



TRAINING SESSION: WEEK 4 FOR U8: STRIKING THE BALL TO SCORE

Objectives

To develop a mentality to shoot and score goals. To develop the technique of striking the ball. To develop attacking principles: Penetration and support

Goal to Goal



-  **12 Players**

-  **balls/cones**

-  **Intensity: 3**

-  **12:00 min**
(6 x 01:00 min, 01:00 min rest)

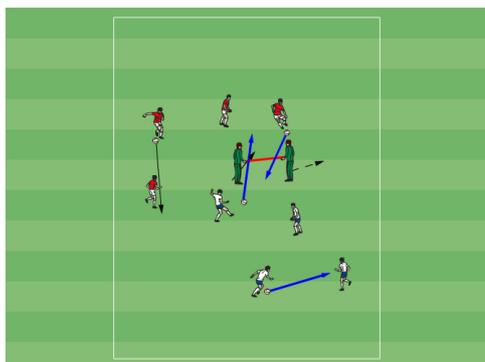
Coaching Points

Striking the ball with the instep or laces. Non-kicking foot is next to the ball or slightly ahead of it. Arms out for balance. Head and shoulders over the ball. Land on the striking foot.

Description

Two players, one ball, cones. Each player makes a small goal with cones/flags, etc. The goal should be approximately 5-7 steps in width. Each player is approximately 10-20 yards apart from each other. Going one at a time, players take turns to score against each other. The player striking the ball must do so in no more than two touches. The

Moving Goal with a teammate



-  **12 Players**

-  **Ball for each pair, Vests/Towels tied together to make a goal. Pool Noodles can provide for an option for a goal.**

-  **Intensity: 5**

-  **00:12 min**
(6 x 01:00 min, 01:00 min rest)

Coaching Points

Surface selection to shoot and score. Use the instep or laces if shooting from a long distance. Use the inside of foot if shooting from a closer distance. Working with your teammate. Try not to run next to your teammate. Move into a space to receive a pass to score quickly.

Description

Players pair up and share one ball. The coach and an assistant coach hold vests or towels tied together and create a "Moving Goal". Note: Pool noodles are an option to make a goal as well. When the coach and assistant coach starts moving, each pair

Get out of here!



-  **12 Players**

-  **Cones, balls, small goals**

-  **Intensity: 5**

-  **00:12 min**
(6 x 01:00 min, 01:00 min rest)

Coaching Points

Working on striking the ball to shoot. "What part of the foot can you use to strike the ball"? Work on the idea of shooting first but if not then get the ball to a teammate.

Description

Create a small-sided field with small goals on each end. Dimensions: Approximately 20 yards long by 10 yards wide if playing 2v2. Divide into two teams. Play 2v2 on the field. When the ball goes out of bounds or there is a goal, the coach says "Get out of here" and a new pair from each team runs on.

4v4 to small goals



-  **10 Players**

-  **Cones, balls, small goals**

-  **Intensity: 7**

-  **00:16 min**
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Application of technique "Diamond Shape" while on attack

Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.