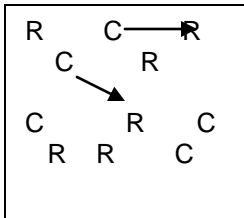
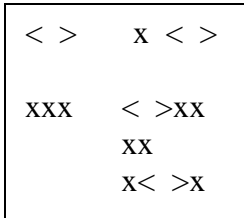
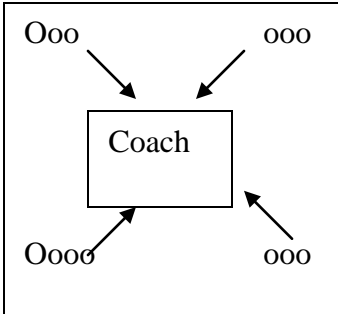
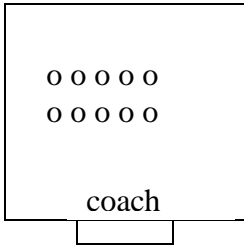


Club East Brunswick Session 6 Date _____

Session Title ATTACKING/SHOOTING.2.

Objectives To be more accurate. To be fast and aggressive

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>COPS AND ROBBERS Split children into cops and robbers. Robbers must dribble soccer balls avoiding cops. Cops have to catch them by kicking their balls against robber's legs. Count how many robbers you catch. Begin with 2 cops or just the coach. Can have everyone with a ball or without.</p>		10	Points; Use inside of foot or laces. Lock ankle. No toes. Aim with non-kicking foot. C – Cops R = Robbers
<p>SHOPPING GAME Each gate is a shop (toy's r us, burger king, etc), to buy anything from the shop, you must shoot your ball through the gate, and run through to the other side to collect your item at the check out.</p>		10	Points; Accuracy of shot < > = Gates (Shops) X = Players with soccer balls
<p>LIFEGUARDS Split group into 4, send into corners. The lifeguard(coach) defend the shallow water from the sharks, trying to keep out balls and children. If players (sharks) get into shallow water they aim to stay in as long as possible. Progression: Coach has helpers. The sharks aim to come in to get food (pinnies) and take it back to base.</p>		10	Points; Change direction to stay on shallow water Protect ball O = Players (Sharks)
<p>CHARGE THE KEEPER Players dribble to score on any goal, and try to score past coach and parents.</p>		10	Points; Don't shoot with toes Lock ankle Score in between flags Don't wait for coach, be aggressive O = Players