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| Bee Stings | Coaching Points |
| Each player with a ball in a grid. They dribble around chasing the coach and try to “sting” him/her by shooting the ball at him/her. | * Passing: Strike ball with the inside of foot (logo of shoe)
* Shooting: Strike ball with laces of shoe
* Plant foot next to ball pointing to target
* Use arms to balance
* Passing: Knees bent, passing foot’s toes up, ankle locked
* Shooting: same but toe pointed down, ankle locked
* Striking leg should move smoothly to target, not off to side
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| Foxes & Hunters | Coaching Points |
| ½ kids with balls, other ½ without. Kids with balls are hunters, kids without balls are foxes. Hunters try to “shoot” the foxes, who, in turn, run around in the grid. Switch them up. Remember fox ears. | * Same as above
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| Alligator Alley | Coaching Points |
| Set up 3, 5 x 10 yard areas with goals at one end. Create a danger strip in the middle (3 x 5) with cones. Have a coach or a parent crab or crawl around in the danger zone. The players have to dribble around the coach/parent and shoot on the goal at the other end. | * Keep the ball close
* Use your shoelaces, inside, and outside of feet. Don’t use your toes
* Touch the ball, then look up
* Touch/keep the ball away from the “alligator”
* Same as above for shooting points
* Shoot ball into the corners of the goal
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| The Wall | Coaching Points |
| Coach plays GK and calls herself/himself "THE WALL" Be energetic and animated. The game is the coach/gk vs the kids. If they score 3 in a row from a certain spot, the coach does something funny that the kids choose. If the coach/gk stops/kids miss 5 in a row, the gk wins, then they pick something the kids have to do. The more animated and "cocky" you get the more the kids get into it. | * Strike ball with laces of shoe
* Plant foot next to ball pointing to target
* Use arms to balance
* Shooting: same but toe pointed down, ankle locked
* Striking leg should move smoothly to target, not off to side
* Aim for corners
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| Moving Goal | Coaching Points |
| All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal. **Coaches:** Move around into open space so that the players have to dribble around and kick their ball through a moving target.  | * Passing: Strike ball with the inside of foot (logo of shoe)
* Shooting: Strike ball with laces of shoe
* Plant foot next to ball pointing to target
* Use arms to balance
* Passing: Knees bent, passing foot’s toes up, ankle locked
* Shooting: same but toe pointed down, ankle locked
* Striking leg should move smoothly to target, not off to side
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| Zookeeper | Coaching Points |
| Ask the kids what their favorite zoo animal is and maybe what they eat. Coaches spread their legs, players standing along a line in front of them. Players try to pass the ball (“food”) through the coaches’ legs (“animal mouth”). Must be a pass through the legs so be sure to break down how to pass (inside of foot, knees bent, ankle locked, etc). You can also use cones set up as small gates, in front of the kids to be used as the animal’s mouth.Variation: put out random “animals” (gates, legs, etc) and have the zookeepers dribble around the zoo feeding the animals they see. | * Same as above
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U6 Shooting/Passing Exercises

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| Race to Goal | Coaching Points |
| 20 yd race dribbling, then shot on goal. 2 lines next to each goal. As soon as the shot occurs, the next 2 take off from the goal that as just shot on. Vary the course as you see fit. | * Push ball out in front of you a few yds when speed dribbling.
* Shoot ball while moving
* Aim for corners
* Use proper technique
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