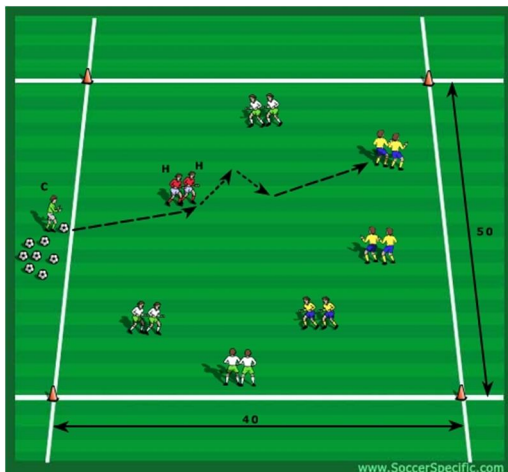




U8 Session Plan #2

Finishing



TEAM HUNTERS

Emphasis: Shooting

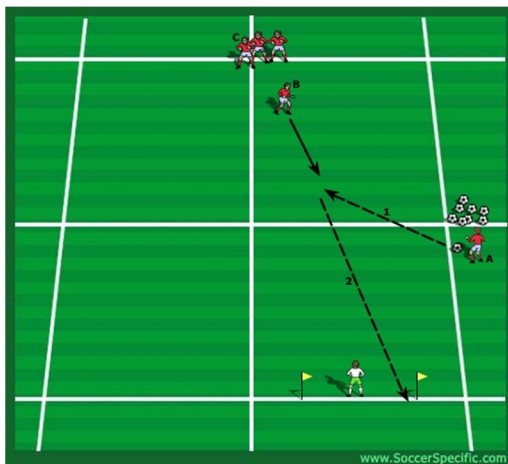
Set-up: Make a 30x40 yard grid. Divide your team up into pairs. Designate one team as the "hunters" and give them a ball. All remaining pairs are without a ball. The pairs without a ball, as well as the "hunters", must hold hands. The coach should have a group of balls and be ready to distribute the balls to the "hunters" to help facilitate the exercise

Objective: The "hunters" must dribble the ball around the grid and shoot the ball below knee level at the other pairs. If the pair is struck, they grab a ball from the coach and become "hunters" as well. The last team remaining wins. Switch the role of the "hunter" and play again.

Progression: Decrease the size of the grid. Play with groups of three.

Coaching Points:

- Use the inside of the foot to shoot for accuracy.
- Use the laces to strike the ball with pace.



CLOSE RANGE

Emphasis: Accuracy before power when finishing from close range

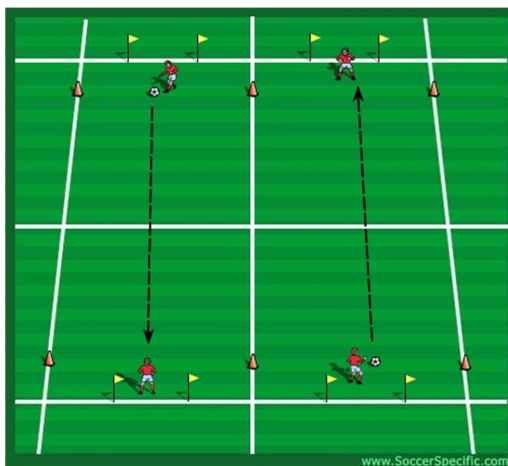
Set-up: 10 x 20 yard grid. Use parent/older sibling as goalkeeper. A supply of balls is placed with the server (A). The remaining players are positioned at one end of the grid as shown. A goal is created using cone or use regular goal if available.

Objective: The first player in line (B) must jog forward towards server (A). Server (A) passes the ball to (B). All shots must be from approximately 6-8 yards from goal. Player (B) must attempt to redirect the ball into the goal. Player (B) returns to the back of the line. The sequence is repeated with player (C), (D) etc.

Progression: All finishes must be one touch.

Coaching Points:

- Use Lace
- Toe pointed down;
- Lock ankle



SAVE IT, SHOOT IT

Emphasis: Correct mechanics of shooting

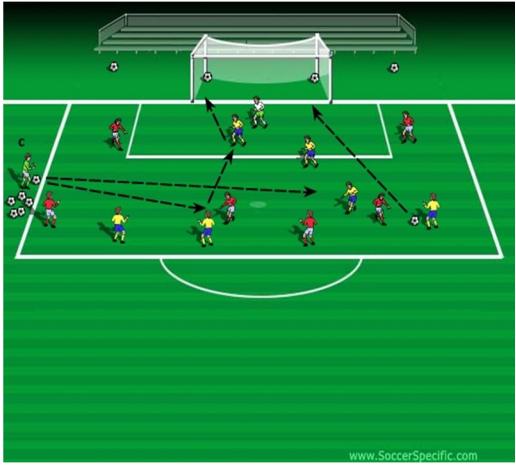
Set-up: Players are arranged in pairs. 10 x 20 yard grid with two flags (or cones) placed at each end to create a goal. One ball for each pair. Two cones are placed 2 yards from the goal line on either side of the grid as shown. Repeat grid set up to accommodate entire team

Objective: Players begin at opposite ends of the grid. Player must strike the ball back and forth attempting to get every shot on target. Points are awarded for scoring in the opponent's goal. Players have two touches – one to save the ball, one to shoot. Players may use their hands to save the shot. Players must shoot before the ball crosses the cones placed two yards from the goal line.

Progression: Players cannot use their hands to save shots that are traveling lower than chest height. Competition – first player to score 10 goals wins.

Coaching Points:

- Strike the ball with the laces.
- Follow through – land on the shooting foot.
- Non-kicking foot must be in line with the target.



WORLD CUP

Emphasis: Shot stopping, breakaways

Set-up: Use half of field regulation sized goal. The goalkeeper/coach/parent is in goal and all remaining players are inside the penalty area. The coach has a group of balls and stands on the side of the penalty box.

Objective: The coach serves balls into the box, sometimes more than 1 at a time and the players try to score. The last person to touch the ball before it goes in the net is credited for the goal. The first player to score three times is declared the winner. Start a new game and play again.

Coaching Points:

- Attack the ball.
- Get the shot off as quickly as possible.

ADDITIONAL NOTES