

## Week 6: Scoring Goals!

October 24, 2011

Cutters Community Soccer U-8 Girls

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### Coaching Points

Stay on your toes- shoulders forward

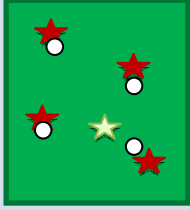
Hit ball with laces- NO toe balls

Land past the ball for power

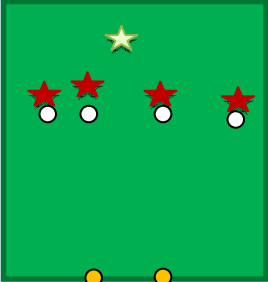
6 - 6:10 p.m.

<b>1. Warm Up</b>	Coach Matt will demonstrate proper shooting technique during the warm-up activity and emphasize the coaching points.	Coach Matt will run the warm-up activity with the help of the age group trainers and parent coaches.
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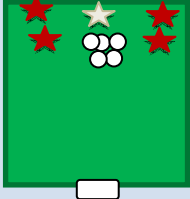
6:15-6:25 p.m.

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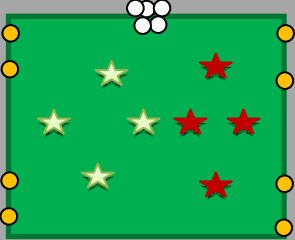
6:25-6:35 p.m.

<b>3. Rapid Fire Shooting</b>	<ul style="list-style-type: none"> <li>Each player has a ball and picks a place to stand about 15 yards from the goal.</li> <li>Coach rolls the ball through the player's legs in the direction of the goal.</li> <li>Player chases after the ball and, before it stops moving, shoots on the goal.</li> <li>The player then retrieves her ball and finds a new place to stand on the field.</li> <li>Coach should move quickly from one player to the next, but make sure players do not shoot into one another.</li> </ul>	 <p>White dot = soccer ball Orange dots = goal White star = coach Red stars = players</p>	<ul style="list-style-type: none"> <li>Coaching point: make sure players use their laces to shoot (no toe balls).</li> <li>Safety: Make sure players do not hit one another when shooting.</li> </ul>
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6:35-6:45 p.m.

<b>4. 1 vs. 1 to goal</b>	<ul style="list-style-type: none"> <li>Players get in two lines near midfield. Coach has all the balls.</li> <li>First players from each line turn their backs to goal.</li> <li>Coach tosses a ball over their heads toward the goal.</li> <li>Players turn quickly and compete to take a shot on the goal.</li> <li>Shooting player retrieves the ball. Both players return to their lines.</li> </ul>		<ul style="list-style-type: none"> <li>Emphasize proper shooting technique.</li> <li>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.</li> <li>Safety: Make sure players do not hit one another when shooting.</li> </ul>
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6:45-7 p.m.

<b>5. Four Goal Scrimmage</b>	<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"> <li>Reinforce lessons from training during the scrimmage.</li> <li>When a ball goes out of bounds, coaches should send the next ball in from the sideline to keep the game moving quickly.</li> </ul>
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**Players' Homework:** **Wall Ball:** Practice shooting a ball against an outside wall or with a friend, sibling or teammate.