

## Session 3 - Shooting & Scoring

### Equipment: Soccer Balls, Cones & Pinnies

#### Team Building: Group Machine (5 minutes)

- Split the participants into groups
- Leader calls out an object and together in their groups, participants form the object using their bodies

#### Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

#### Activity 1: Soccer Simon Says(10 minutes)

- Play a game of “Soccer Simon Says” with commands related to soccer skills (ie. dribble the ball, find a partner and pass the ball, shoot the ball on net, etc)

#### Activity 2: Shooting Techniques (10 minutes)

- Demonstrate the proper shooting technique: planting the non-kicking foot, striking the ball with the instep, and following through.
- Practice shooting in a rainbow formation, Leader is in net

#### Activity 3: Shooting Drills (10 minutes)

- Set up stations where students take turns shooting from different spots and distances
- Introduce a shooting challenge where students try to score by aiming for specific areas of the goal (ie. upper corners)

#### Play a Game (20 minutes)

- Split the group into teams and play soccer

#### Cool Down (5 minutes)

- Have students jog and perform stretches to cool their body down
- Ask each student to tell you their favourite part of the session or something they learned about soccer