

U-8 Week 4 Shooting Practice

Warm Up: 10min.

Slalom Dribbling: Set up 3-4 lines, of 5 or 6 cones in a straight line spaced 5 yards apart. In groups of 2 or 3, one at a time having them dribble through the cones around the last one and back through. When the person going gets to the next to last cone tell them they can pass to the next person, then that person goes. Do this a couple of times then make it a race one line against the other. The players all have to sit down when they are finished to win the race.

Progression: Instead of having the cones straight ahead have them at a 45 degree angle. Continue with the dribbling through the cones using the inside of the foot only, one foot only and outside of the foot only.

Coaching point: Emphasis dribbling with their laces to be faster, using the proper surface of the foot when turning and cutting.

Skill Work: 10 to 15min.

shooting - the basics

There are many different ways to shoot the ball in soccer. You can shoot with the instep, with the inside of the foot, the outside, and yes, even the toe. You can drive the ball hard, make it curve in or out or chip it.

But the first thing you have to do is to teach your children the basics: "from the nose to the toes":

Head down – eye on the ball.

Tell your children that they have look up to pick out their target and then look back to the football as they actually shoot. This is because it is virtually impossible to strike the ball correctly if you're not looking at it.

Plant the non-striking foot along side of the ball.

If you plant your foot behind the ball your kicking foot is coming up as you strike. This will result in a chip shot. As your children progress you may well want to show them how to do this, but to start with we need to practice keeping shots low and straight.

Strike the middle of the ball.

If you kick the ball below the middle the ball will rise, if your child 'tops' it the ball will just roll along the ground.

Keep the knee of the kicking leg over the ball.

This technique determines the correct body position. Often, children will be standing too far behind the ball when they shoot. This results in too little power.

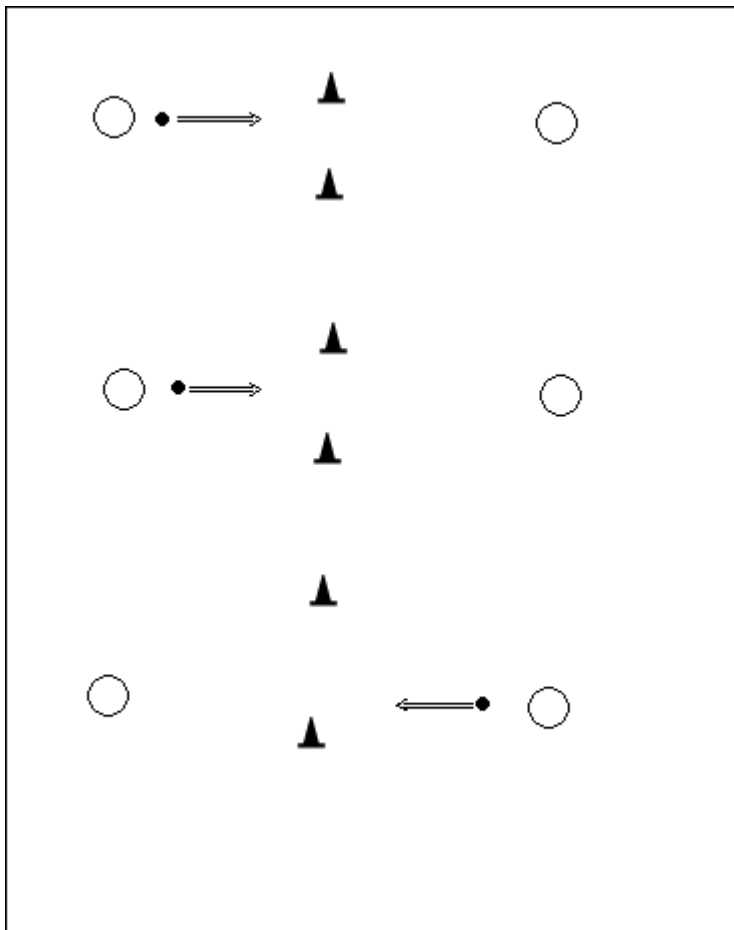
Approach the ball slightly from the side.

Coming straight at the ball results in 'toe poking'. Younger children kick with their toes naturally, it seems easier and it's often hard to get them out of the habit. You need to show them that they can hit the ball just as hard with their instep/laces and their shots will be much more accurate. One way of doing this is to get them to shoot at a cone or pole set up 10 or 20 yards away. You should be able to demonstrate that is much easier to hit the target and knock it over using the instep.

Follow through.

Young children are often reluctant to kick through the ball. They tend to jerk back as they strike the ball and consequently do not get a lot of power on the shot.

SHOOTING THROUGH GATES



Setup- split group into pairs. Use cones to create gates about two yards apart.

Each player takes a turn trying to shoot the ball between the gates playing two or three touch to start. A point is awarded each time the ball goes through the gates without touching a cone. Players keep track of their own points

Play for 1-2 minutes per round.

Bottom two teams do something silly.

Progression: Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players. Also have them play two touch as a progression.

Coaching Points: Focus on the center of the ball, use your laces or instep to strike the ball, plant foot next to the ball, head down eye on the ball, keep the kicking knee over the ball, approach slightly from the side and follow through.

Have them start out just shooting back and forth before they try and keep score, so they can focus on the proper technique before the pressure of a competition.

Game Using Skill: 10 to 15min.

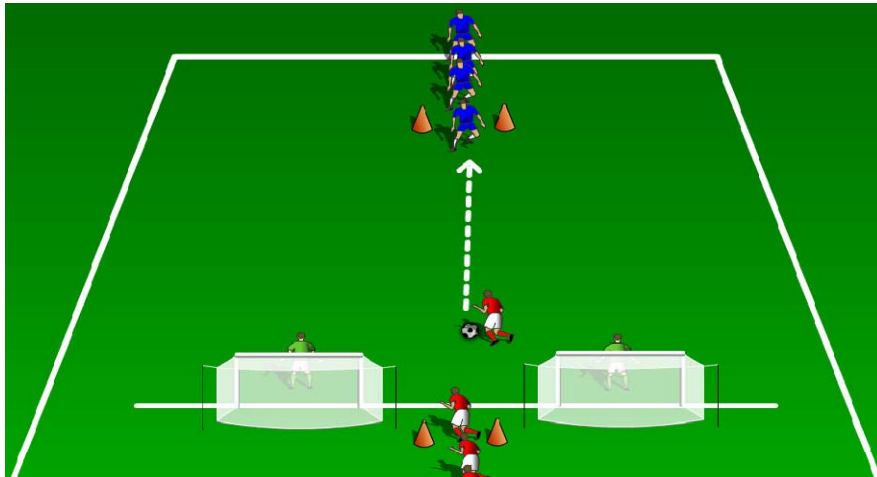
1 V 1 DISGUISE

SET UP / RULES

The defender passes the ball to the attacker and races out to defend

The attacker must show a disguise and try to score in one of the two goals

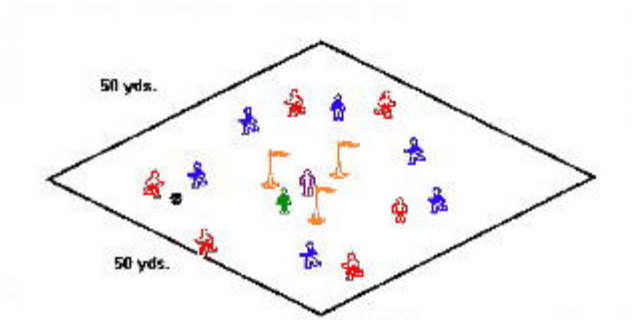
For the next attack, the players rotate positions.



Another Game: 10 to 15min.

The Triangle Goal Shooting Game

- Set up a triangular goal in the middle of a 40 x 40 grid.
- Play an even sided game with both teams having their own keeper.
- Both teams try to score through any one of the three sides of the triangular goal.
- It is best to place the goal in the centre of a 20 yard in diameter circle, with only the keepers allowed inside the circle.
- If the keeper catches the ball, his or her team must take the ball outside of the grid before they may attack again.
- Play with 2 balls for real excitement.
- Goalkeepers may become attacking players when their team has possession.



Coaching Points:

- Attacking and defending principles of play.
- Shooting
- Finishing
- Possession
- Goalkeeper positioning, shot saving and distribution.

Play 4 v4 game with a "diamond shape" goalie's optional: 10 to 15min.

Coaching Points: Emphasis on shooting when the earliest opportunity presents itself.