

Age Group

U8

Topic

Shooting - Striking the Ball

Who: Attacking players with the ball

What: Shooting, Dribbling, Running with the ball

Where: In the flank areas or centrally close to the goal

When: In possession of the ball with time and/or space to shoot

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

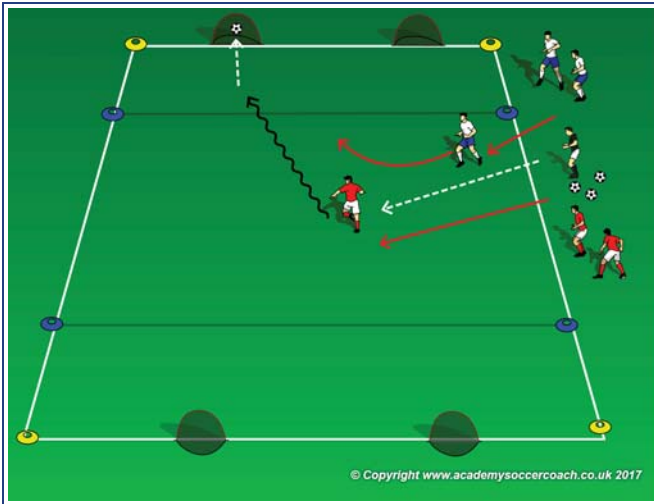
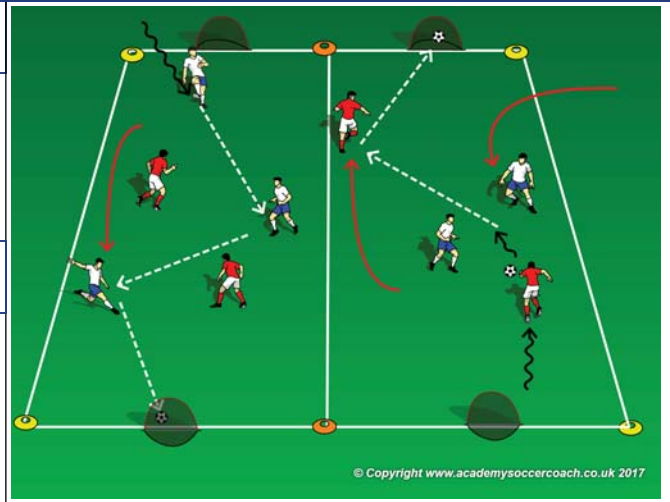
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to shoot to goal
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to shoot and are successful at shooting and scoring on goal



Practice Shooting Gallery

Duration 24 min

In a 20Wx30L field with 2 goals on each endline. Make two equal teams on either side of the coach. Coach plays a ball on the field and a player from each team enters the field. After a goal, a shot, or out of bounds next players enter the field of play.

Variations: 1) Play 1v1, 2v2. 2) A goal from past the marker is worth 10pts. 3) Play 3v3. 4) Continuous play for 1 min before new group enters field.

Coaching Points

Activity Time 30 secs

Rest 30 secs

Intervals 6

Key Questions: When you're ready to shoot what should you do? What part of your foot do you use to shoot when you are close to the goal, farther away?

Answers: Put your non-shooting foot beside ball pointing to the target, knees bent, head down, lean a little over the ball, lock ankle of kicking foot, toe down, strike center of the ball. Use the inside of your foot to shoot, toe up, when you are close to the goal. When you are farther away use the laces, toe down.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to shoot? When and why would you try to dribble past a defender and shoot?

Answers: Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal. Dribble past a defender when you are near the goal and you can shoot.

