

Week 6: Scoring Goals!

October 24, 2011

Cutters Community Soccer U-8 Boys

Phalo Pietersen, phalofbcl@hotmail.com

Coaching Points

Stay on your toes- shoulders forward

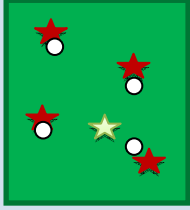
Hit ball with laces- NO toe balls

Land past the ball for power

6 - 6:10 p.m.

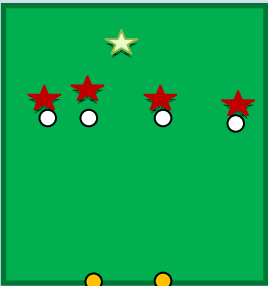
1. Warm Up	Coach Phalo will demonstrate proper shooting technique during the warm-up activity and emphasize the coaching points.		Coach Phalo will run the warm-up activity with the help of the age group trainers and parent coaches.
-------------------	---	--	---

6:15-6:25 p.m.

2. Crazy Coach's legs	<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 ☺ 		<ul style="list-style-type: none"> • Work on shooting accuracy and technique. • Use coaching points of the day (above). • Play several rounds.
------------------------------	--	--	---

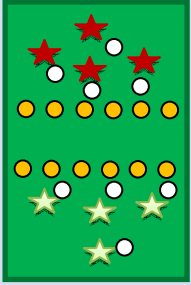
White star – coach

6:25-6:35 p.m.

3. Rapid Fire Shooting	<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. 		<ul style="list-style-type: none"> • Coaching point: make sure players use their laces to shoot (no toe balls). • Safety: Make sure players do not hit one another when shooting.
-------------------------------	--	--	---

White dot = soccer ball
Orange dots = goal
White star = coach
Red stars = players

6:35-6:45 p.m.

4. Tidy Up Your Room	<ul style="list-style-type: none"> • Divide group into two teams. • Divide field in half with cones marking a "safe, no trespass zone." • Use all available soccer balls, each team starts with half of them. • Each team stays in their half ("room") of the field. • Objective is to keep your "room" (half) clean by shooting all balls into the other team's room. • Play for 2 minutes. Team with fewest balls in their room wins. 		<ul style="list-style-type: none"> • Play will be fast and a little hectic. • Encourage players to keep moving. • Players MUST NOT ENTER the No Trespass Zone! (avoid injuries) • Players should shoot with their laces using proper technique. (No toe balls ☺) • Do not let players get too close to the middle where they would get hit with a ball.
-----------------------------	---	---	--

Orange dots = cones
White dots = soccer balls

6:45-7 p.m.

5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or play against your "practice partner" team.		<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.
---------------------	--	--	--

Players' Homework: **Wall Ball:** Practice shooting a ball against an outside wall or with a friend, sibling or teammate.