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| <b>Name:</b> Fabien Lewis | <b>Team:</b> U8 | <b>Day:</b> 1 | <b>Duration:</b> 60 Minutes |
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**Description:** A fun, competitive shooting session that would provide players lots of individual shooting repetition. Here players learn how to strike a moving ball, while dealing with pressure from defenders.

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| <p>© Copyright www.academysoccercoach.co.uk 2018</p> | <p><b>Activity:</b> “Rocket Pocket” – 12 minutes</p> <p><b>Organization:</b> Have players pair up with one ball. They are moving around to find different pockets to shoot through. <u>Progression I:</u> Show players different shooting techniques. Vary the size of the pockets. <u>Progression II:</u> See which pair can shoot through the most “pockets” without hitting the cones in designated time.</p> <p><b>Coaching Points:</b> (1) Have quick glance before you shoot. (2) Standing leg next to the ball, toes pointed to target. (3) Strike ball with laces (4) Land on shooting foot.</p>                                       |
| <p>© Copyright www.academysoccercoach.co.uk 2018</p> | <p><b>Activity:</b> Modified lighting – 13 minutes</p> <p><b>Organization:</b> One player, one ball. Players dribble to cone, do a move and then shoot. After shooting, the player automatically becomes a goalkeeper. If player score, you get a point. If you make a save (and score), you earn 2 points. Players keep track of their scores. <u>Progression II:</u> Use different shooting technique.</p> <p><b>Coaching Points:</b> (1) Reinforce previous. (2) Change of direction, change of speed. (3) Land of shooting leg.</p>  |
| <p>© Copyright www.academysoccercoach.co.uk 2018</p> | <p><b>Activity:</b> 1 v 1 (+ 1 goalkeeper) – 15 minutes</p> <p><b>Organization:</b> In 15 x 10 yard grid, players start at the cone with ball and dribble to goal. Defender will engage the attacker once they take that first touch. If defender wins the ball, they score in pugs. <u>Rotation:</u> After player shoots, he becomes a goalkeeper. After you become a goalkeeper, you become an defender. After defender defends, he becomes an attacker.</p> <p><b>Coaching Points:</b> (1) Reinforce previous. (2) Create separation from defender and release quick shot. (3) Quick glance to see where goalkeeper is before shooting.</p> |
| <p>© Copyright www.academysoccercoach.co.uk 2018</p> | <p><b>Activity:</b> Small Sided Scrimmage (&amp; goalkeepers) – 20 minutes</p> <p><b>Organization:</b> In 25 x 20 yard grid, play 4 v 4 + 1 neutral and 2 goalkeepers. All modified rules apply.</p> <p><b>Coaching Points:</b> (1) Reinforce all previous points. (2) Encourage creativity with shots.</p>  |