



MASSACHUSETTS YOUTH SOCCER

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Age Group

U8

Topic

Shooting

Who: Attacking players with the ball

What: Shooting, Dribbling, Running with the ball

Where: In the flank areas or centrally close to the goal

When: In possession of the ball with time and/or space to shoot

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

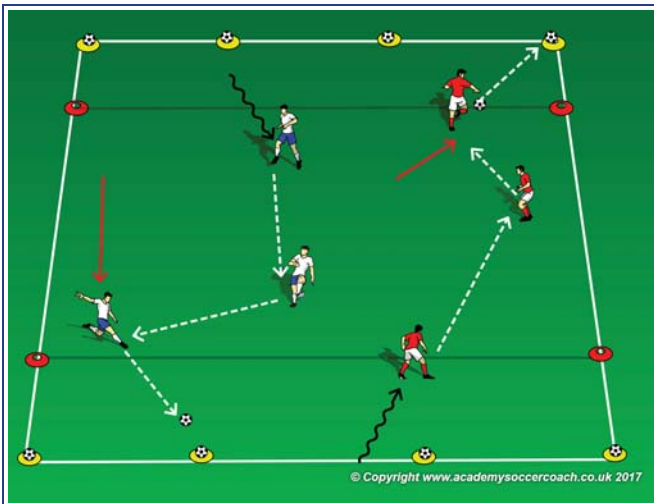
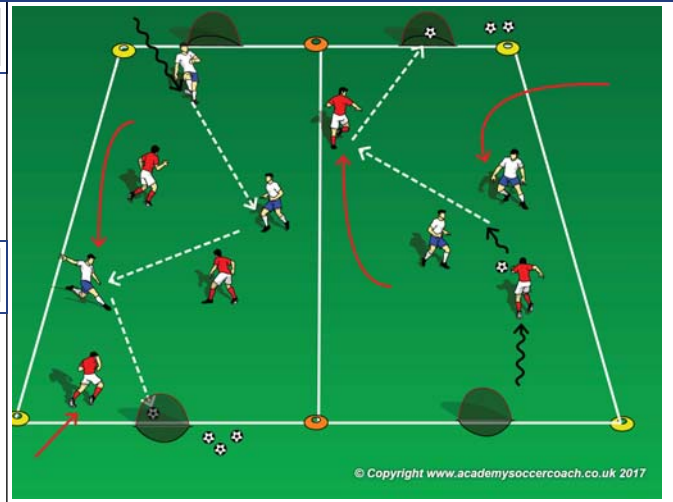
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to shoot
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to shoot and are successful at shooting and scoring on goal



Practice Shootout

Duration 24 min

20Wx30L field with 4 balls placed on top of 4 cones on the end lines w/markers placed 5 yds up the sideline from the corners . Players play and shoot to knock the balls off the cones (score). **Variations:** 1. Groups of 3 try to score the most goals, one end line then go to the other end line, repeat until all balls are knocked off, 2. A goal from past the marker is worth 10pts, 3. Add defender (coach) for players to get around, 4. Play 3v3.

Coaching Points

Activity Time 90 secs

Rest 30 secs

Intervals 4

Key Questions: When you're ready to shoot what should you do? What part of your foot do you use to shoot when you are close to the goal, farther away?

Answers: Put your non-shooting foot beside ball pointing to the target, knees bent, head down, lean a little over the ball, lock ankle of kicking foot, toe down, strike center of the ball. Use the inside of your foot to shoot, toe up, when you are close to the goal. When you are farther away use the laces, toe down.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to shoot? When and why would you try to dribble past a defender and shoot?

Answers: Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal. Dribble past a defender when you are near the goal and you can shoot.

