

Age Group

U8

Topic

Shooting off the Dribble

**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.

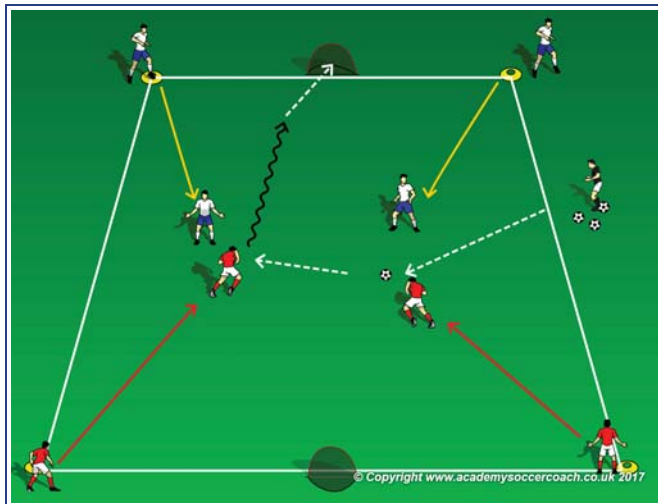
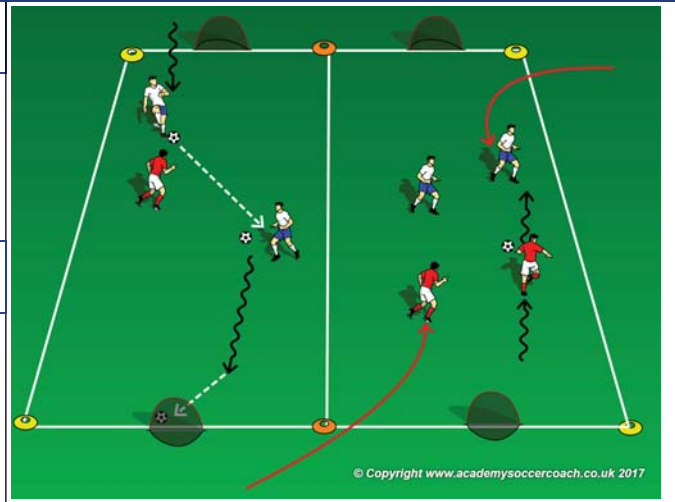
**Coaching Points**

Activity Time 15 min

Rest 0 min

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 off the dribble
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to take shots and when they dribble past defenders and shoot at goal



**Practice** 4 Corner Shooting

Duration 20 min

In a 15Wx20L yard grid, goals at each end, two teams, players from the same team are evenly placed by the field corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball towards one team's corner. The first player at each corner comes onto the field, play 2v2. Players try to score on the opponents goal. Play ends on a goal, a shot, or out of bounds. **Variations:** 1. Increase to a 3v3, 2. Have one team start with the balls, 3. Continuous play until a team reaches 2 goals.

**Coaching Points**

Activity Time 90 secs

Rest 30 secs

Intervals 10

**Key Questions:** How can you get the ball closer to the goal to shoot? When you're ready to shoot how should you dribble the ball?

**Answers:** Dribbling, running fast w/the ball, using long & short touches, looking around. Dribble past the defender and touch the ball in the direction of the goal for your shooting foot.

**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.

