

Week 5: Scoring Goals!

May 16, 2011

Cutters Community Soccer U-8 Boys

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Coaching Points

Stay on your toes- shoulders forward

Hit ball with laces- NO toe balls

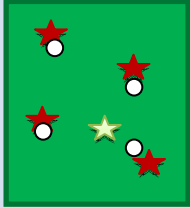
Land past the ball for power

Land on your kicking foot

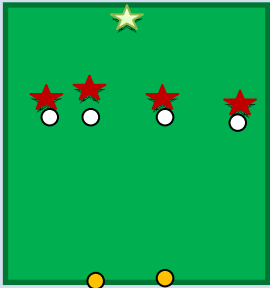
6 - 6:10 p.m.

<p>1. Warm Up: Take a Picture</p>	<p>Coaches Michael & Phalo will demonstrate proper shooting technique during the warm-up activity and emphasize the coaching points.</p>	<ul style="list-style-type: none"> • Players dribble around the field. • When coach says "Take a Picture" the players should pose in a shooting stance. • Trainers and coaches will evaluate the players' techniques and make adjustments.
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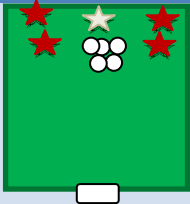
6:15-6:25 p.m.

<p>2. Crazy Coach's legs</p>	<ul style="list-style-type: none"> • Players dribble around your half of the field. • When coach yells "shot" the players try to shoot the ball at the coach, aiming below the knees ☺ 	 <p>White star – coach</p>	<ul style="list-style-type: none"> • Work on shooting accuracy and technique. • Use coaching points of the day (above). • Play several rounds.
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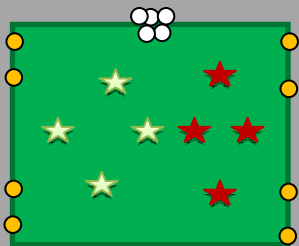
6:25-6:35 p.m.

<p>3. Rapid Fire Shooting</p>	<ul style="list-style-type: none"> • Each player has a ball and picks a place to stand about 15 yards from the goal. • Coach rolls the ball through the player's legs in the direction of the goal. • Player chases after the ball and, before it stops moving, shoots on the goal. • The player then retrieves his ball and finds a new place to stand on the field. • Coach should move quickly from one player to the next, but make sure players do not shoot into one another. 	 <p>White dot = soccer ball Red stars = "fielding team" White stars = "batting team"</p>	<ul style="list-style-type: none"> • Coaching point: make sure players use their laces to shoot (no toe balls). • Variation: Player 1 tosses the ball over player 2's head/shoulders toward the goal. Player 2 shoots the ball before it stops bouncing. After first shot, players switch roles. • Safety: Make sure players do not hit one another when shooting.
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6:35-6:45 p.m.

<p>4. 1 vs. 1 to goal</p>	<ul style="list-style-type: none"> • Players get in two lines near midfield. Coach has all the balls. • First players from each line turn their backs to goal. • Coach tosses a ball over their heads toward the goal. • Players turn quickly and compete to take a shot on the goal. • Shooting player retrieves the ball. Both players return to their lines. 		<ul style="list-style-type: none"> • Emphasize proper shooting technique.
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6:45-7 p.m.

<p>5. Four Goal Scrimmage</p>	<p>Divide group into even teams (no subs) and play on the width of each field.</p> <p>Use four goals (two on each end) instead of two. Players shoot on two goals and defend the other two.</p> <p>Play against same color team or play against your "practice partner" team.</p>	 <p>Use your half of the field. Orange dots are cone goals in diagram. White dots are balls.</p>	<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • When a ball goes out of bounds, coaches should send the next ball in from the sideline to keep the game moving quickly.
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Players' Homework: **Wall Ball:** Practice shooting a ball against an outside wall or with a friend, sibling or teammate.