



U8 Week 2 Shooting

Category: Technical: Shooting
Difficulty: Beginner

Craig Higginbotham, Barrington, United States of America
Individual-Adult Member

Dribble and Shoot (10 mins)

Set Up

A 25Lx20W Grid with a goal at each end.

Players are lined up at either end of the grid with a ball each. There is a cone 7/8 yards out from goal.

Implementation

Players dribble their ball to the cone and then shoot across the goal towards the far post.

After shooting the player gets their ball and joins the other line..

The next player goes once the player before them has shot.

Progress the session by adding a goal keeper or by making the players perform a turn or fake at the cone.

Coaching Points

Dribble quickly with your head up.

Push the ball out slightly further in front of you with your last touch before shooting.

Non kicking foot is level with the ball.

Shoulders and hips are pointing to the target.

Strike the ball with your laces.



Dribble and Shoot 2 (15 mins)

Set Up

A 25Lx20W Grid with a goal at each end.

Players are lined up at either end of the grid with a ball each. There is a defender 7/8 yards out from goal.

Implementation

Players dribble their ball at the defender beat the defender and then shoot across the goal towards the far post.

After shooting the player becomes the defender.

The defender gets the ball and joins the other line.

The next player goes once the player before them has shot.

Progress the session by adding a goal keeper

Coaching Points

Dribble quickly with your head up.

Push the ball out slightly further in front of you with your last touch before shooting.

Non kicking foot is level with the ball.

Shoulders and hips are pointing to the target.

Strike the ball with your laces.



1V1 Goals (15 mins)

Set Up

Field is set up roughly 20Lx15W with a goal at each end.

Players are split into two teams and will be lined up behind their goals. (Lines of no more than 3)

The Coach has all of the soccer balls.

Implementation

When the Coach serves a ball into the playing area the first two players in line race onto the field to get to the ball.

Once a player has the ball they look to dribble past the other player and score.

If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Accelerate towards the target.

First touch away from the defender.

Close touches when under pressure, bigger touches when attacking space.

Shoot or pass the ball into the goal (Don't dribble into the goal).



