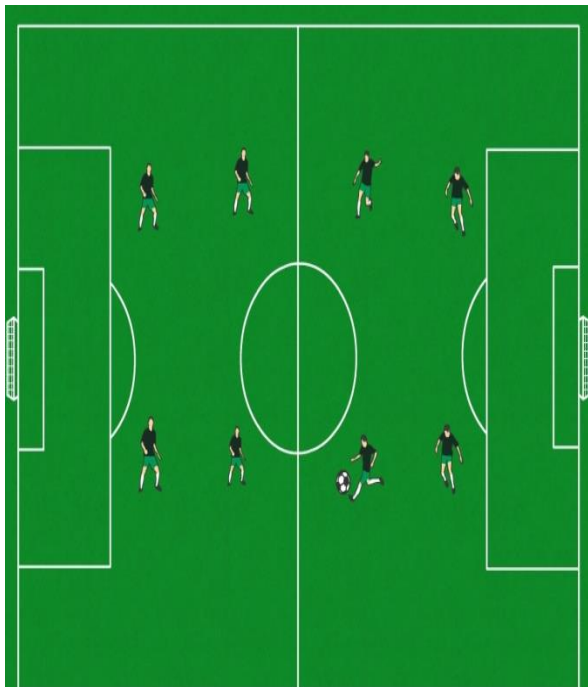
Progression:

- **Add a shooting line that players must shoot behind.**

Coaching Points:

- Place non kicking foot next to the ball and point your toes towards the goal
- Bend your non kicking knee
- Keep kicking knee over the ball
- Lean over the ball
- Point your toes down
- Use your top of the foot (laces) to strike the ball
- Hop with your non kicking foot

15 Minutes – Game Time

**Instruction:**

Split the players up into two teams. (If more than 4 on a team, make 3 teams) Tell the players to come up with a creative team name.

Show each team which direction they are going and which goal they are shooting in. (Place a different color penny on the pug goal if it is easier)

Coaching Points:

- Focus on close dribbling.
- Help children recognize which direction they are going and encourage them to shoot when they are near the goal.

Encourage the players to try to win the ball back once they lose it.