



Recreation Coaching Sessions

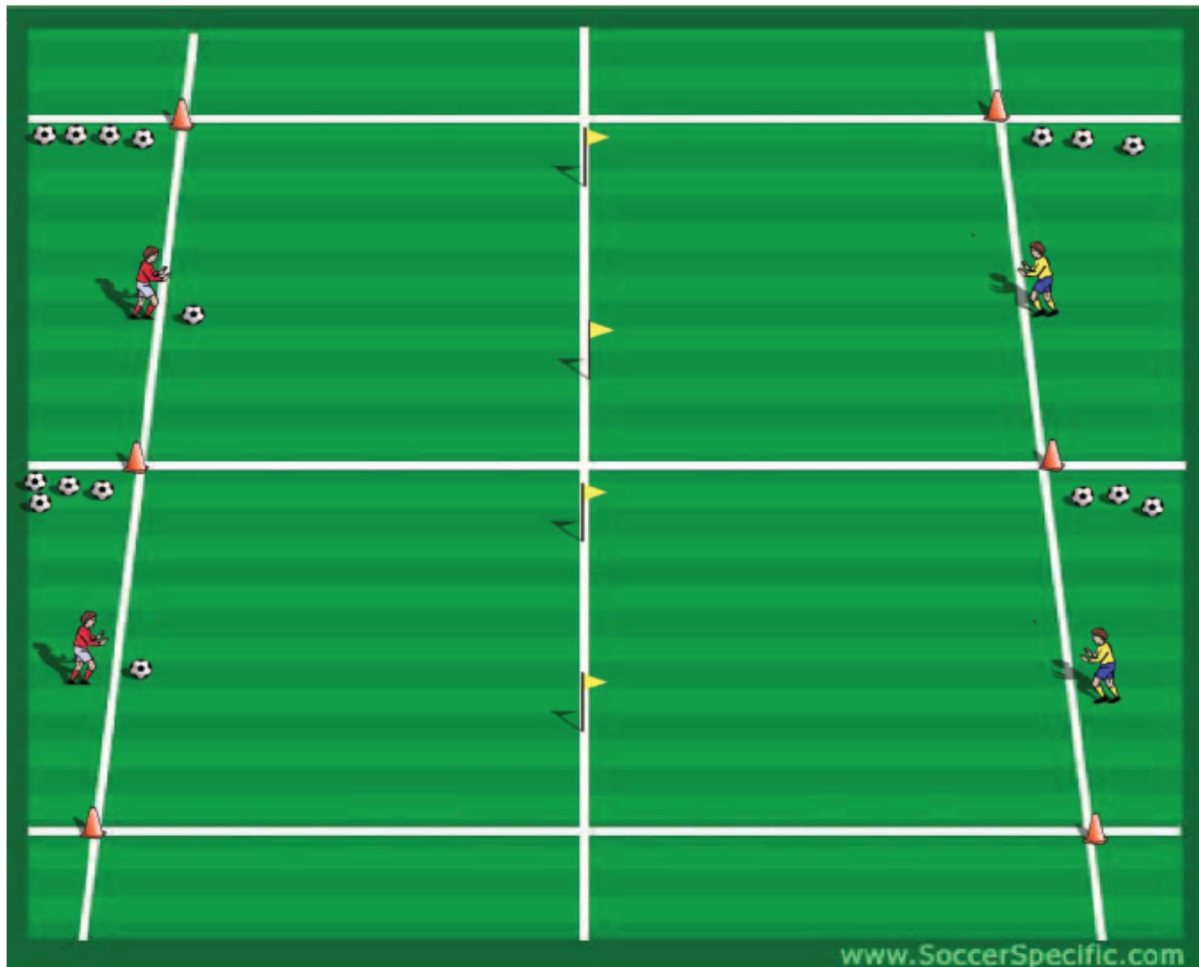
U7 – U8: Week 5

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Recreation Coaching Sessions U7 – U8: Week 5

Shooting 1



Shooting 1

Purpose- To Improve shooting technique

Organization

10x20yards

Players alternate shooting stationary ball from either side of the goal.

Aim to keep shots low, below hip height.

Use instep to shoot the ball and make sure both feet are used in practice.

Measure success rate.

Play ball to one side and strike moving ball.

Progression

Use weaker foot only.

Coaching Points

Approach from an angle

Non kicking foot along side ball.

Strike the ball with laces and follow through

Aim long and for the corners

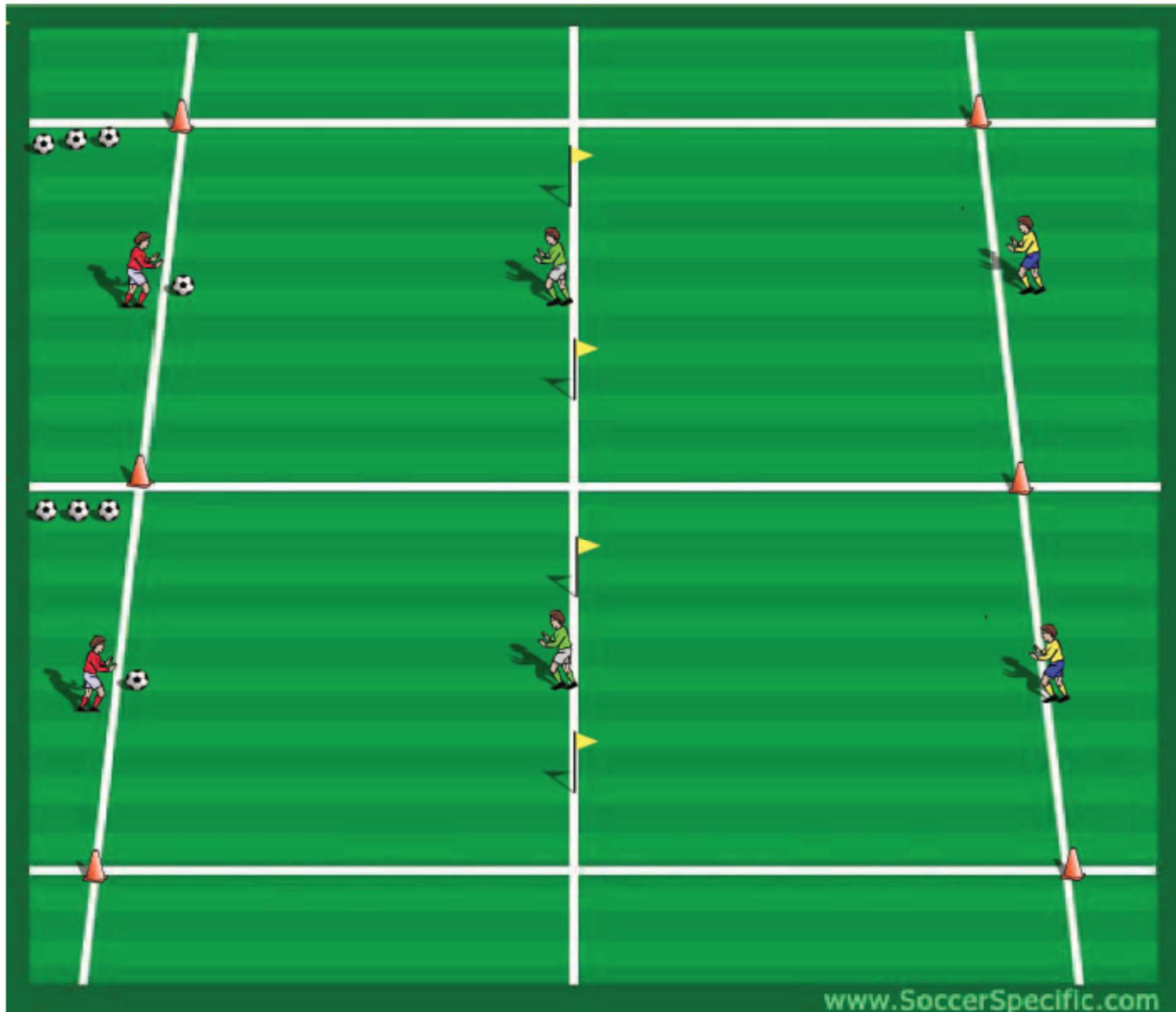
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Shooting 2



Shooting 2

Purpose- To improve shooting technique.

10x20 yards

Players attempt to shoot past goalkeeper into corners of goal.

Ask players to use both feet.

Play for 2 minutes and then rotate the goalkeeper.

Progression

Use weaker foot only

Coaching Points

Approach from an angle and attempt to shoot the goal into the corners, below hip height.

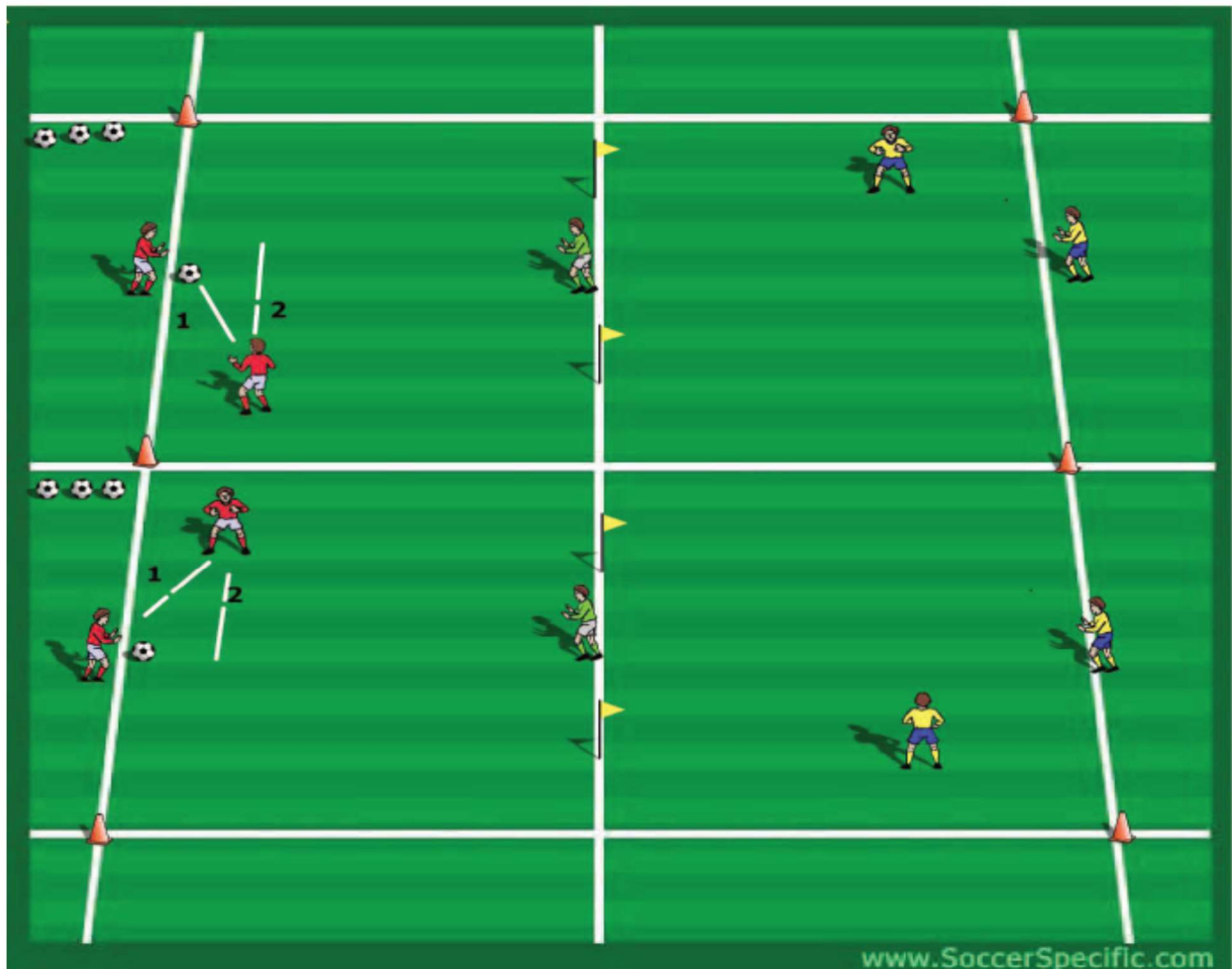
Strike through the ball with laces.

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Shooting 3



Shooting 3

Purpose- To improve shooting technique.

Organization

Area 10x20

Player 1 passes to player 2, who lays off the ball gently, back to player 1, who in turn strikes the ball on goal.

Teams take it in turn to strike the ball on goal. After each team have taken 5 attempts on goal, the shooter and passer switch roles.

Progression

Ask players to play one touch only.

Coaching Points

Pass the ball with a good weight of pass.

When shooting approach from the angle.

Strike right through the ball.

Aim to hit the ball into the corners, below hip height.

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Shooting 4



Shooting 4 small sided scrimmage

Purpose- To improve shooting techniques in game situations.

Organization

30x30yards- Oversized goals

4v4 plus Goalkeepers

Field is smaller to encourage players to take lots of shots.

Points awarded 1pt for a shot on target, 3pts for a goal.

Progression

An extra point is awarded if you can score from a combination.

Coaching Points

Attempt to face opponents goal as soon as possible.

Good first touch out of your feet and follow up after your shot

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Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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