

Age : U8 4v4

Moment : Attacking

Area of the field : All field

Week : 6

Tech Toolkit : Dribbling/Shoot

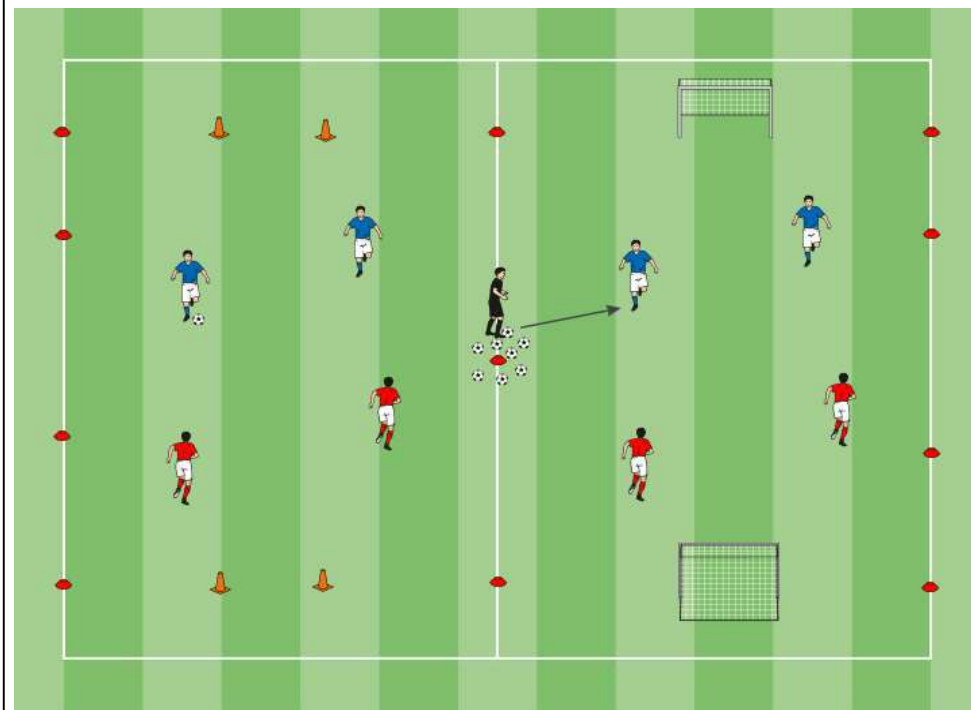
Action : Pass or dribble forward /
Spread out / Finish

Objective : To teach shooting technique and creating scoring opportunities

PHASE 1 – PLAY

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- 2 x small fields with goals/cones
- 10/15 wide x 15/20 long

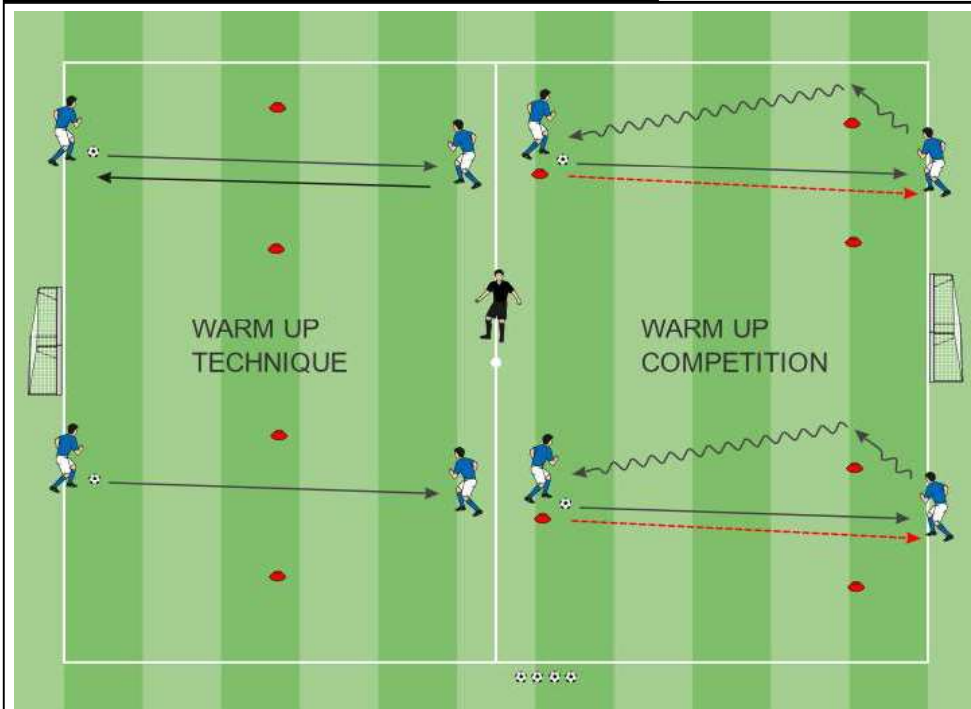
DESCRIPTION

- Play 1v1 to 2v2 as players arrive
- Play 1v1 or 2v2 on 2nd field.
- Rotate players on each field.
- Start with large supply of balls
- Encourage players to not chase balls
- Get another ball in quickly.

PHASE 12– SHOOTING TECHNIQUE

10 MINUTES

3 MINUTE PLAY | 1 MINUTE REST



SET UP

- Place two cones 5–8 yards wide.
- Two players 10–15 yards apart.

DESCRIPTION

- Players begin shooting the ball through the gate to each other
- work on the shooting technique..
- Add in competition (shown on right side) with each pair attempting to score as many goals in 2 minutes.
- One player shoots, the other player waits for ball behind the goal and dribbles to start cone.

PROGRESSIONS

- Create 2 x cone goals, 1v1 shooting to see who can score most goals!

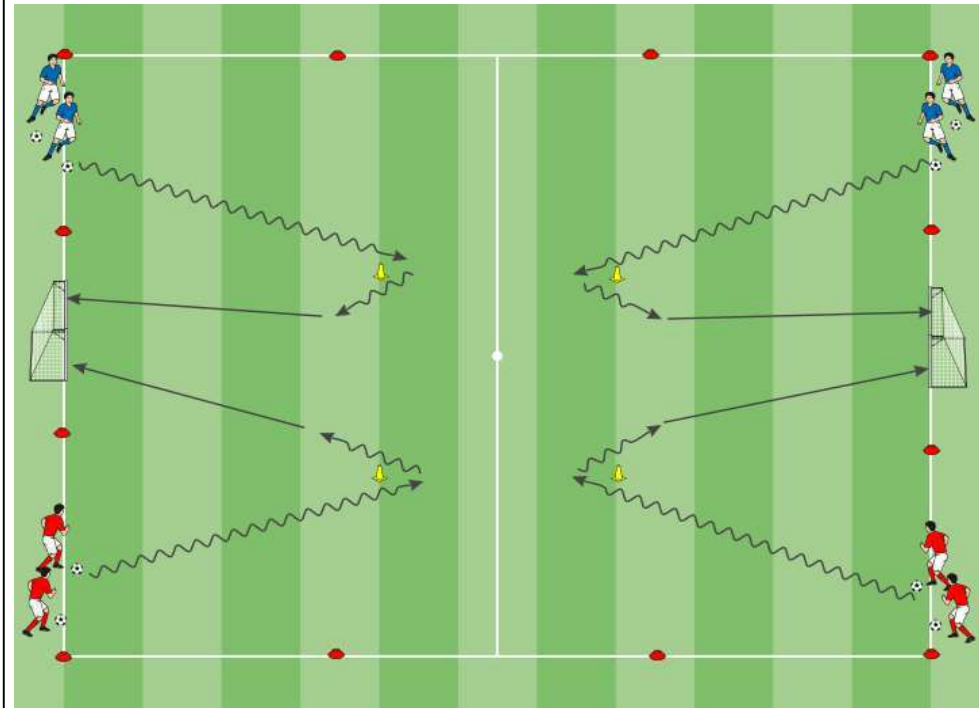
COACHING POINTS

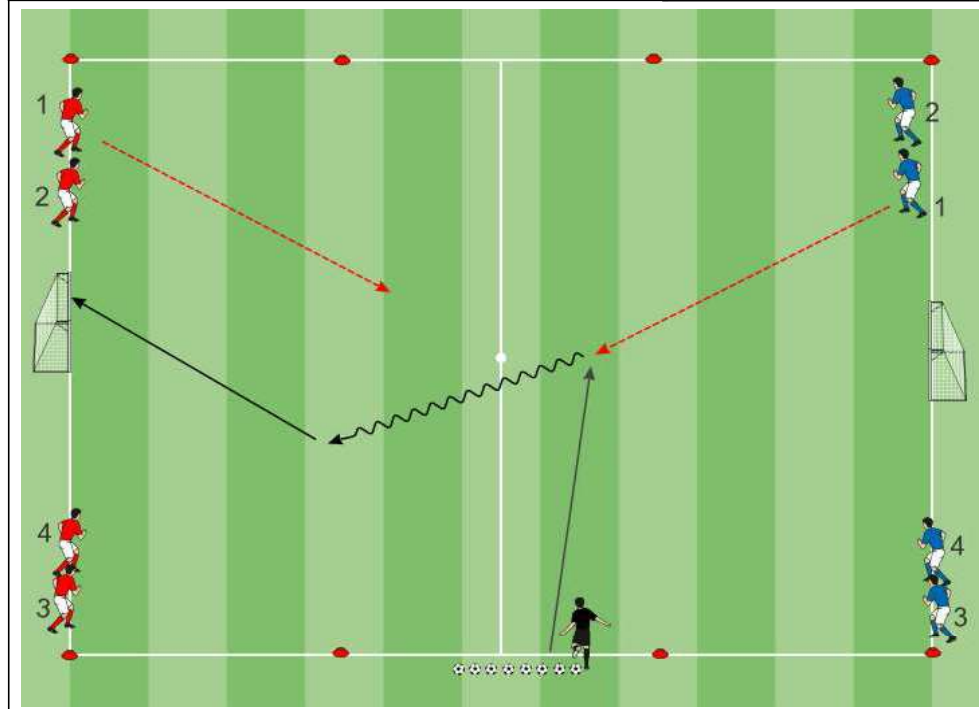
1. Small touches to keep ball close
2. Head up to see goal before shooting
3. Lock ankle of shooting foot, point toe down, use laces
4. Plant non-kicking foot alongside ball pointing at target

GUIDED QUESTIONS

1. Which surface of the foot gives you more power when shooting? (laces)
2. Where should you point your non-kicking foot when shooting? (at the target)

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PHASE 3 – GOALS, GOALS, GOALS	12 MINUTES	3 MINUTE PLAY 1.5 MINUTE REST
		<p>SET UP</p> <ul style="list-style-type: none"> 20 wide x 30 long field with yellow cones for each of the four groups. <p>DESCRIPTION</p> <ul style="list-style-type: none"> On "Go" command 1 player from each group dribbles to yellow cone and turns to shoot on goal in a race. All four players go at the same time in a 1v0 to goal. Score a point for shooting ball in the goal. Bonus point for the player that scores first. Change sides every couple of minutes. <p>PROGRESSIONS</p> <ul style="list-style-type: none"> Add in cones to dribble through before yellow cone. 1 ball between 2 for a 1v1 to goal.

PHASE 4 – NUMBERS GAME TO GOAL	20 MINUTES	10 MINUTE PLAY 3 MINUTE REST
		<p>SET UP</p> <ul style="list-style-type: none"> 20 wide x 30 long field with two goals Two teams numbered 1-4 Match up players level on opposite side 1 blue and 1 red same level.... <p>DESCRIPTION</p> <ul style="list-style-type: none"> Coach calls out a number (1 shown) for a 1v1 to goal. Attack and defend until goal is scored. Return to team and call out next number. If ball goes out of play, round over. <p>PROGRESSIONS</p> <ul style="list-style-type: none"> 2v1, 2v2, 3v2, 3v3 End with regular 4v4 with large goal to encourage shooting.

<p>COACHING POINTS</p> <ol style="list-style-type: none"> Small touches to keep ball close Head up to see goal before shooting Lock ankle of shooting foot, point toe down, use laces Plant non-kicking foot alongside ball pointing at target 	<p>GUIDED QUESTIONS</p> <ol style="list-style-type: none"> When you get past the yellow cone where should you take ball? How do you know where the goal is before shooting?
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ACADEMY

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Healthcare

U8 4v4

CURRICULUM

WEEK 7

PASSING AND RECEIVING

On your toes | Head up | Scan