

Session 3 - Shooting and Scoring

Equipment: Soccer Balls, Cones & Pinnies

Icebreaker: Three Things About You (5 minutes)

- Students sit in a circle and take turns telling each other three things about them

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 dribbling, passing and shooting

Activity 2: Shooting Techniques (5 minutes)

- Demonstrate basic shooting technique: using the inside of the foot and aiming for the goal
- Let students practice shooting into a small goal

Activity 3: Shooting Drills (10 minutes)

- Set up a line of students. Each student takes turns shooting at the goal while others wait in line
- Introduce a fun target game where students can try to hit a specific area of the goal

Activity 4: Shoot and Score Game (10 minutes)

- Play a mini game where students try to score goals in small sided games. Focus on taking turns and celebrating good shots.

Play a Game (10 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