



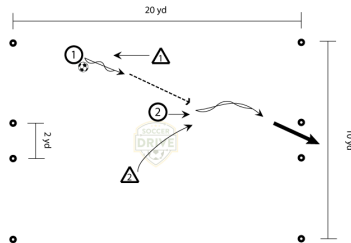
Finishing and Shooting

AGE LEVEL: U8

TIME: 60 MINUTES

20 X 10 2 VS 2

TIME 10 minutes



SETUP:

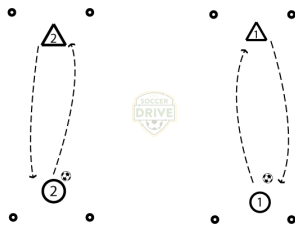
- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal goes out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS:

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

GOAL TO GOAL

TIME 15 minutes



SETUP:

- » Players are in pairs with one ball per group
- » Each player has a goal (3yds wide). The goals are 10yds apart (make further away/closer depending on ability). Make further away/closer depending on ability. Have extra balls close by.
- » The object is to score a goal on the opponent, but you can only strike the ball when it is between your own goal posts. Ball must be below waist height to count as a goal. Defender is a GK
- » If ball goes in, they get a point. Opponent then starts with ball on their line and tries to score on opponent.

COACHING POINTS:

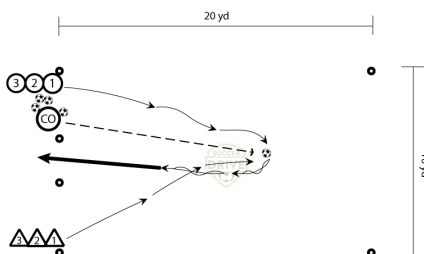
- » Players need to lock ankle down to use instep. Toe down, heel up. Strike ball in center with the knuckle of your big toe.
- » Play ball on ground as low as you can. Placement is more important than power.

PROGRESSION

- » Ball has to be moving before striking it. Ball starts behind goal and player gets one touch to get ball moving. Must still take shot before ball crosses over own goal line while still moving in order to count.

1 VS 1 TURN AND SHOOT

TIME 15 minutes



SETUP:

- » This game is played with one goal. Make a line on either side of the goal with the coach behind the goal with all the balls.
- » Coach throws a ball into the field and the first person from each line runs out to compete and get the ball in the only goal.
- » After a goal is scored, or the ball goes out of bounds, both players return to their own line and a new ball is thrown out for the next two.
- » Encourage players to cheer for their teammates, and get into the game. Ask teams to keep score!

COACHING POINTS:

- » Encourage players to deceive their opponent by using body parts to "duke" them out.
- » Once you get some space from the defender, look to score!
- » What part should you use to score with? Should you use the inside of your foot and be more accurate? Or the laces to kick harder? Every situation has a different answer!



Finishing and Shooting

4 VS 4 SCRIMMAGE

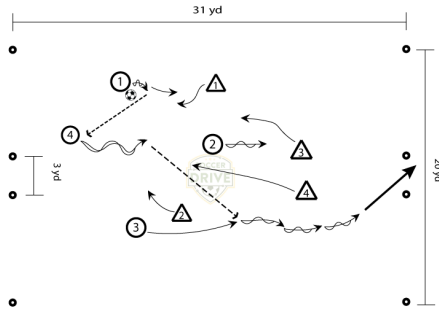
TIME 15 minutes

SETUP:

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Remove the four goals from corners and place goals in center to make a normal game field.
- » Cones for goals are 2yds wide
- » There are no goalkeepers

COACHING POINTS:

- » None! Just sit back and let them play. Help remind them of your league's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. Play with goalkicks and corners, just like in a real game, and show them where to stand on a goalkick.



END OF PRACTICE DISCUSSION

- » How is the shape of our foot different if using the inside of our foot to pass, vs. the instep (laces) to pass/shoot? (toe up, heel down for inside of foot, and toe down, heel up for instep). Show the players.
- » What does the coach mean when talking about placement vs. power? (we don't always want to blast the ball into the net. Inside of the foot is more accurate, and sometimes we just need to pass the ball into the goal).
- » When should you look to shoot? (whenever you see an opportunity to! Always be looking to see if you can score).