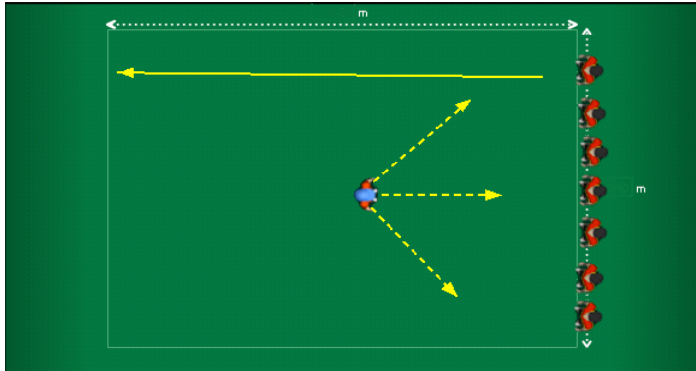


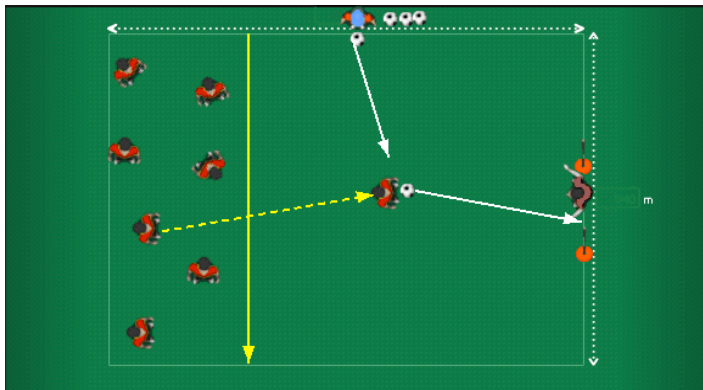
Session Plan U6 – U8 – Shooting



All of the players (SURFERS) line up at one end of the grid and aim to run to the opposite side. They must get past the player / coach in the middle who is the CRAB and is in the crab position. If the CRAB touches the player that player becomes a crab

Coach can get the players to move in different ways -
 Skip
 Hop
 Jump
 Side Step

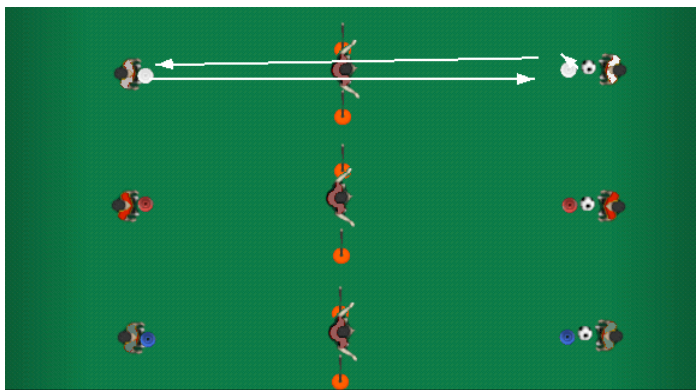
Be creative and get the players to stretch during the game



Players jog around inside the small marked off grid. Each player is given an number and when their number is called they break out and receive a pass from coach. The player can either control or shoot first time at goal.

This game can be developed according to players ability – Introduce players to shoot with –

Left foot, Right foot
 Add a goalkeeper
 Add a defender
 Call more than one number to turn the game in to a competition



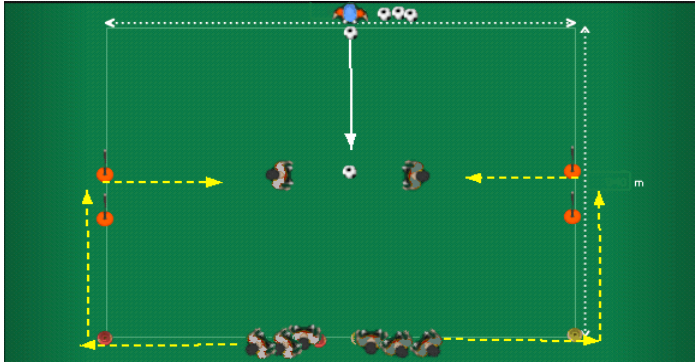
Split the players in to groups of three. Each group should have one player in goal and the other two either side. Players take it in turn to shoot at the goal in the middle. If the keeper saves the ball they turn and feed it to the other shooter.

This game can be developed according to players ability – Introduce players to shoot with –

Left foot
 Right foot
 Increase distance

Black = Organization

Red = Progression



Players are divided in to two teams and line up behind two discs on the sideline in the centre of the field. The coach numbers each player in both teams. When the player's number is called they run down the end line around the disc, through the goal and attempt to score in the oppositions goal.

Call out more than one number and encourage player not in possession to find open space.

Finish session with a scrimmage

Black = Organization

Red = Progression

Focus on the correct shooting technique –

Make last stride a big one before planting non kicking foot along side ball - this will ensure a good back swing.

Strike the ball with the laces and keep the toes pointed and locked throughout.

Follow through towards goal.

Explain to players to keep head steady and ankle locked down and tight