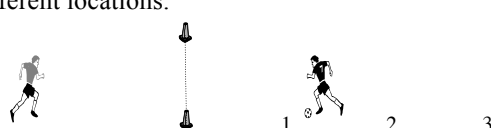
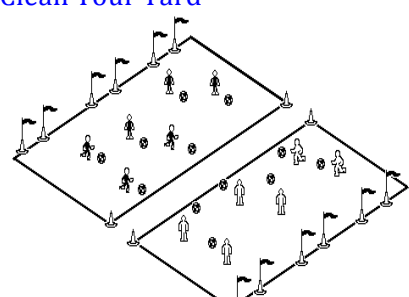
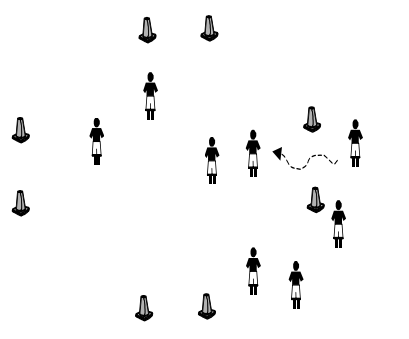


U7/U8

Week 8 Training Curriculum

Topic: **Shooting**



<p>10-15min Individual-Based Activity:</p> <p>Partner Shooting - Gates</p>	<p>Objective:</p> <p>Divide players into 1v1 groups with a 6yd gate in between. Players take turns shooting a ball through the gate.</p> <p>Start with players relatively close to the gates for the first 10 shots. Then progress to moving further away at 3 different locations.</p>  <p>Proper Shooting Techniques:</p> <ol style="list-style-type: none"> 1) Strike the ball with inner laces – NOT toes. 2) Good body balance and remain upright after ball contact. 3) Position non-kicking foot next to or slightly ahead of the ball. 4) Follow through with their shot by taking a few steps forward. 5) Take no more than 3-4 steps back prior to shooting. 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should following proper shooting techniques. • <i>Encourage/Challenge</i> players not to overpower the ball – proper technique is more important than distance. • <i>Encourage/Challenge</i> players to properly receive the ball on the other end.
<p>10-15min Individual-Based Activity:</p> <p>Clean Your Yard</p> 	<p>Objective:</p> <p>Divide players into 2 teams and have each team stay only on their half of the field. Cone out a 6yd safe zone between the fields that no one can enter or cross. Each player has a ball to start. Place 3 same (2-3yd) goals at the far end of each team's field. Both teams shoot balls at other team's goals in an attempt to score. Players cannot cross the free zone or go into the other team's field. If a ball goes out, the coach plays it back into a team's field. Teams cannot play with goalies or use their hands. <i>Goals only count if proper shooting techniques are followed as outline above.</i></p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should following proper shooting techniques. • <i>Encourage/Challenge</i> players not to overpower the ball – proper technique is more important than distance. • <i>Encourage/Challenge</i> players to properly receive the ball on the other end.
<p>20min Small-Sided Game:</p> <p>4v4 with no goal keepers</p> <p>4 Goals</p> 	<p>Objective:</p> <p>Set up 2 teams to scrimmage with 4 goals. Teams have 2 goals to score in and 2 goals to defend.</p> <p>U7 Players – When passing the ball into play, allow teammate to get control before opposing player can apply pressure.</p> <p>U8 Players – When throwing the ball into play, allow teammate to get control before opposing player can apply pressure.</p> <p>Encourage dribbling and turning away from opposing players – not passing!</p> <p>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality. • Keep play continuous. Force players to quickly get the ball into play – 1,2,3 Rule for restarts. • <i>Encourage/Challenge</i> players to dribble and pass and not simply kick the ball away when no opposing player is applying pressure. • <i>Encourage/Challenge</i> players to change direction with the ball to avoid goals that are heavily defended.
<p>5-10mins</p> <p>Dribbling/Shooting on Goal</p>	<p>Objective:</p> <p>All players are free dribbling near the middle of the field away from the goal. When coach calls their name, they quickly dribble towards goal then shoot. Repeat for all players.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> • Players should following proper dribbling and shooting techniques.